

4 Happiness habits to help cultivate

[Blog from The Coaching Academy](#)

Happiness is an electrifying and exciting state. It is often defined in a multitude of ways, usually encompassing more than a positive mood and including a sense of living a good life.

As feeling happy also has its health benefits. With research linking happiness to a longer lifespan and a higher quality of life. However, it is often associated with impermanence, with many philosophers, theologians, psychologists, and more have sought to pin down what it means to be happy, and how we can feel it more often.

Although happiness may appear to be elusive in its nature, it is a state that can be refined and practised like any other habit. So, if you want to make a change to your mood, here are **4 happiness habits**:

1. Notice your body language

Our body language has a fundamental impact on how we feel - with studies confirming that simply smiling can make you feel happier. This is because, as Dr Isha Gupta, a neurologist from IGEA Brain and Spine explains, smiling releases happy-making hormones including dopamine and serotonin.

So, if you notice that you're slumping at your desk or walk around with your head looking downwards, you could be replicating the body language of someone who is feeling unhappy. Replace this body language by sitting up-right at your desk and walking around with your head up, you could even force yourself to smile to trick your brain into [feeling happy](#).

2. Set goals or intentions

An essential ingredient of happiness is having clarity, passion and [motivation](#) - and a great way to achieve these is to set goals and positive intentions.

When we [set goals](#) for ourselves, we have something to focus on and strive towards. Each step towards achieving these goals can help us to feel comfortable with stretching our boundaries and increase our sense of pride. Additionally, when we reach the finish line, our confidence increases, with the knowledge that we are moving forward in our lives.

3. Be in the driver's seat

When we accept that we have full responsibility and control over ourselves, we stop being a passive passenger and put ourselves in the driver's seat of our own lives. And this shift is an important one for happiness, as when we stop blaming others, or external forces for impacting how we feel, we put ourselves in charge of our feelings. Effectively, this will allow us to take happiness into our own hands, instead of expecting others to determine our happiness for us.

We always have a choice over what type of life we choose to create for ourselves, when we truly allow ourselves to embrace this, we can become the masters of our own fate.

4. Explore

Be curious and move your body often. Whether it's going for a walk in nature, taking up a new hobby or getting out there to meet new people. As getting out into some fresh air and spending time doing things that bring joy, gives our brains a chance to let go of stresses and instead focus on what makes us happy.

Attaining happiness may be a global pursuit, however, it essentially comes from within. Use these 4 happiness habits to boost your mood and keep you on track, to a happier, healthier life.