

99 WAYS TO ENJOY A RIDICULOUSLY HAPPY LIFE HAPPY

- 1.** Accept the circumstances in your life.
- 2.** Allow yourself to find joy anywhere.
- 3.** Don't fear death.
- 4.** Boost the mood other people.
- 5.** Get out in the sunshine.
- 6.** Dress the part.
- 7.** Stop to smell the flowers.
- 8.** Give a hug.
- 9.** Enjoy a new experience.
- 10.** Take a walk.
- 11.** Take a bath.
- 12.** Start a journal.
- 13.** Eat healthy foods.
- 14.** Get a pet.
- 15.** Get a good night's sleep.
- 16.** Call a friend.
- 17.** Start a gratitude journal.
- 18.** Look through old photos.
- 19.** Take a Zumba class.
- 20.** Watch your favorite movie.
- 21.** Meditate.
- 22.** Don't ruminate.
- 23.** Give yourself some challenges.
- 24.** Get off of social media.
- 25.** Stop complaining.

- 26.** Learn a new skill.
- 27.** Make sure to drink enough water.
- 28.** Be nice to other people.
- 29.** Practice yoga.
- 30.** Brush and floss.
- 31.** Be honest.
- 32.** Respect yourself.
- 33.** Forgive yourself.
- 34.** Forgive other people.
- 35.** Make friends with like-minded people.
- 36.** Take action toward your dreams.
- 37.** Take control of your habits.
- 38.** Face your fears.
- 39.** Eat chocolate.
- 40.** Get rid of ANTS.
- 41.** Express your stress.
- 42.** Ask the dumb questions.
- 43.** Make a list of things you appreciate about yourself.
- 44.** Give to people.
- 45.** Switch up your routine.
- 46.** Clean your house.
- 47.** Stop thinking you're too old.
- 48.** Keep your expectations in check.
- 49.** Don't put so much pressure on yourself.
- 50.** Don't stay at work longer than you have to.
- 51.** Remember what is actually important in life.
- 52.** Say yes more often.
- 53.** Don't speak unkindly about others.
- 54.** Remember that everyone is your equal.

- 55.** Practice active listening.
- 56.** Avoid fads.
- 57.** Learn from your failures.
- 58.** Adopt a positive outlook about bad weather.
- 59.** Treat yourself.
- 60.** Treat other people.
- 61.** Be patient.
- 62.** Spend time with children.
- 63.** Talk to your grandparents.
- 64.** Leave anonymous notes.
- 65.** Keep learning.
- 66.** Embrace that hard times will pass.
- 67.** Don't try to please everyone.
- 68.** Accept it's ok if someone doesn't like you.
- 69.** Explore your spirituality.
- 70.** Relax about small inconveniences.
- 71.** Don't always assume you're right.
- 72.** Quit the job you hate.
- 73.** Listen to the waves.
- 74.** Watch the stars.
- 75.** Put your phone away.
- 76.** Simplify your life.
- 77.** Find a way to laugh.
- 78.** Practice random acts of kindness.
- 79.** Embrace that difficult person in your life.
- 80.** Think before you speak.
- 81.** Stand up for what you believe in.
- 82.** Don't conform to what other people are doing.
- 83.** Don't let others tell you how to live your life.

- 84.** Follow your intuition.
- 85.** Listen to live music.
- 86.** Don't make a mountain out of a molehill.
- 87.** Tell the people you love that you love them.
- 88.** Live up to your promises.
- 89.** Take time to stretch.
- 90.** Volunteer.
- 91.** Give positive feedback.
- 92.** Take advantage of the parks in your area.
- 93.** Post inspiring quotes around your house.
- 94.** Read inspiring books.
- 95.** Dance.
- 96.** Take a new route.
- 97.** Get creative.
- 98.** Tell yourself you can succeed.
- 99.** Choose to be happy.