

the happier method™

The science-backed Happier Method teaches happiness as a skill through simple practices that help you have more joy and greater resilience in work and life.

3 Principles

These fundamental principles of the Happier Method are the necessary mindset shifts for sustainable well-being.

- 1 Happiness and emotional health are not extras – they are the foundation for being your best self and doing your best work while navigating life’s ups and downs.
- 2 To truly thrive, stop trying to turn negatives into positives and practice embracing the full range of emotions instead.
- 3 Happiness is a skill that you can learn and improve with practice!

5 Core Happier Skills

The Happier Method has 5 skills, backed by research, that can be cultivated, accessed, and strengthened through practice to support your well-being and help you get through tough times with resilience.

Acceptance

Learning to look at how you feel and how things are with clarity rather than judgement and allowing yourself to experience the full range of emotions, including the difficult ones.

Gratitude

Making an active choice to notice the small, positive moments in everyday life—even when times are challenging—and sharing your appreciation for other people with them.

Intentional Kindness

Being actively kind to others with the intent to support or elevate them in some way, without expecting anything in return.

The Bigger Why

Regularly connecting with your sense of meaning and purpose by identifying how your daily activities and tasks support bigger goals, help others, or contribute to a cause you believe in.

Self-Care

Actively nurturing a kinder friendship with yourself by practicing self-compassion, learning how to rest and renew, and finding ways to fuel your mind, body, and soul.

Try a
practice
now

1-2 Minute Practices

There are numerous science-backed practices for work and life for each of the 5 Core Happier Skills. These proven, quick practices can easily fit into your existing daily routine and meet you wherever you're at to help strengthen a skill, build on what's working, navigate stress, or avoid burnout.

Why practice Gratitude?

Research shows gratitude boosts your overall feelings of well-being by causing your brain to release serotonin and dopamine. It's also the most powerful way to counter your brain's natural negativity bias (the tendency to focus more on what's wrong, stressful, or annoying).

Try a Gratitude practice now:

Write down one or two things you're grateful for and be specific. Think about your day yesterday or today and zoom in on a few things you appreciate, however small.

Whether you are experiencing burnout, wanting to better deal with everyday stress, or seeking personal and professional fulfillment in a sustainable way—the Happier Method can help!

Visit happier.com/happiermethod to discover how to practice your Happier Skills with Happier Method creator Nataly Kogan, including tips for being happier at work, short Happier Boost videos, and a video of the 5-minute Happier Workout™.