

20 Intentional Activities that Can Positively Impact Your Happiness

I can/I will:

1. Choose a personal or professional goal that is bigger than I am right now
2. Spend more time in nature or in any environment that truly relaxes me
3. Take my gifts seriously, and commit the time to fully develop and express them
4. Become the host of a fulfilling, dynamic network of people
5. Enjoy learning and being curious more than being the expert
6. Immerse myself in new ideas rather than recycle the old beliefs I have been relying on
7. See what's perfect about my life today -- even if it doesn't feel that way
8. Prioritize my activities by putting my integrity first, my needs second and my wants third
9. Begin the process of creating financial independence – even if it seems impossible
10. Stop waiting and start initiating
11. Solve my problems, even if I didn't cause them
12. Surround myself with people who bring out the best in me and want the best for me
13. Honor and develop my spirituality in a way that is meaningful to me – no matter what others may think
14. Become more comfortable with chaos and change
15. Deliver personal, professional and/or volunteer work at the highest level of excellence
16. Set much stronger boundaries so that I am not taken advantage of, or feel disrespected
17. Become much more compassionate and patient with other people – and with myself
18. Dramatically upgrade my self-confidence so that it shows in a big way
19. Thank the people who have enriched my life
20. Show and tell other people how to make me happy, rather than make them guess