

Unlock Happiness Today: 7 Tips to Make you Happier

Are you waiting for happiness to knock at your door? Stop waiting and follow these tips to learn how to be happy.

By Jasmine Saini | February 5, 2022

Have you ever met someone who is unshakable and unbeatable, no matter what life throws on them? You might think that it is their very nature not to be sad or stay optimistic. But wait, maybe they discovered some secrets to unlock happiness.

Happiness doesn't appear by magic: it is something that you need to cultivate. So, what are you waiting for? Start your journey! Follow these tips and practice happiness.



Take control of your happiness!

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1. Dive deep into yourself

Stop comparing yourself if you want to live actual life! Comparing with others only brings discomfort and ultimately unhappiness.

If you find someone better than you in any terms, you should inspire yourself to work on your skillset instead of feeling inferior or blaming others or yourself. Feeling of inferiority brings hurdles in life; it not only blocks our minds but also leads to emotional garbage.

We all are special: everyone in this world possesses different qualities. Those who feel sad or find themselves in the dark always lack understanding about themselves. We all are so powerful: The human brain has the capacity to generate about 23 watts of power which is enough to light a bulb. To say, we all have so much potential, but most of us fail to recognize it.

According to Adam J. Kurtz (author and creative entrepreneur), "Life is constantly reminding us about what we don't have, but what about all that we do have?"

The time when you start working on yourself, your journey to transforming from coal to diamond begins. Take a moment and tune yourself! Embrace yourself!

2. Volunteer your time

Giving time to others is as important as giving time to yourself. It helps to shift the focus of your life to that of others.

Most of us get trapped in sadness and feel lost in the track of so-called life. Volunteering is the best way to find the purpose of your life and lift your spirit. This can also make you realize that your problems are nothing compared to others.

Make yourself feel better by serving the world!

3. Forgive yourself and others

No one is perfect – mistakes are part of human life. Holding onto things only makes you trapped in the net of unnecessary emotions. Letting go and forgiving yourself and others can make you relieved from all unseen pains and regrets.

Forgiveness is not an easy task for all. It is best to [learn the art of forgiving yourself and others](#). We need to understand that everyone is doing their best to get through life. We all make mistakes in life, but the trick is to focus on the happy episodes of life and move forward.

4. Cultivate Optimism

Ask yourself: How many times have you drowned in negative thinking? There is no wonder that life is a mixture of good and bad happenings. No one can escape from obstacles; life throws on our path.

What all you need is an optimistic outlook. Each time problem pops up, try to see it from another perceptive. Take it as a challenge.

Start seeing the positive side of things. Start by questioning: How can I fix it? Be a problem solver. However, you don't need to be too optimistic. Just make sure not to let yourself sink in the negative colors of life.

5. Spend some time with yourself

Do you love spending time alone? Or do you think it means you're unwanted or antisocial?

Spending time with yourself brings amazing things! Spending time with our friends and family is definitely important. However, you must take some time for yourself to cultivate and recharge yourself.

Use this time to do what you love the most. It can be any game (outdoor or indoor), hobby, music, or watching a movie. This will not only help you to [boost your productivity](#) but also your level of happiness.

Happy people are more creative, energetic, optimistic, motivated, and are better decision-makers. Taking time for yourself will help you find the true meaning of happiness.

6. Spend time in nature

Think about your memorable holidays. Was it enjoying the best view on hills or sandy beaches? Either way, spending time in the open air brings joy and happiness.

You should remind yourself to spend some time going out and taking the fresh air. It is not important to go far to enjoy nature. You can go for a short walk or sit on the balcony in silence to feel the air. Parks are also a good choice to perk you up in a good mood.

Nature works like a balm for our busy brains. There are so many [scientifically-proven benefits](#) of spending time with nature. Choose nature and earn happiness points every day!

7. Practice Happiness

"Practice makes a man perfect." You might have been familiar with this phrase. Yes, practice makes a man perfect; I would say if not perfect, at least better. So, if you are looking for happiness, start practicing it.

Don't assume that happiness is an inborn trait. Your happiness is in your hands: Take control of it! Start your happiness project, and I promise it will not take much time for you to accomplish the goals.

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