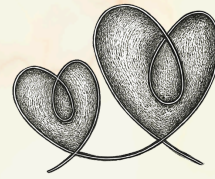


What Makes Us Happy



1 Good Relationships Improve Happiness

Supportive relationships are the most significant predictor of your long-term happiness and health. They protect you from the dangers of loneliness. Think of the most important people in your life as anchors that ground you in happiness.

2 Quality Matters More Than Quantity of Friendships

Supportive relationships are the most significant predictor of your long-term happiness and health. They protect you from the dangers of loneliness. Think of the most important people in your life as anchors that ground you in happiness.

3 Close Relationships Enhance Resilience to Stress and Longevity

When you walk through life's challenges with caring people, you can handle stress better; therefore stress has fewer damaging effects on your brain. Processing your pain and problem-solving with others can help alleviate tension in your body and increase resilience.

4 Money, Fame, and Success Don't Guarantee Lasting Happiness

Meaningful social connections play a significant role in your happiness and tend to last longer than material possessions or career recognition.

5 Healthy Habits and Love Relationships Are a Winning Combination

Exercising, eating a healthy diet, not smoking, limiting alcohol consumption, and spending time with loved ones can contribute to a happier, longer, life.

6 Happiness Can Grow Over Time

Prioritizing close relationships in social connections builds happiness and resilience over time. Resilience isn't just bouncing back after challenges; it's moving forward with new understanding and better tools that equip you for healing and growth.

Source: Harvard Study of Adult Development

With this in mind, I made a significant change to my daily to-do list, which has had a positive impact on my life. I used to list tasks from top to bottom, which most days filled the entire page, and left me feeling defeated even before I got started. I now divide my list into four quadrants.

Doing this forces me to prioritize the things that build happiness every day.



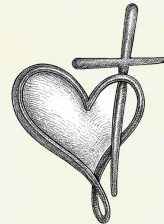
In Quadrant 1, Body and Soul, I commit to fueling my body with healthy foods, plenty of water, and exercise. I also record the different ways I will spend time with God, such as studying the Bible, praying, and journaling.



In Quadrant 2, I write the names of two or three people who enrich my life, and how I plan to connect with and spend time with them.

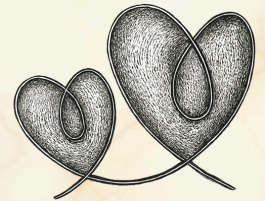


Quadrants 3 and 4 are self-explanatory. These are the things we all need to do at work and at home. I prioritize them in order of importance.



Body and Soul

My health, my faith, and what fuels me from the inside out.



Connections

The people who enrich my life and how I will invest in our relationship.



Work World

My work, goals and responsibilities to move things forward.



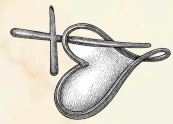
Home Life

My home, family, and the everyday things that matter most.



griefandhope.org

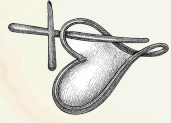




Body and Soul



Connections



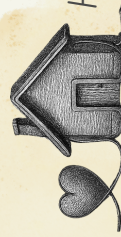
Body and Soul



Connections



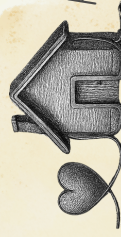
Work World



Home Life



Work World



Home Life

