

# Happiness Habits

SAY GOODBYE TO THE RUT...  
SAY HELLO TO HAPPINESS AND JOY!



## HABIT 9 LIFT OTHERS UP

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# RANDOM KINDNESS

RESEARCH IS CLEAR: HELPING OTHERS IS A FAST WAY TO HAPPINESS.

When a friend sends you a card or a nice text, how do you feel? What about when someone praises your work? What about when you receive a gift? Even a \$5 gift card to your favorite coffee shop or a lollipop?

Chances are, all of these things make you feel really good. Here's the good news - research shows that acts of kindness not only feel good for the recipient, but for the giver as well. It's like a double win! Therefore, one of the best Happiness Habits you can create is to do small acts of kindness for another.

*The key is to give in a way that fills you.*

Too often, us women give and give and it depletes us. That's because we're giving out of responsibility, guilt, obligation, or because we "should." Yes, we all have things that we need to do for our loved ones, AND to fill you up, you need to find ways of giving that energize you and fill you with a warm glow.

For instance, fill up a few parking meters for strangers, make bagged lunches and drop them off at a homeless shelter, or simply, engage the grocery store cashier in conversation and smile. Write your mail carrier a thank you note, or offer to walk your neighbor's dog. It doesn't have to be big or cost money - simply feel into what would feel good for you and make it a habit to spread kindness forward.

PAY LOVE FORWARD AND YOU WILL IMMEDIATELY FEEL IT RIGHT BACK.

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# CELEBRATE OTHERS

PRACTICE 1:1 TO REALLY GO HIGH TODAY!

Take it a step further - what if women lifted each other up?

Just like our fear brain can be critical of ourselves, it can also be critical of others. The fear brain thinks it's in competition with others so it's normal to compare, get jealous, and be judgmental. But just because it's normal, doesn't mean it's healthy.

Rather, the comparison and judgment cycle creates guilt and shame that brings everyone down. Plus, with social media, it's even easier to get caught in a downward spiral habit of judgment and comparison. We end up comparing our worst with everyone else's best and it makes us feel horrible.

What if we all complimented each other instead?

*A woman feels amazing when another woman compliments her!*

The 1:1 is when one woman compliments another woman every day. If we all did this, we'd change the world with one QUICK EASY HABIT! Here's how: Be on the lookout every day for one genuine appreciation of another woman. For instance:

- Did the female barrista make a pretty pattern in your foam?
- Did the woman in the elevator have great smelling perfume?
- Did you appreciate how your colleague approached a challenge at work?
- Did your daughter work hard and deserve praise for her effort?
- Do you love the dress that the woman walking by is wearing?
- Are you grateful for how kind and patient the cashier is?

APPRECIATE ANOTHER WOMAN AND YOU'LL BOTH RISE!

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# INSPIRATION

USE JEALOUSY AS INSPIRATION. TURN YOUR ENVY OR JUDGEMENT INTO A COMPLIMENT TO EMPOWER ANOTHER WOMAN AND YOURSELF!

We all get jealous. We see a woman who has what we want: A thriving business, adventurous travel, great hair, new clothes, etc. As we discussed in the "Pursue Your Dreams" Happiness Habit, **jealousy means desire**. So use it as an opportunity to flip envy into inspiration and allow yourself to SOAR!

For instance, if you're jealous that Renee is working in London, maybe you want to work abroad, so email Renee and tell her how inspiring she is. If you find yourself judging a woman for going braless, maybe you're envious that she's so carefree, so compliment her on her freedom.

Then ask yourself, how can I have that? If you can't travel this year, save \$50 a month for next year. If you crave freedom, take 5 minutes by yourself this week.

There's no end to the opportunities to be inspired by other women. Below is a chart for you to honestly feel into who inspires you (AKA - you're jealous of) and commit to 1 action you will take TODAY to tell her how inspiring she is!

A circular chart divided into eight segments, each labeled "Name, Inspiration:". In the center of the chart is a blue silhouette of a person. The segments are arranged in a circle around the person, with the labels "Name, Inspiration:" placed outside each segment. The chart is divided into eight equal segments, with the top-left segment being a darker shade of pink and the others being lighter shades of pink.

THE SUCCESS OF EVERY WOMAN  
SHOULD BE AN INSPIRATION TO  
THE REST.

-SERENA WILLIAMS