



8 Typical Daily Habits of Genuinely *Happy People*

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1. Be kind to Others



Kindness provides many benefits to a human being

2.

No sense of

Entitlement

”

It was really cool to see
improvement over
the weeks

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3. Be Mindful



Having a goal, and working on it,
is a key to happiness.

4.

Physically and

Mentally fit

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Mental fitness is important to maintaining your brain and your body healthy, especially as you age.

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5.

Quality time with

Loved ones

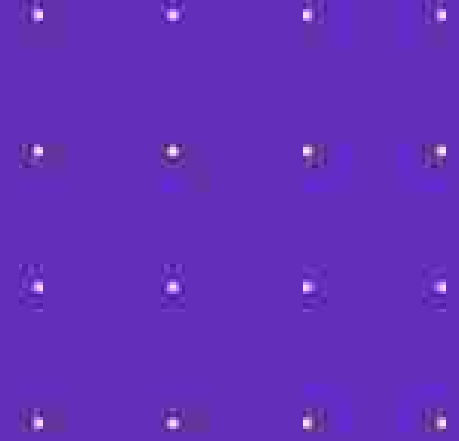
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Keeping a gratitude journal is a day-to-day practice that only takes five minutes every day, making it an excellent activity for the whole family.

6. Do purposeful work



Having a sense of purpose in your life is essential to well-being. Equally important is having a sense of purpose in your role at work.



7. Great Manners



Make your expectations clear, and then model it yourself so they can see these good manners for kids in action.

8.

Be honest and

Humble

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Being honest is more important in your life. Being humble will add more value to your life.

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