

BIGGER THINGS



Mind.

Accept your emotions. Write about them if you'd like. We often expend more effort ignoring our emotions than actually feeling them. Be introspective.

..... **Laugh!** Live in the moment.

Heart.

Practice gratitude. At the end of the day, write down or think about at least 3 things you were grateful for that day. Discover or rediscover a passion (we see that instrument gathering dust in your closet).

Body.

Your brain is just a part of your body. It's more likely to feel good if the rest of you feels good too. Eat well and exercise.

Foundation.

Define and live your personal values. Identify and use your personal strengths (check out StrengthsFinder.com).

WEBSITES AND APPS

Track Your Happiness- Asks every so often how you're feeling and what you're up to, then reports what kinds of activities make you happiest! trackyourhappiness.com

Happify- Gives you personalized activities and games to strengthen long-term happiness. happify.com

Happier- Little lessons on your phone to boost happiness. happier.com

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