

10 THINGS YOU MUST DO TO BE HAPPY IN LIFE

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1. **DECLUTTER AND ORGANIZE:** What do you have cluttered in your life? How can you get rid of the unnecessary and get organized?
2. **SURROUND YOURSELF WITH THINGS THAT YOU LOVE:** Where do you spend a lot of your time? When you look around what do you see? Do these things make you smile?
3. **TRY SOMETHING NEW:** When was the last time that you tried something new? New food, new hairstyle, ect....
4. **START A DIARY, JOURNAL, OR BLOG:** How do you keep track of events and important things that has happened in your life? Can you remember everything without some sort of documentation? Where do you let out your feelings and emotions?
5. **SIMPLIFY YOUR LIFE:** What are some things that you can get rid of? What are some things in your life that you can get **the same results** but done in an easier way?
6. **GO ON AN ADVENTURE OR TRIP:** When was your last adventure? Where can you go if you are stressed for time or money and still have a great time? Try a park, museum, or another local city.
7. **TAKE TIME TO MEDITATE OR PRAY:** Do I ever take time out just to think or pray? Should I schedule it in my day?
8. **DO SOMETHING FOR SOMEONE:** Who needs me? Is there a neighbor or coworker who could use help? Do you have a young relative or friend that you could influence to make better decisions? What can you do?
9. **FORGIVE:** Who have you not spoken to because of an argument? How can you repair that last moment? Do you want them back in your life or do you just want to get rid of the burden? It's your choice. (Remember #1)
10. **FIX WHAT MAKES YOU UNHAPPY:** What is the core problem? Are you in a bad relationship or is it your finances? Where can you find help? Who is an expert in that field?