

# 4 Key Attitudes for a Happy Life

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Happiness is one of life's simplest concepts, yet it's sometimes difficult to come by. You've probably gone through times when you wondered why your life is less than happy. *Seekers of happiness sometimes overlook basic ideas.*

Ensure you possess these four key attitudes in order to make happiness yours:

1. **Be positive.** Having a positive view on life is an effective way to ensure happiness. Although you'll have difficult times, there's usually a positive outcome or lesson to be learned.
  - ***Make an effort to overlook the negative aspects of a situation.*** It's unlikely that you'll be able to change what happened, but you can definitely decide how to respond.
  - Positive thinking gives you confidence to go after your goals. Consider the times you've doubted your ability to do something. How often are you able to succeed when you doubt yourself?
  - When you think positive, you're able to hold your head up, regardless of the situation. You know that your future is rarely defined by what happens to you in the present.
  - ***Embrace positive thoughts and watch happiness come your way!***

2. **Be grateful.** It's sometimes easy to overlook the blessings in your life. Negative circumstances can cloud your vision. But when you possess an "attitude of gratitude," you'll find that happiness pushes you through the gloomy days.

- Even when a situation has a less than favorable outcome, avoid dwelling on it. Instead, be grateful for the experience. Now you'll know how to proceed the next time.
- Make time during your day to meditate on the things that you're thankful for. You'll notice that at the end of that session, a sense of relief takes over you. That relief represents happiness from knowing that you're truly blessed.
- ***A grateful attitude helps you be satisfied with what you have, instead of wishing you were in someone else's shoes.***

3. **Be kind.** Many of us misunderstand kindness. True kindness is often experienced when you sacrifice something you have and want to meet someone else's needs.

- How many times have you been truly kind today? You'll recognize true kindness from the warmth you feel inside after sharing something material, or even a kind word.
- Approaching others with a heart of kindness allows you to deal with situations without getting angry. ***Happiness thrives in the absence of anger.***

4. **Be forgiving.** It's easy to let feelings of hurt and anger affect your desire to forgive others. But it's necessary to forgive in order to live a truly happy life. ***When you forgive, you let go of your pain.*** Letting go makes room for peace of

soul and mind. That peace leads to happiness.

- Practicing forgiveness helps you to grow and lead a happy, mature life. Growth and development poise you for success and joy.

These key attitudes to living a happy life seem simple enough. Try practicing them one at a time until you're comfortably happy with your progress. Eventually, you'll be able to experience the kind of happiness you thought only existed in fantasy worlds!