

Simple Ideas

for a Happier Life

Ordinary & Happy

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- Find purpose in simple, everyday things.
- Read inspiring books and stories.
- Reflect on your progress.
- Surround yourself with inspiring people.
- Set realistic personal goals you can stick to.
- Celebrate your small wins and achievements.
- Stay open to new ideas and experiences.
- Have both short-term and long-term goals.
- Take breaks when you need them.
- Speak motivating words to yourself.

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- Take scenic walks.
- Schedule time for self-reflection.
- Make some time for activities you enjoy.
- Practice positive self-talk.
- Have seasonal decluttering days.
- Journal about your aspirations.
- Have no-screen hours or evenings.
- Find creative ways to express yourself.
- Practice self-compassion.

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- Stay in touch with friends regularly.
- Join a local group or club.
- Compliment loved ones.
- Schedule time for family activities.
- Volunteer in your community.
- Make a list of people who inspire you.
- Schedule regular date nights.
- Practice kindness in all your interactions.
- Celebrate milestones with your family.
- Attend social events that interest you.

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- Have no-screen time outdoors.
- Road trip to new places.
- Organize weekends away with friends.
- Spend time in nature.
- Explore your local area.
- Take pictures of beautiful moments.
- Plan trips around interests or hobbies.
- Stay in unique accommodations.
- Once in a while, do something spontaneous.

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- Appreciate the little moments of joy.
- Dance with your loved ones.
- Smile to yourself in the morning.
- Sing in the shower.
- Keep a gratitude journal.
- Enjoy the simple things in life.
- Have conversations with optimistic people.
- Reflect in parks with flowers.
- Call loved ones to catch up.
- Create a gratitude jar.

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- Start your day with a 10-minute routine.
- Practice deep breathing exercises.
- Do fun workouts with friends or in groups.
- Pamper yourself with at-home spa days.
- Create a personal self-care routine.
- Start a small wins jar.
- Reflect in quiet moments.
- Stretch every day.
- Practice daily meditation.
- Schedule time to do things you love.

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- Plan simple events to bring people together.
- Donate clothes or items you no longer need.
- Share positive things online.
- Join community projects.
- Spread kindness through acts of generosity.
- Volunteer for an afternoon.
- Join running or workout groups.
- Go to weekend markets and pop-up events.
- Celebrate local art and music.

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- Define your values.
- Take trips down memory lane with friends.
- Appreciate wonderful moments in nature.
- Embrace your uniqueness.
- Join interest-based groups.
- Listen to inspiring podcasts.
- Understand success is different for everyone.
- Be present with loved ones.
- Embrace a life of simple things.
- Focus on the things you can control.