

A woman's profile is visible on the right side of the image, looking towards the left. The background is a warm, yellow-orange color with soft, out-of-focus light spots (bokeh) scattered throughout. The overall mood is positive and uplifting.

HAPPINESS BOOSTS

How to boost your happiness and feel great!

HAPPINESS BOOST

Say "YESSSS to Happiness"

Happy people have an optimistic outlook on life, are healthier, more successful, and have stronger social connections. I mean really, if given a choice, who would you pick to hang out with?

Try these steps to bring more happiness into your life.



1. Attitude of Gratitude.

Start a gratitude journal, try my [wake-up happy challenge](#), or find your own way of expressing gratitude.

2. Acts of Kindness.

Remember how good it felt the last time you did something kind for yourself or others? Plus, it's just cool to be kind!

3. Your Happy Vision.

Get clear on your vision of a happier life. Without limits, where do you see yourself in a year?

4. Self-Care.

Take time for yourself every single day - without exception.

4. Get a Coach.

Asking for help is a sign of strength, not weakness. Finding a coach that supports your happiness goals, treasures your talents, and can keep you motivated will leave you feeling accomplished and happier.



Full blog post available at:
www.myhappinesscoach.ca/blog

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Learn More

www.myhappinesscoach.ca



**"She believed she
could so she did"**

- My Happiness Coach