

Destroy Conformity

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10 Ways To Dramatically Increase Your Happiness Right Now

By Stephen Betts

Just be happy. Boom, there you go, look at that. There's the ultimate way to become happier. Anybody who doesn't like that answer can leave this post now, because they obviously can't handle my sarcasm, due to their sensitivity from being so unhappy...

Okay okay, I'll be real with you now. I can't help it, I have to keep you on your toes, you know? Otherwise this is no fun for me.

Happiness makes life better. It makes stress less stressful, a bad day a decent day, and a good day a fantastic day. There is no way to lose when your happy because even when you really do lose, it's easier to see the positivity within.

Which brings me to number one:

1.) Befriend Negativity

Yep, you read that right. In order to be happy, you must befriend negativity as if it's human. Let me tell you why with a carefully thought out example:

Negativity, is a really dumb bully. It picks you as a victim, because well, you're you. And basically, it tries to make your life hell.

The thing is, this bully is ridiculously unintelligent. It has no motive, and no clue that your upset by the things he is doing, he just does those things because that's who he is.

With that in mind, couldn't you choose to see past his initial rudeness and learn to love what's inside? In other words, can't you see his unbearably annoying actions, as feedback or constructive criticism instead?

One more example:

You go to the grocery store one day. There are no open spots in front, or anywhere near the front for that matter. So, you park in a little side lot in front of the Chinese place next door, but it's okay because you don't mind the walk.

You go into the store, get your groceries, and head back to the car. There, in the spot you parked, sits a different car. You panic, scramble for your keys, and find that you don't have them because you left them in your unlocked car before you went into the store...

Your car's stolen. How do you feel?

There are different ways to see this situation. Obviously there's no way to slide it under the rug and continue your happy day like nothing happened, but let me ask you this:

Are you ever going to leave the keys in your unlocked car again?

If you can just see the little glimmer of light in a bad situation, and understand that there is at least one good thing no matter how microscopic it may be, then you have befriended negativity.

The bully can no longer bully you if you start laughing at his jokes.

No matter how shitty they are.

Destroy Conformity

2.) Live In The Moment

How cliché, right? If you want to be happy just do the superstar thing to do and live in the moment.

This is easier said than done. Mainly because we spend most of our time either thinking about the past, or planning the future. Not enough time is spent in the present moment.

If you think about it, the past is intangible, and the future is determined by the present. Therefore, isn't the present moment kind of like the most important since it kind of like decides your future?

There are many techniques to train yourself how to be more mindful of the present moment. My favorite is meditation. Most people I bring up meditation too say it's cool then never try it, or they look at me like they're not religious and I'm asking them to go to church.

Either way, a lot of successful people swear by it. For example:

- Tony Schwartz
- Bill Ford
- Oprah Winfrey
- Arianna Huffington
- Robert Stiller
- Steve Jobs
- Jerry Seinfeld
- Jennifer Aniston
- Russell Brand
- LeBron James
- Derek Jeter

The list goes on. Celebrities, CEO's, Athletes, etc. They all meditate. How ironic that so many successful people do this. It's almost like meditation can actually really help or something. Crazy huh?

If you wanna give it a try, check out this awesome site that teaches great techniques to start meditating. It's five simple minutes out of your day, you can handle it. If not, then whatever. It's not like I actually care about your well being or anything.

You can also practice living in the moment by being mindful during your daily life. Focus on the task at hand and immerse yourself into it. Whether you're just taking a walk, or writing a research paper. The more "in the moment" you are, the happier you will be.

3.) Make The Decision

Many of us search for happiness as if it's out of reach. We'll google "how to be happy" as if there is a tried and true detailed outline of exactly how to become happy. Others settle for unhappiness. The truth is, there certainly are happiness tips, but there is no magic secret.

The first step to you becoming happier is deciding to yourself, that you are going to become happy. Just tell that to yourself. Repeat it. Believe it. Write it on the wall, tie yourself to a chair, tape your eyes open, and stare at it until you believe it.

The fact is, if you don't make the decision to be happy, you won't be.

4.) Try New Things

If you do the same stuff all of the time and are generally unhappy, change it up. Go to new places, do new things, and meet new people.

Hitting the bar, getting plastered, and buying a prostitute is not what I am saying. Don't you twist my words. Only I am allowed to do that.

New things stimulate your brain in different ways than it's used to, precisely because they are new. It induces excitement and opens up different opportunities you didn't have before.

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Whether it be meeting awesome people or discovering your passion, doing new things can't hurt. Sure, not everything will work out every time. But, you'll never know if you don't try.

5.) Relationships Relationships Relationships!

The Harvard Grant Study was a 75 year long study determining what makes people genuinely happy. This is the most credible research on happiness that I could get my hands on. It determined that love is the main ingredient to genuine long-term happiness.

Close-knit relationships make the world go around. Now, I am not saying hit the streets and start telling strangers you love them.

First, maintain the relationships you currently have. Nurture them daily, or weekly at least.

Now, don't you even tell me you have zero relationships. If that is the case, maybe you should hit the streets...

Kidding! Stop being so darn sensitive. Don't make me tone it down just because you can't handle it, really, think about the people here.

Seriously though, if you lack meaningful relationships then get out there. Family is a good place to start. I say that because it is much much harder for them to get rid of you.

But really, relationships make life all that much better to live. They keep you sane and make you happy. I understand that it is difficult for a lot of people to build relationships for a variety of reasons, but the point is that there are people out there who love you.

They simply don't know it yet. So get your butt out there and talk to people.

6.) Alter/ Create a Routine

I wrote, "alter/ create" because I am thinking about the few of you that don't have a routine to begin with. So let me start by telling those people to MAKE A ROUTINE.

Routines keep us motivated and on the right path. They make it easier to track progress and plan the future. If you have a regular routine like most decent folk, and your still unhappy, alter it.

Simply change it up a bit. Try doing stuff at different times, or implementing new things like meditation and building relationships (HINT).

Start new habits that you like but haven't stuck with, or try ones you have never tried. Humans are habitual creatures who tend to get what they give. If you have a habit of eating junk food and watching TV all day, it will show.

If you have good habits, you get good results. That is just how it is.

7.) Be Healthy

It is very easy to lose track of your hygiene. And yes, I realize that most of this is common sense. I am simply reminding those of you who are reading this like, "Did I brush my teeth last night? Or this morning?..."

Fitness is also a fantastic mood booster. It really sucks working up the initial motivation to start, but in the end it is the perfect combo of refreshing and rewarding. Plus, when you see and feel physical improvement, it becomes worth it.

If you're not going to do it for me, do it for your significant other.

8.) Be Grateful

Remember that person who let you cut them in line that time? Or that day the new season of your favorite show came out? Be grateful for those little things.

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You're human, so I am positive that you have woken up on the wrong side of the bed before. It happens, then you are in a cranky mood until lunch. That mood makes for negative thoughts, and negative thoughts result in bad outcomes. DUH.

Here is an invaluable slice of advice: THOUGHTS ARE THINGS.

Yup, thoughts are things. When one of those negative moods creep up on someone, they tend to spiral because, well, they are thinking negatively. And negative thinking, like a sickness, takes over your mindset and can make you see more of the bad than good in situations.

On the other hand, this logic can be applied to positivity. If you keep a positive mindset, you will get more positive outcomes. This is all easier said than done, but it is the truth. It can be as simple as you make it.

One technique that everyone should do whenever they get the chance is to write down a list of things they are grateful for every day. Seriously, this will make you a happier person. People spend more than enough time focusing on negative things that happen.

Isn't it only logical that you focus just as much on positive things?

9.) Happy Time

I know you've all been waiting for this one. Number nine is about (cue drum roll)...

I am actually kidding again. We are getting to the end so I have to make sure you are still paying attention. Sex does make us happier, but I think the happy time that I am talking about is more helpful in everyday situations.

So, every person encounters a time where things are not so good. Whether you stub your toe, or get your car stolen, it doesn't matter.

I have a perfect counter attack for these situations: sit down and remember in as much detail as possible, the happiest memory you can think of. Imagine it, recreate it, and feel it.

Bring yourself back to that time and just sit there for a second. Then come back to the real world with the intention to look at everything from an objective point of view.

It will not make the rage from getting your car stolen go away, but it will help you make the right decision of what to do after.

You can be raging pissed, completely unhinged, and yelling at the police operator who isn't understanding your angry gibberish.

Or, you can sit back, breathe, remember a blissfully happy moment, then come back and give the police operator a detailed description of the suspect.

10.) Just Do It!

Everyone has a full to do list, it's a fact. Anybody who opposes doesn't write a good enough to do list.

My point is we all have something we could be doing or want to do. Get out there and do it. That is precisely what I did with this blog. It has always been a dream of mine to pursue a writing career. I thought about it daily. I would visualize a future as a writer.

Until one day I realized that fantasizing is NOT DOING ANYTHING. That day, I made this website. Days later, I was building my dream and it felt amazing. If you don't take anything else from this post, at least take that.