

Dr. Julie Gurner @drgurner

I speak to a lot of people, many who do very well in life. But what really makes people "happy?" Here's a thread on the things that I've found seem to make people the happiest.

**1. Stop Comparing**

- a. Whether you are wealthy or poor, there are always people doing better than you, look better than you, or have things you don't.
- b. Being happy in your own skin is one of the biggest keys to joy I see.
- c. Don't settle in who you marry. Be picky and marry the "right person for you."
- d. Seek out traits that compliment or support yours, and don't ignore red flags. They will often determine the mood of your home, and a very large part of your life experience - for better, or worse.

**2. Take care of health issues**

- a. That thing that nags you that you don't take time to address? Address it.
- b. A sure way to drain your happiness is to be uncomfortable or struggling in some way. Make the appointment.

**3. Do more things you enjoy**

- a. Sounds silly, but you probably have hobbies you "used to love" that you don't do anymore- running, painting, golf, travel, etc.
- b. Make it a point to find time for some things outside of work.

**4. Seek more positive, less negative**

- a. If you are always focused on negative or fearful things around your competitors, politics or life...it's a real mindset killer.
- b. They all can be important, but have a place.
- c. Be optimistic, and see possibilities.

**5. Have some money in the bank**

- a. Maybe it's controversial, but money does bring happiness in some ways.
- b. It helps to solve problems, and make life better.
- c. From healthcare, childcare, just ordering food on a lazy night, or taking a vacation when you need to...have a few bucks.

**6. Move your body**

- a. You don't have to be an Olympian, but staying active keeps you happy.
- b. A lot of people I work with will take on physical challenges - a marathon or whatever, but just walking daily can be a real positive shift.

**7. Have new experiences**

- a. Working 24/7 can make everyday feel the same.
- b. Shake things up. Go for a bike ride, visit a local town and walk around - just do something different. Give life some variety.

## **8. Find ways to give back**

- a. Mentor a kid from your old neighborhood, deliver some groceries to the food bank, shovel your neighbor's snow on the sidewalk, or go pay off someone's dental bill.
- b. You'd be surprised how fantastic it makes you feel to help others.

I'm sure there are a lot more ways to increase happiness out there, but these are ones I see routinely that seem to add to the richness of people's life & keep their mindset in good places.

I encourage you to add a few to your week ahead.