

25 NUDGES TO CULTIVATE HAPPINESS IN 2024

**From our happy family to yours
(and we will have a picture with all
23 of us next year!)**



25 actions proven to increase happiness

1. Eat something yummy you really enjoyed as a child
2. Watch the moon/ sunset/ sunrise. Give yourself 15 minutes with a cup of your favourite beverage to just sit down and savour it
3. Get a small jar/box – put in chits of paper with nice things that people have said to you/done for you. Every new time that happens, write a chit and add it to the box.
4. Call a childhood friend you haven't spoken to in a while and who will be surprised and happy to hear from you
5. Send someone you like a small surprise gift
6. Write down three things from today that you are grateful for
7. Ask a family elder to share a memory they have of you as a child
8. Look through your phone/photo album. Find a picture of a time you were really happy and think/write about it in vivid detail
9. Go for a walk outside or around your house. Take three pictures of things you see regularly but don't always take the time to appreciate
10. Make and keep a plan with someone whose company you enjoy
11. Do something to bring nature/the outdoors into your day (have breakfast on your balcony; move a meeting to the park)
12. Make a (rough) itinerary for a trip. Doesn't matter if you can go or not. Plan it.
13. Dress up for no reason - look like you made an effort and if people ask what's the occasion? Say 'me. I am the occasion.'
14. Do something unexpectedly nice for someone in your life today
15. Skip a commitment/ responsibility this week - play truant and enjoy the thrill of being 'bad'
16. Make a list of people you've learned from and what they've taught you
17. Find an object that represents what happiness means to you. Keep it where you can see it everyday.
18. Plan a date with yourself. Imagine you were planning something special for someone you love and then do it for yourself.
19. Pick one routine part of your day and make it into a special experience (eg light a scented candle when you're having a bath and give yourself a massage)
20. Write (and give) a letter of gratitude to one person in your life
21. Think of one positive circumstance in your life - reflect on what your life would have been like if that had not happened. Give thanks for it
22. Smile and say hi to all the people you interact with today, regardless of whether you know them or not
23. Call someone to share a recommendation for something you loved - a song, a book, a movie, a restaurant, a website, etc
24. Teach someone something you're passionate about
25. Make a list of the people who make you feel good about yourself from any part and time of your life. Message them to say hi.