

Think Happy

幸福的要素：培養積極正面的人生觀

Making slight changes in the way you think can have a cumulative, positive effect on your outlook. Be mindful of your thoughts. Encourage those that are positive and optimistic. This will help you create perpetual patterns of thought that are more deeply rooted in happiness.

Move past negativity

- Remember that everyone has personal struggles, and you can never know for sure what motivates other people. Rather than judge their behavior, encourage them on their own paths to happiness.
- Reserve drama for reality TV and minimize toxic relationships or destructive conversations in real-life. People who deliberately doubt, judge, and disrespect you aren't always worthy of your long-term time and attention.

Focus on forgiveness

- Mistakes are inevitable. Don't be hard yourself when you make them. Forgive yourself and focus on what you've learned from the situation instead.
- Hanging on to past transgressions will only cloud your happy mindset. Let go of painful experiences from the past so that you can make room for new, joyful memories.

稍微改變思維方式，可以對你的人生觀產生累積性而且正面的影響。覺察並留意自己的念頭，鼓勵那些有正面積極意義的念頭，這將助於您建立的思維模式地植根於幸福的土壤。

超越負面情緒

- 請記住，每個人都有個人的掙扎，你永遠無法確定別人的動機。與其對他人行為評頭論足，不如鼓勵他們走上自己的幸福之路。
- 把戲劇化的人生情節留給電視真人秀吧。在現實生活中，盡量減少惡毒的人際關係或者有殺傷力的對話。那些總是懷疑你、對你說三道四，又不尊重您的人，根本別在他們身上浪費時間。

寬恕

- 錯誤不可避免。當您犯了錯誤時，不要為難苛求自己。原諒自己吧，把注意力集中在從錯誤中學到的寶貴經驗。
- 執著於過去的得失，只會讓快樂的心蒙上灰塵。放下過去的痛苦經歷，才能讓您的心騰出空間，留給未來嶄新的、快樂的記憶。

