

A close-up photograph of a branch with several bright orange and yellow flowers, possibly azaleas, in bloom. The flowers have multiple petals and prominent stamens. The background is a soft, out-of-focus blue sky with some light clouds. The overall mood is bright and positive.

20 Positive Habits For *Long-Lasting Happiness*

Tip #1

Establish a morning ritual habit

You'll accomplish a lot more when you have a morning habit. You'll find time to plan your day and do your most important tasks in the morning.

Tip #2

Get enough sleep

Getting good quality sleep is important. It will help you feel fresh, energized, and more positive throughout the day.

Tip #3

Exercise regularly

You know you're doing something positive to help you achieve your goals. You'll feel better after every exercise, too!

Tip #4

Take care of your hygiene

You don't want to get sick simply because you don't practice good hygiene. With good hygiene, you feel better, and the people around you appreciate you, too.

Tip #5

Start reading good books

Reading books that will teach you useful, real-life skills should be at the top of your list.

Tip #6

Be financially healthy

When you're not financially healthy, your thoughts are always crowded with thoughts about money and how you're not earning enough. You don't want it to be a constant source of stress for you.

Tip #7

Do something kind each day

Make other people feel good about themselves. You'll also end up feeling good yourself!

Tip #8

Practice mindfulness

Live in the moment. Forget your worries and your problems. Appreciate what is going on in your life at this very moment.

Tip #9

Stop procrastinating

When you procrastinate, you're not doing yourself any favors. Learn to let go of this negative habit and replace it with a much better one.

Tip #10

Laugh when you can

Laughter is the best medicine. It's free, and it's readily available when you need it.

Tip #11

Use positive words

When talking to yourself or to others, do your best to not use negative words. Even when giving feedback, always try to give constructive feedback.

Tip #12

Look for the silver lining

Make it a habit to always look for the bright side of things even when it seems like there's nothing out there.

Tip #13

Start a journal

Write down your negative thoughts and counter it with a positive thought. This will make you think objectively and will ultimately make you feel better.

Tip #14

Take breaks throughout the day

Taking a breather is important to keep your mind fresh. Go for a jog or a short walk to clear your head.

Tip #15

Eat healthy

Stuffing yourself with junk and unhealthy food is not good for your body. You'll feel bad, and you may even end up hating yourself after.

Tip #16

Reward yourself for every little win

You will motivate yourself, and you'll be encouraged to accomplish many more tasks so you can take it off your list!

Tip #17

Say thank you

Make it a habit to say thank you. Being grateful to people who have helped you out in one way or another will make you and the other person happy.

Tip #18

Seek the company of positive people

If you've got family and friends who make you feel happy all the time, then spend quality time with them whenever you can.

Tip #19

Learn to stand up straight

When your back's straight, you not only feel confident, but other people will find you confident as well.

Tip #20

Give compliments

When you give compliments, make sure you mean it. Otherwise, you'll come across as insincere.