**10 Habits Of People Who Are Always Happy**



**“Remember that the happiest people are not those getting more, but those giving more.” – H. Jackson Brown, Jr.**

Happiness comes in waves, but people can also create their own happiness. Even when the daily grind feels like too much, there’s always the people who are happy and positive. Learning how to deal with the things that life can throw in a healthy and constructive way can lead to happier people. But how do they do it?

Happy people aren’t just that way by accident! People who somehow manage to stay more positive than others work hard at practicing the right kind of habits that help them deal with the world. If you find that you are longing to be a happier person, there’s no need to fret. You, too, can practice the daily habits of a happy person.

**10 Successful Habits Of Incredibly Happy People That Will Benefit You**

**1. Take a day all for yourself because you deserve it**

It’s okay to be ambitious and to take care of other people, but happy people also know when to set aside a day to take care of themselves!

According to Dr. Aymee Coget, “By not taking a little time out of each day for yourself, you might be less happy than possible. Start by focusing on yourself. Acknowledge that your own happiness is important and practice happiness-boosting routines.”

**Self-care is an important habit that’s practiced by happy people.** Taking even just one day a week to enjoy yourself and take care of your mental health will improve your disposition.

**2. Reach out to a friend and release your worries**

Sometimes, things in life can get overwhelming. Instead of bottling it all up, happy people have learned to open up and reach out to their support network. Friends are the perfect people to release all your worries to. They make a good sounding board, and can often offer great advice. Remember to be there for them, too!

**3. Make lists and finish them by organizing your time**

To-do lists are the perfect way to deal with a busy schedule. Happier people organize the things that need to be done in a list, and then make sure that list gets done! No matter how big or small, whatever needs to get done that day goes on the list. **You’ll be amazed how happy and accomplished you feel once the list is complete.**

**4. Do something kind for another person**

Doing good and being a good person is proven to make you feel better and happier. When you bring happiness to someone else, you’ll remember how good it feels to be kind – and hopefully, that person will pay it forward!

According to Dr. Oliver Scott Curry from the Institute of Cognitive and Evolutionary Anthropology, “Humans are social animals. We are happy to help family, friends, colleagues, community members and even strangers under some conditions. This research suggests that people do indeed derive satisfaction from helping others.”

Helping each other is the only way to make the world around us more positive with each good deed.

**5. Cut toxic people out of your life no matter how difficult it feels**

The thing that happier people all have it commons is not being surrounded by toxic people. Whether this person is a friend, partner or family member, **your emotional well-being is more important than pleasing a toxic, negative or manipulative person.**



**6. Make sure that you don’t skip meals and that you eat healthy food**

Happy people eat, and that’s just a fact. This doesn’t mean you need to eat unhealthily, but skipping meals and undereating will only make you feel tired and weak, and it’s hard to feel happy when you’re hungry.

Professor Andrew Oswald says, “Eating fruit and vegetables apparently boosts our happiness far more quickly than it improves human health.” **Make time in your schedule to eat, and your body will thank you for it.**

**7. Make sure your work area is clean and clutter-free**

Whether this is a home, apartment, studio, or just the office workspace, happy people have happy spaces. Cleaning up loose cups, garbage or papers will make your mind feel less anxious. Plus, it’s so much nicer to spend time in a clean area instead of having to worry about when the next time you’ll clean it is.

**8. Treat yourself because you deserve something nice too**

Happy people know when they deserve something nice. As long as you don’t go overboard or make a bad habit out of it, shopping and treating yourself to something nice is a good way to keep your mood elevated. **Try using this as a reward for getting work done, or finishing a big project!**

**9. Think positively no matter what influences your thoughts**

This one can be hard, especially if you’re used to thinking negatively. The fact of the matter is, happier people focus on positive thinking. Rather than using negative words in their self-talk, happy people use a more positive outlook. Once you’ve mastered how to turn your negative thoughts into positive ones, you’ll be well on your way to being happier every single day.

**10. In the end, remember to forgive yourself because no one is perfect**

The mistakes that we make don’t define us, and people who live happier lives know the power that forgiveness can have. So, forgive yourself for taking that extra year off college, or turning down a job offer. **Life is going to keep moving forward, so we might as well be as kind to ourselves as we can!**

Learning happiness is different for everyone, but everyone can do it. Each person deserves to live a happier life, and the habits that lead you down that path are effective, healthy and can even help make the people around you more positive! Be kind to yourself, and remember that it’s okay if you don’t notice a change overnight. Some of these take time- but they’re so worth the effort!