

12 Happy Hacks

Positivity pumpers

Create a positive playlist of your favourite songs, watch a funny video on youtube or hang up pictures of people or quotes that you love. Change your log-in password to something that makes you smile.



01

Gratitude diary

Write a gratitude or '3 good things' diary every day.



02

Play to your strengths

Try out using your strengths to overcome tasks that you don't like doing. When you approach them from your strengths, the tasks will become much easier.



Prioritise flow activities

Timetable activities into your week that put you in flow. It could be going for a run, playing an instrument, baking.



03

04

Live life mindfully. There's more to life when you stop and take time to notice.

Active-constructive responding

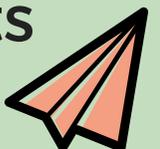


Show appreciation to others. Take the time to thank people. Practise Active-constructive responding.

05

Random acts of kindness

Do kind things for others. Remember the helper's high. Try out a random act of kindness.



06

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07 Work out values

Take time to work out your values. What do you really really care about? Do things that are meaningful to you, related to your values. Timetable this in.



07

Future me



What do you want to be remembered for. What would you like your legacy to be? Write it down.

08



09 Short-term goals

Set yourself short term goals and have an accountability buddy. Start making small steps to create a habit. It's been said that it takes 28 days to make a habit.



09

Why I'm worldclass

Make a "Why I'm world class" list. Write down all the things you've achieved in your life that you're proud of. You will sure feel better about yourself!

10

11 Try out new things

Learning affects our well-being in many positive ways. See it as an opportunity to stay curious and engaged. It also helps boost our sense of accomplishment and resilience.



11

Exercise, eat well and rest



And repeat daily! Our body and minds are connected and the easiest way to stay happy, is to take care of our bodies and minds.

12

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