

Whether you're new to practicing Happier Skills or have been practicing for a while, we are here to support you in creating long-term Happier Habits and making these practices a regular, consistent part of your life.

Remember, happiness is a skill you can learn and improve with practice. When you regularly practice the 5 Core Happier Skills, you experience more joy everyday, improve your relationships, and find greater meaning in your daily activities and work.

What can be even more life-changing is that strengthening these skills can help you get through life's inevitable challenges with greater self-compassion and resilience and often, less stress and struggle. Here are tips to help you create and maintain your Happier Habits.

When trying new practices:

- Keep it simple. One of the reasons we often fail when trying to form a new habit is that we take on too much too fast. Start small.
- Pick two or three practices to start and do them daily for a week, or even 21 days. Check in with yourself and see how you feel.
- Remember to give yourself a bit of time with each new practice to see how it makes you feel. A week is a good timeframe to start with.
- If you're wondering where to start, try one of the Gratitude practices. They will help you feel a positive boost in the moment and begin to build a foundation of wellbeing.
- Plan ahead. Decide when you'll do each practice you're trying and set a reminder (on your calendar, phone, computer, etc.)
- Attach your practice to something you're already doing. For example, before you open your email or check social media in the morning, do a Gratitude practice. Or, commit to practicing Intentional Kindness after lunch.
- As you add new practices, consider which of the 5 Core Happier Skills you want to strengthen: Gratitude, Acceptance, Intentional Kindness, the Bigger Why, and Self-Care. Check out Nataly's Top 10 Favorite Practices from HAPPIER NOW for new practice ideas.
- Ask someone to be a buddy or accountability partner to help you stay on track. Check in with this person weekly and ask them to check in on you for progress and highlights. Maybe they'll even join you!
- Set reasonable goals and celebrate small milestones. For example, doing a practice for 3 days in a row is AWESOME!

During stress, challenges, and change:

- It might be tempting to pause your practices, but try to stick to them. Practicing any of the 5 Core Happier Skills can support you during difficult times.
- If you can, try to spend a bit more time on your practices. Even if you can only do one, spend more time. You're giving yourself added support, which is just what you need right now.
- Consider which practice(s) will be the easiest to do or stand out as the most needed, based on how you feel.
- It's absolutely okay to shift your practices to suit your needs right now. Sometimes we need more of a joy boost, other times we need to find the strength to accept something difficult and work through it.
- If you only focus on one skill during a difficult time, practice Self-Compassion. Treating yourself as a friend during a challenge can help give you the motivation and resilience to get through it.

When you get stuck or miss a practice:

- Practice Acceptance: Acknowledge the situation without harshly judging yourself. Sometimes we all get stuck. Sometimes we forget to practice. That is OK.
- Remind yourself that today is a new day -- jump in and do a practice. Start with something that's easy for you, wherever you're at right now!
- Consider what might be getting in your way. Maybe you need to find a different time in the day or a way to remind yourself to practice. Perhaps it's time to try a new practice.
- Journal or talk to a friend about where you are at, today. Reflecting on why you're stuck or not making yourself a priority will help you identify any blockers and find a way around them.
- Remind yourself of your Bigger Why, the meaningful reason why practicing your Happier Skills and improving your emotional wellbeing is important to you.
- Read the research on the benefits of improving your outlook and emotional health. Sometimes the facts can move us to take action. That's why we've included them here!

Science Says:

Research shows that improving your emotional health and happiness significantly and positively impacts your health and the overall quality of life. Happiness isn't a bonus or a nice-to-have -- it's one of the keys to living a fulfilling, satisfying life. Here are just some of the benefits that research has shown come from improving your outlook and emotional health.

Happier people:

- Have 50% lower risk of heart attack or stroke
- Are physically healthier
- Catch fewer colds and flus
- Live longer
- Sleep longer and better
- Experience less stress and anxiety
- Have stronger relationships -- including at work
- Are more productive and creative
- Make better decisions
- Are more successful at work and make more money