



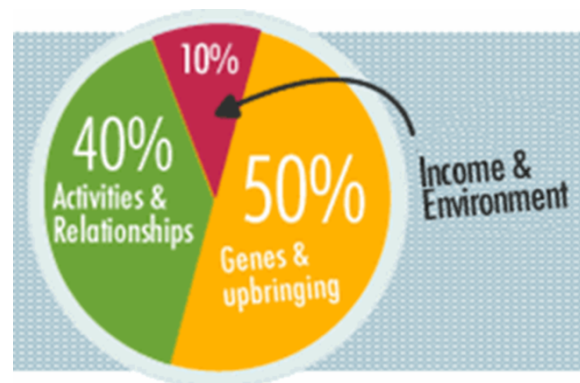
## Habits of Happy People

*You might have read a book, watched a movie in the cinema or gone to a concert every now and then. You spent money on that because you were interested, you were curious about it and you just felt like it. But you certainly didn't do that because you just had a problem, urgently needed help or had the feeling that something was missing, right? Therefore, solving problems often turns out not always to be the right focus ...*

The key here is, to do something on top. This is the approach and attitude of positive psychology which mainly focusses on healthy people and intends to increase their wellbeing.

[Marting Seligmann](#) and many others could prove scientifically over the last 20 years, that wellbeing and happiness are more than the lack of illness and suffering. Instead, the absence of problems and challenges still leave a lot of room for curiosity, interest and personal growth. Personal growth intends to extend the own boundaries and to establish a fulfilling life. Just as a flower pleases the eye and the heart and is not subject to any pressure of optimization, we can learn how to mindfully grow and [flourish](#).

Up to 40% of our happiness potential depends on our daily activities. [Sonja Lyubomirsky](#), a psychologist at the University of California, has been studying this topic for many years. In her book "[The How of Happiness](#)" she describes [12 practical activities](#) that have been proven to help people flourish and become happier. Which of these activities are best for you depends entirely on you, your strengths and preferences - and you can choose what you would like to try. All you need is curiosity and the desire for personal growth!



Having read this book back in 2008, I really liked the comprehensive guidance to understand happiness, and what I could do for a happier life. I applied her approach to [identify my individual happiness strategy](#) – which, according to Lyubomirsky – is the most important prerequisite and “secret” to happiness. Based on my happiness strategy the following four positive activities (explained in detail in the book) were recommended: optimism, true engagement, savouring and relations. And I started to practice those more actively and often.

Five years later, I repeated this approach, found the same strategies and activities for me, but my overall happiness index had significantly improved. This clearly reflected, that my happiness strategies and activities had not only been a one-time exercise but that I had integrated them into my life which resulted in a sustainable improvement of my happiness and wellbeing.

>>> Curious? Just give it a chance and mindfully try out the [habits of happy people](#)!



You might also explore the [Actions for Happiness](#) and the related [guidebook](#). Additionally, the [World Happiness Report 2020](#) of the United Nations and the [ranking of countries](#) may also be very interesting for you ...

“Happiness is not something ready made. It comes from your own actions” - Dalai Lama

Joachim, 28.09.10.2020