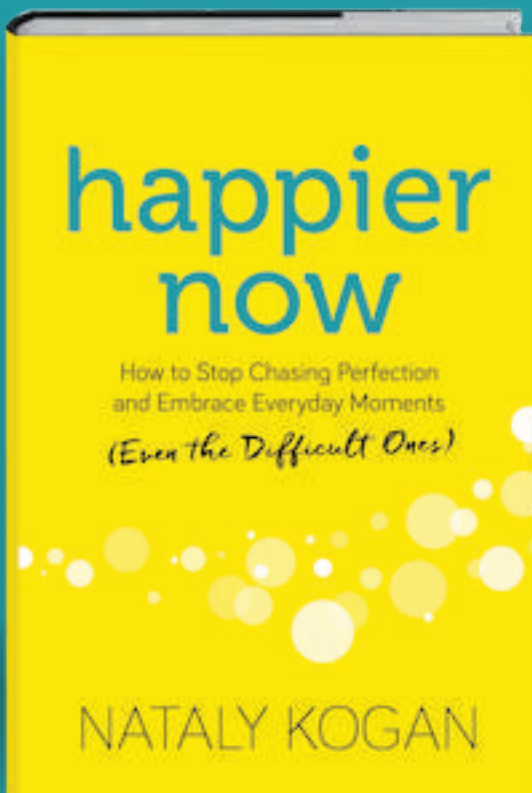




Nataly's Top 10 Favorite Practices In

happier now



Picking my favorite practices wasn't easy -- I love them all and wouldn't have included them if I didn't! While I hope you will read the book and give each practice a try, I wanted to highlight some favorites that are a great starting point for each Happier Skill. The ones I picked are the most accessible and easy to integrate into even the busiest of schedules. And best of all, they give you an immediate boost while helping to strengthen your longer-term emotional wellbeing.

Acceptance

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Be Here Now

Use the phrase “be here now” to help you be present with a difficult feeling rather than distracting yourself or shutting down (it will actually help reduce its intensity).

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Quiet Stillness Ritual

Create a simple ritual to be still and quiet to allow you to become more aware of what you’re thinking and feeling.

Gratitude

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Five-Minute Joy Break

Give yourself permission to spend five minutes swimming in a little moment of joy and honor it with your full attention.

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Imagine Life Without This

Think of something in your life that you take for granted and consider: What would your life be like if you didn’t have it?

Kindness

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Check In

Once a day, think of one person you care about and check in on them.

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Scheduling Kindness

Put “Do something small and kind” on your to-do list or schedule a reminder on your calendar to do something kind during the day.

The Bigger Why

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Moments of Meaning

Write about a few times in your life when you felt like you were doing something meaningful -- can you find more opportunities to do that?

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To-Do List Makeover

Look at your to-do list and consider how each task might be helpful to someone else or in service to something you really care about.

Self-Care

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Reframing Harsh Self-Talk

Shift from negative to more compassionate self-talk with these 3 steps: listen, pause, and reframe what you say as if talking to a friend or someone you care about.

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Explore Creativity

Come up with one way that you can explore your creativity this week -- it can be as simple as cooking a new dish or writing colorful, surprise notes to friends or family.

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