Little.

Reasons to Be Happy, Now and Forever

Vishal Ostwal
You don’t need to wait for your dream job, vacation, a million dollar check, favorite car or an escape from your day job to be happy.

You already have enough reasons to smile, no matter where you are.

Don’t wait for ‘that day.’ Instead, laugh today. Life happens not in years or days but in moments.
Go for a walk
Take a bike ride or long drive.
See a lake or beach near you
Admire the sunrise and sunset
Gaze at the stars
Breathe in the calm air of evenings
Eat your favorite delicacy
Cook something you’ve never cooked
Laugh at silly jokes
Click pictures and make fun videos
Drink a fruit smoothie or beverage that delights you
Exercise
Take a shower
Dress perfectly
Call an old friend
Dance carelessly
Sing your heart out
Talk
Pray, or visit a place of worship.
Recall some random memories
Browse some old photos
Listen to your favorite song
Write a poem
Paint something
Play an instrument
Fulfill someone’s wish through gifting
Play a video game
Read a book you’ve always wanted to
Attend a book fair, concert, or seminar
Care selflessly
Appreciate the good
Let people be themselves
Inspire others
Accept your flaws
Take pride in your work and be great at it.
Do what you see as a success
Ignore the world and do the right thing
Teach what you know
Tip, or donate to a charity
Giveaway your books or clothes
Plant a sapling
Visit a garden
Go hiking
Go bird watching
Travel someplace you haven’t been before
Watch a movie with your family
Eat outside
Cuddle and play with your pet
Play with kids
Take a nap
Switch off your phone
Say what you mean
Start a blog to share more
Send a ‘thank you’ note to someone.
Preserve your identity
Stay away from hurtful people
Meditate, introspect, and reflect on your life.
Save some money you have
Spend on something you love
Write down your goals for future
List down the little things you wish to do.
If you can stay happy because of the little reasons which occur each day, then you can be happy forever.

That’s your answer.

Look around. Life’s good. It has given you enough reasons to be happy. Don’t miss them out. Fall in love with those little trickles of joys.
About Vishal Ostwal

Vishal is a writer and blogger who writes about life and other good things, mostly for free.

Sometimes, people think he’s nuts to do so. But he keeps on creating regardless, because it makes people happy – he considers inspiring and spreading happiness as a superpower.

VISIT HIS WEBSITE TO KNOW MORE ABOUT HIM

WWW.VISHALOSTWAL.COM