

The Happiness Factor: Cultivate a Positive Outlook

幸福的要素：培養積極正面的人生觀

Happiness and health go hand in hand. Research shows a correlation between happiness levels and overall wellness with those who cultivate a more positive outlook enjoying richer and more fulfilling lives.

While it's not realistic to expect every day to be the happiest day of your life, taking simple, thoughtful steps can add up to a greater sense of overall happiness and well-being. Happiness shouldn't be forced or fabricated. Rather, look for ways to recognize and foster authentically happy moments in everyday life.

Access Happiness

It's important to keep your sense of happiness personal and within reach. Take simple steps to emphasize the good feelings in your life and take time to let them sink in. Make choices based on what you feel is right, not what others expect of you. This will help you build a relevant and ongoing sense of happiness

Own Your Confidence

- Whether you're an expert or beginner, allow yourself to feel the pride that comes with developing a skill.
- When someone compliments you, let it sink in without debate. Accolades are good for the soul.

Embrace Contentment

- Spend 30 – 60 extra seconds to absorb joyful moments.
- Balance ambition and thoughts about your future by taking time to appreciate where you are now and how far you've come.

幸福和健康相輔相成。研究證明，人生態度越積極，越能充分享受更豐富、更充實生活的人，其幸福感和整體健康習習相關。

期望每天都處於幸福感爆棚是不現實的，但是，採取簡單卻周全的辦法，可以增加自己的總體幸福感和滿足感。幸福不應該是勉強或杜撰，在日常生活中發現，並培養這些真正快樂的時刻。

通往幸福的途徑

很重要的是，要讓您的幸福感個人化，而且觸手可及。採取些簡單的步驟，去強化或放大生活中感受美好的瞬間，使它們在心裡長久地留下深刻印象。做您覺得對的事，而不是按他人想法。這樣您會建構一種可持續的、有關連性的幸福感。

擁有自信

- 無論您是菜鳥還是資深專家，當學習到一種新技能時，都要為自己感到自豪。
- 當有人誇獎，坦然接受，讓它在心底沈澱。讚賞滋養靈魂。

知足常樂

- 多花 30-60 秒的時間，回味和感受快樂的瞬間。
- 要在雄心勃勃和擔心思索未來之間找到平衡，不妨多花點時間欣賞並感念自己的現況，以及一路走來的成就。

