Cultivate Happiness

Practice mindfulness
Make time for the hobbies you enjoy
Try meditation or spend a few minutes in silence
Forgive others and let go of grudges to help you move on
Practise gratitude regularly: Reflect, Recognize, and Appreciate
Maintain your physical health by eating well, sleeping, and exercising
Acknowledge your negative thoughts and then challenge them with positive ones
Pay attention to which activities you find draining and which you find uplifting
Connect with family and friends to build positive, supportive relationships
Create a morning ritual that you enjoy to start your day on a good note
Learn how to say "no" if you find you've committed to too much
Keep a journal to write down your goals and ideas
Don't be afraid to try new things and activities
Make an effort to be kind to others
Focus on your breathing
Smile :)