

10 RULES OF HAPPINESS

In the pursuit of happiness, we tend to move mountains. Then be it, surrounding ourselves with people we love or engaging in the pleasures of life—we've done it all to be happy. I want to tell all my readers that happiness needs to come from within—and it doesn't reside in someone or something. Happiness needs to come from within. And so to help you be the happiest version of yourself, we present the ten golden rules of Happiness

1. Live with gratitude

Discover the power of gratitude, every time you start feeling bad about any situation, focus on how lucky you are that things were not worse. Focus on everything that is going right in your life (instead of everything that is going wrong).

Train your mind to count blessings in your life every time when you start focusing on negativity. Happiness becomes immediately accessible to you in the toughest moments when you count on blessings it can be your health, family, friends, accessibility towards things, opportunities, capabilities. Trust me blessings are too many that you can count for yourself. Gratitude becomes a magic fountain of happiness.

2. Forget the past and live in the present

It is very difficult to be 100% present in the moment and requires a lot of mindfulness to do so. Probably a lingering thought of the past or a recent conversation had you dwelling into it so intensely that you find it almost impossible to live in the moment and enjoy the present. However, if practiced with a conscious mind and continuous efforts, it becomes easier to do so over a while. You will definitely find yourself in a better state of mind if you'll live in the present and face the upcoming challenges peacefully.

3. Don't compare yourself with other people

With the advent of social media, where we are constantly subjected to the so-called fulfilling virtual life of the people, we are bound to start comparing ourselves with others. But one thing that we need to constantly tell ourselves is that we are all our own journeys and have overcome all the challenges before us to get where we are today. Everyone has their own story and every life is unique. The one person we all need to compare ourselves with is our own version from yesterday. Have I moved a little ahead in life? Am I a better human being today? That's all that matters.

4. Fill your life with love

We all have 24 hours in a day, one of the recipes of happiness is to fill as many of those hours with love, be it work, people, art, reading, traveling, any passions, or even pets love fearlessly. Try to do this that you love doing for as many hours as possible. We cannot control many things in life, but we can control how much love we embrace in our lives.

5. Learn to let go

It is very easy to hold on to a grudge and dive deep into blaming someone for our state of mind. But what we do not understand is that this is how we are unknowingly delaying the process of self-happiness. Forgiving and letting go of things are attributes that help you unburden yourself from such grudges and resentments. Our long-term happiness, to a large extent, depends on us and how we deal with situations. Also, it is important to surround ourselves with positive and encouraging people. They act as a catalyst in this journey of happiness.

6. Surround yourself with happy people.

It might sound harsh, but quickly eliminate negative people from your life. Negative people find a way to blame others for their problems. And 99% of the time, they are their OWN worst problem and the direct cause of their problems. Negative people do not belong to your companies and they certainly do not belong in your life. Life is too short for negative people who cause you problems. I believe in the Law of Attraction. If you allow negative people in your life, you will become negative and attract more negative people in your life. The opposite is true too. Surround yourself with happy people who live with gratitude and you will see that your life will be happier too. When you are happy, you attract other happy people. Happiness begets happiness. Positivity begets positivity.

7. Declutter

The habit of keeping your surroundings clean may not sound like a big game-changer, however, the benefits of it are many. A clean environment gives a lot of clarity and helps in maintaining a smooth flow to the day. This is sometimes not considered as a big step towards having a happy or fulfilling life but it actually goes a long way. It makes way for a positive flow of energy into your life

8. Never lose your inner child

As a child, we are full of love, innocence, wonder, dreams, goodness, and possibilities. Nothing is impossible as a child and no one is evil. Yet, somehow when we become adults, we lose that magic.

However, being a kid by heart you choose to live as freely as possible. It would be sad if we all let the bad things and bad people in our lives destroy our inner child and belief in the goodness of the world. Life is beautiful and so are you.

9. Don't chase material things

It might sound odd to most people but people only associate the meaning of happiness with the materialistic things they have and define their definition of happiness on things they have or want.

I just know that - stuff will not bring happiness, you need to learn the difference between happiness and pleasure. Happiness is true inner contentment and spiritual peace. Pleasure is fleeting and empty. When you buy a new toy, it brings you pleasure for a few days until you need the next new toy. It is an endless cycle of chasing fleeting things. I prefer to spend money on experiences with my loved ones. Memories are forever.

10. Do good

Give more than you take, when we do good it fills your hearts with happiness. Believe in the act of kindness and help people who are in need of it. Your good deeds will pay you back when you'll be in need. It's okay if you can't help someone financially but you can do some act of kindness by just being with him/ her and encouraging,

For me, happiness is not a destination. It is not something to pursue. Don't wait for happiness. Don't save up for happiness. Don't chase happiness. Happiness is a choice to see the beauty in every day. Happiness is a conscious celebration of the precious gift of life and all of your blessings. Happiness is a journey.

Please note that this Happiness List is by no means an exhaustive list, this list is simply a compilation of my personal experiences and my reflections on life. Happiness is an individual thing, but I hope that you can learn some lessons and apply them to your life and your happiness.