

## Ten Secrets of Happiness

1. Every day, do something you're good at and enjoy getting better at.
2. Do a good deed daily – “do good, feel good.”
3. Keep your goals and purpose in mind.
4. Communicate in a positive way; express gratitude.
5. Expose yourself to things that make you laugh.
6. Think like an optimist, even if you start by “pretending.”
7. Get a pet – for unconditional love and a chance to nurture.
8. Turn off the T.V. and do something – T.V. and happiness have a negative correlation.
9. Get enough sleep and exercise – keep stress hormones at bay.
10. Hang around with happy people – happiness is contagious, and spreads through social networks.

