

THE 10 MOST POPULAR HAPPINESS BOOSTERS

RESEARCH-BASED ACTIVITIES TO BOOST HAPPINESS

1

Count your blessings

Reflect at the end of the day and write down 3 things that went well and why they went well. This helps overcome gratitude adaptation/habituation and increases the salience of good acts.

2

Use your signature strengths in a new way

Complete the VIA Survey and identify your highest strengths. Choose one of your top strengths and use it in a new way each day for one week.

3

Write a gratitude letter

Write a letter of gratitude to someone you have not previously thanked. If appropriate, meet the person and read the letter.

4

Practice mindfulness

Take a few minutes each day to bring your full and complete attention to something you are doing: for example, walking, eating, listening, breathing.

5

Set goals

Write down a goal you want to reach that is consistent with your life values. Write down your plan of action for reaching that goal. What are 2 specific steps you can do this week to make progress on your goal?

6

Imagine your best possible self

Imagine a future in which you are bringing your best possible self forward. Visualize a “best possible self” that is very pleasing to you and that you are interested in. Make note of the character strengths that you’ll need to deploy to make this best possible self a reality.

7

You at your best

Think of a specific time, recently or a while back, when you were at your best — really feeling and behaving at a high level. You felt like you were your authentic self, being who you are. Share the “story” of this experience with someone important in your life.

8

Practice loving-kindness

Loving-kindness meditation involves generating positive emotions of love in the present moment. Most common forms include the use of loving imagery and positive statements.

9

Count your kind acts or pay kindness forward

Count the acts of kindness you perform each day and track them so that you can report the total by the end of the week. Or, take notice when someone does something deliberately kind for you; pay the kindness forward by being kind to 3 people that day.

10

Savoring/Reminiscence exercise

Reflect each day for 2-3 minutes on two pleasurable experiences and allow/make the pleasure last as long as possible.