INCREASE YOUR HAPPINESS
Happiness is crucial for your overall well-being. After all, what’s the point of achieving any form of success if you aren’t filled with joy and able to share it with others?

Being truly happy, though, is about more than just smiling and laughing. It takes effort and discipline to be continually happy. But with the right mindset and behaviors in place, you can be well on your way to living your most abundant life. Here are four steps you can take to reach your happiest self:

1. **FOSTER POSITIVE RELATIONSHIPS.** One of the most important things you can do is make sure you have strong, healthy and reliable personal relationships. Grow the ones you already have, or focus on making new ones.

2. **CONTROL YOUR DAILY MOOD.** There are myriad things you can do to regularly boost your daily mood through self-care, some of which include: taking a brisk 30-minute walk, listening to new music or learning something new.

3. **BE GRACIOUS.** People with gratitude in their lives are among the most content. Regularly say thank you to the people in your life who really deserve it, or write about what you’re grateful for in a journal before bed each night.

4. **USE TECHNOLOGY LESS.** Give your mind space to think and relax without the distraction of a laptop or smartphone. Try giving up technology for one to three hours before bed each night.

IMPROVE YOUR OVERALL HEALTH
When most of us think of health, we think of eating fruits and veggies, working out several days a week, sleeping six to eight hours a night and taking steps to keep our bodies in tip-top shape.

Although all of those are important, health is about more than just our physical state of being. It’s about what’s on the inside, too. Mental health is just as important as physical health. Here are some steps you can take to make sure your mental and physical well-being line up:

1. **SET A BIG GOAL.** People who have health goals achieve what they want more quickly than those who don’t. Whether you’re looking to improve your eating habits or your fitness routine, getting a weekly plan in place is the best first step.

2. **DON’T FORGET TO BREATHE.** Try meditating for anywhere from five to 20 minutes each morning when you wake up. Being still with your thoughts can give you the mental clarity you need to get every day started on the right foot.

3. **TALK IT OUT.** Bottling up your emotions can cause undue stress and tension. Whenever you’re struggling with something, talk to a close friend or even a professional. Regularly talking it out will help you reach a calmer, more relaxed mental state.

4. **TAKE CARE OF YOUR BRAIN.** Being mentally sharp is one of the most important components of being as healthy as possible. Regularly challenge yourself by learning about new topics through reading, podcasts or online videos.
FIND YOUR PURPOSE
Research shows the world’s happiest people report having a strong sense of purpose. Whether it comes from their work, their role as a parent, or even their hobby, they are happier because they have a purpose in life.

If you don’t feel like you already have a strong sense of purpose, that’s OK. It’s easy to find one! Here are some steps you can take to either find your purpose or grow it.

1. **BALANCE YOUR COMMITMENTS.** It’s hard to have a purpose when you have a million things going on. Try to streamline your activities and commitments so that the most important things are front and center.

2. **ASK YOURSELF WHAT MATTERS.** Many of our priorities get misguided when life gets too busy or hectic. Get back to the basics. What makes you feel the most fulfilled and alive?

3. **DON’T BE AFRAID TO MAKE A CHANGE.** If you feel like nothing in your life gives you the purpose you’re looking for, take time to ask yourself what would. Taking care of a child or pet? Switching careers? Going back to school?

4. **DON’T FEAR FAILURE.** Failure is a natural, normal part of life. If you’re afraid to take the next step in life because you’re afraid you’ll fail, you might miss out on your life’s true calling. Be bold and confident.

FOCUS ON YOUR PERSONAL GROWTH
Personal growth truly is the cornerstone of personal development. The small actions you take on a daily basis—coupled with the big-picture changes you make long-term—will set you on the path to true success.

Complacency is the antithesis of personal growth. You should always be looking for ways to improve yourself. Here are some ways you can grow personally and professionally.

1. **CULTIVATE (OR FIND) YOUR STRENGTHS.** Have you ever taken an assessment to find out what your strengths truly are? Take a strengths assessment online to figure out how to build on your strongest strengths, and grow your weakest ones.

2. **DO SOMETHING THAT SCARES YOU.** The only way we truly grow is by doing the things we’re afraid of. Try something completely outside of your comfort zone.

3. **SET A 12-MONTH GOAL.** Identify one thing you truly want to change in your life, and set a goal that will get you there in 12 months. Whether it’s getting your finances in order, making more close friends or getting a promotion, having a plan in place will help you succeed.

4. **TAKE A “NOW” STEP WHENEVER YOU’RE STUCK.** If you want to make a big change in your life but feel overwhelmed, take a “now” step. Do one small thing in the short-term that will help you on your way to the big change you desire.
FRAMEWORK OF SUCCESS
Set three goals in each category and identify your first action step in achieving each goal.

HAPPINESS: What can you do to make a life you love?

GROWTH: How are you going to be better tomorrow?

HEALTH: How can you maintain the energy required to extend your influence?

PURPOSE: What is your driving force to keep going?