

Four Habits for Happiness

Apply these practical tips at work to improve your well-being!



Practice self-kindness

Pay attention to your inner voice: speak to yourself in a friendly and kind way.

Celebrate your achievements, no matter how small.



Learn to be grateful

Your brain performs significantly better when you raise your level of positivity.

Journal 3 things daily for which you are grateful.



Forgive others

Set things right with others through forgiveness.

Safely release your emotions, then chose to forgive.

It will impact others not involved in the conflict.



Slow things down

Exercise patience. You will experience less negative emotions, cope better with stressful situations.

Incorporate regular breaks into your workday.