



## Ways to Cultivate Happiness

**Spend time with friends and family.** Most of us get our greatest joy from the connections we have with others.

**Exercise.** When you exercise, your body releases chemicals (endorphins) which make you feel good.

**Develop a hobby.** Collect, create, or build something. Write poetry, play an instrument, draw, take photos, or paint.

**Spend time outside.** Listen to the birds, look at the clouds, and watch for wildlife.

**Laugh and smile.** Watch a funny YouTube video or talk to someone who makes you laugh.

**Learn something new.** Learn how to cook, repair a bike, create a web page, or plant a garden.

**Make time for fun and relaxation.** Play with a pet, read a book, watch a movie, or listen to music.

**Adjust your attitude.** To be happy, sometimes you just have to act happy.

***"Most people are as happy as they make up their minds to be."***

Abraham Lincoln



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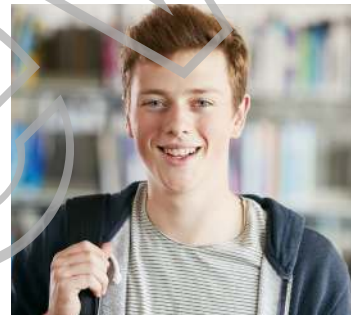
Be Positive

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# Be Positive



## Take Positive Actions

### Do what you love

Find activities that are fulfilling and satisfying. Better yet, find something to be passionate about.

### Surround yourself with positive people

Seek out friends who are supportive, positive, and encouraging. When possible, avoid people who are negative, critical, or self-destructive.

### Practice random acts of kindness

Pay someone a compliment or lend someone a hand. Help out a classmate, or do a chore at home without being asked.

### Achieve balance

Between school, activities, hobbies, family, and friends, you have a lot going on. Work to achieve balance in your life, and be sure to set some time aside to rest, relax, and rejuvenate.

### Be true to yourself

Try to always act in accordance with your values.

***"Happiness is when what you think, what you say, and what you do are in harmony."***

Mahatma Gandhi

# Be Positive



**Having a positive attitude and outlook will help you live a happier, healthier, and more successful life!**

**People with positive attitudes believe in themselves and in their abilities. They expect the best to happen, and when they encounter difficulties, they look for constructive ways to solve their problems.**

**Regardless of how others view life, you can be a positive, happy person by choosing to do so.**

**You can't control what others say or do, nor can you control everything that happens around you. But you can control your thoughts, attitudes, and behaviors.**

***"Positive thinking will let you do everything better than negative thinking will."***  
Zig Ziglar

## Think Positively

### Think for yourself

Don't allow other people's thinking dictate how you think. Choose to think positively. Be the kind of person who sees a glass as half full, not half empty.

### Practice positive self-talk

We all have a voice inside our head, and when things aren't going well, that voice can be negative and critical. You can help yourself become a more positive person by using positive "self-talk."

Instead of "I'm no good at math" think, "I'm smart. I can do this."

### Visualize success

Sports psychologists teach athletes to envision themselves making free throws, perfect dives, and 10-foot putts. You can do the same. When faced with a challenge, "mentally practice" by envisioning the situation and the steps required to accomplish your goals. Then visualize yourself succeeding.

*"If you say you can or you can't, you are right either way."*  
Henry Ford

### Look to those you admire

Think of people you admire, and when faced with a difficult or challenging situation, ask yourself how they would respond.



## Have a Positive Attitude

### Have confidence in your strengths

You are a unique individual with many strengths and talents. Identify your talents and abilities, and look for ways to nurture and develop them. Believe in yourself and in your ability to succeed.

*"To succeed, we must first believe that we can."* Korda



### Know that you're a work in progress

If you tend to be hard on yourself, cut yourself some slack. No one is perfect. Just strive to do your best, and to be the best "you" possible.

### Be willing to try new things

Challenge yourself, stretch your boundaries, and look for new experiences. Have a "can do" attitude and expect to succeed.

### Be flexible

One key to maintaining a positive attitude is to understand that things don't always go as planned. When circumstances change, or things don't go as you intended, stay positive, react constructively, and adapt to the changes.

*"When you change the way you look at things, the things you look at change."* Max Planck