

A young woman with long blonde hair is smiling broadly, holding a large gold foil balloon shaped like a smiley face. The background is a soft, out-of-focus white.

25 Things To Do That Will Make You Happy Every Day!

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1. Help someone else or offer a kindness.
2. Stop comparing yourself to others.
3. Start a gratitude habit – write 5 - 10 things you're grateful for everyday and see your mood lift.
4. Stop gossiping and complaining.
5. Go to the beach or head out into the countryside, take a picnic if the weather's good and let your worries drift away on the tide or the breeze.
6. Start a meditation practice.
7. Do a brain dump and get all your worries, to dos and concerns out of your head and down on paper. Pick one thing that you feel drawn to address and take the first step to finishing it.
8. Buy a pack of post cards or thank you notes and spend an afternoon writing short notes to those you love. Post or give them to the recipient.
9. Arrange and pay (so you feel less inclined to back out) to do something that scares you! (eg, Bungee jump, tree climbing, open-sea swimming lesson, hold a snake, drive a performance car, etc). The thrill and feelings of achievement will stay with you forever!
10. Book a day off work or get childcare for the day and have a pajama day with your favourite books, box sets and treats. Don't feel guilty!
11. Keep your promises, especially the ones you make to yourself.
12. Take the car for a long drive with your favourite soundtrack... and sing along!
13. Nurture your (or take up a) hobby.
14. Spend time with your pet, or if you haven't got a pet, borrow one for a few hours.
15. Get your creative juices flowing: draw, paint, write, photograph, compose, design a garden, build a matchstick tower etc!
16. Spend time cooking a meal and invite some friends over to share in your culinary success.
17. Have a pamper evening and enjoy a bubble bath, pedicure and manicure, or get a professional pedi-or manicure.
18. Get more sleep or take a nap.
19. Volunteer for a charity that means a lot to you.
20. Practice mindfulness.
21. Give or receive a hug with someone you love.
22. Stop thinking of all the reasons why not and just decide that today is a happy day (because you said so)!
23. Watch funny videos on YouTube or go see a hilarious film. Make a point of laughing out loud!
24. Smile at at least 3 strangers today, and wish them an enthusiastic 'Good Morning!'
25. Get some exercise, it doesn't matter what it is, just get those limbs moving and that heart pumping!