

Prescriptions For Happiness

According to various research studies these activities can lead to greater feelings of happiness and a more positive mood.



Do a daily act
of
kindness.

Dose: Do this at least once a day for the rest of your life.



List three things
you are grateful
for.

Dose: Do this every night
for 3 weeks.



Write down a
description of your
life as you would like
it to be in five years
imagining the best
things that could
happen to you.

Dose: Do this for 4
consecutive days.



Put a penny in a jar every
time you have a negative
thought about yourself.
Then change that thought
to a more charitable one
and say it out loud.

Dose: Do this daily until you
haven't had a negative thought
about yourself for two weeks.