



daily GOOD

Knowledge of what is possible is the beginning of happiness. --George Santayana

9 Ways to be Happy in the Next 30 Minutes

There are mornings when we rush out of bed in a vague fog. Days that seem to spiral progressively down the drain. But sometimes, all we need to do is stop. Take a breath. And re-discover ourselves in the moment. "Being happier doesn't have to be a long-term ambition," Gretchen Rubin states. "You can start right now." She suggests that little things, like taking a walk outside, doing a good deed, ridding yourself of a nagging task, or even just acting happy can radically transform our moods, boost morale, and energize us for the rest of the day.

Be The Change:

Try out one of Rubin's tips.