

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**

A photograph of a calm body of water at sunset. The sky is filled with soft, horizontal clouds in shades of blue, grey, and orange. The sun is low on the horizon, creating a bright orange glow that reflects on the water's surface. In the foreground, there is a grassy bank on the left and a road with a metal guardrail on the right. In the distance, a line of trees and some buildings are visible under the twilight sky.

**Breathe in
the calm air
of evenings**

**Eat your
favorite
delicacy**



A kitchen scene featuring a black frying pan on a stovetop. The pan contains a mixture of chopped red and orange vegetables, green herbs, and a cracked egg. In the foreground, a wooden cutting board with a knife is visible. The background shows a tiled wall and various kitchen items on the counter.

**Cook
something
you've
never
cooked**

A young man and woman are lying on their stomachs on a white patterned blanket in a grassy field. The man, on the left, is wearing a blue long-sleeved shirt and glasses, and is laughing with his head down. The woman, on the right, is wearing a blue denim shirt and glasses, and is laughing with her head up. The background is a soft-focus green field. The text "Laugh at silly jokes" is overlaid in white on the left side of the image.

**Laugh at
silly jokes**



**Click
pictures and
make fun
videos**



**Drink a fruit
smoothie or
beverage
that
delights you**

A low-angle, close-up shot of a person's legs and feet as they run on a dark asphalt track. The person is wearing bright red athletic shorts and grey and white running sneakers. Their right leg is in mid-stride, bent at the knee, while the left leg is planted on the ground. A sharp shadow of the runner is cast onto the track surface to the left. The word "Exercise" is written in a large, bold, white sans-serif font on the left side of the image, partially overlapping the track and the runner's shadow.

Exercise

**Take a
shower**



A close-up photograph of a man's torso and arm. He is wearing a grey, textured suit jacket and matching trousers. A white shirt cuff is visible at his wrist, and he is wearing a watch with a black face and a tan leather strap. His right hand is in his trouser pocket. The background is a blurred outdoor setting with greenery.

**Dress
perfectly**

**Call an old
friend**



A young girl with blonde hair, wearing a pink long-sleeved tutu, is captured in a dynamic dance pose. She is holding a black resistance band with both hands, stretching it across her body. The scene is set in a living room with a large window in the background, through which bright light is streaming. To the left, there is a tall, dark wooden bookshelf filled with books. To the right, a large, leafy indoor plant is visible. In the foreground, a black office chair and a lamp are partially visible. The overall atmosphere is warm and energetic.

**Dance
carelessly**

A woman with long, wavy blonde hair is shown in profile, playing a red acoustic guitar and singing. She is wearing a white long-sleeved shirt. The background is dark and out of focus. The text "Sing your heart out" is overlaid on the left side of the image in a large, white, sans-serif font.

**Sing your
heart out**




Talk

A man with short dark hair, wearing a grey t-shirt and dark pants, stands in a church aisle with his hands clasped in prayer. The church has wooden pews and a carpeted floor. The background is slightly blurred, showing the church's interior and a bright light source at the far end of the aisle. The image is split vertically, with the left half having a warm, reddish-orange tint and the right half having a cool, blue tint.

**Pray, or
visit a place
of worship**



**Recall some
random
memories**

A top-down view of a dark, weathered wooden box filled with a messy pile of old, vintage photographs. The photos are of various sizes and orientations, some showing people, some showing landscapes. The lighting is dim, creating a nostalgic and slightly somber atmosphere. The text 'Browse some old photos' is overlaid in a clean, white, sans-serif font on the left side of the box.

**Browse
some old
photos**

A close-up photograph of a smartphone lying on a dark, textured wooden surface. A pair of white Samsung earbuds is plugged into the phone's charging port. The earbuds have a white cable and a small black microphone. The phone's screen is on, showing a brownish-orange background with some faint, illegible text. The text "Listen to your favorite song" is overlaid in large, white, bold letters on the left side of the image.

**Listen to
your
favorite
song**

A close-up photograph of a person's hand holding a light blue ballpoint pen, writing on a lined notebook. The hand is positioned on the left side of the frame, with the pen tip touching the paper. The notebook is open, and the lines are visible. The background is blurred, showing a desk and some indistinct shapes. The text "Write a poem" is overlaid on the right side of the image in a large, white, sans-serif font.

**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**

A woman with long brown hair, wearing a black wide-brimmed hat, a grey long-sleeved shirt, and blue jeans, stands on a grassy area. She is looking down at the ground. The background is filled with lush green trees and foliage. The scene is brightly lit, suggesting a sunny day. The text "Ignore the world and do the right thing" is overlaid on the right side of the image in a large, white, sans-serif font.

**Ignore the
world and
do the right
thing**

**Teach what
you know**



A photograph of a woman with blonde hair wearing a tan baseball cap, seen from the side, holding a young Black child. The child has short braids and is looking directly at the camera with a serious expression. The woman is wearing a grey tank top. The background is a blurred outdoor setting with other people. A semi-transparent brown overlay covers the right half of the image, where white text is placed.

**Tip, or
donate to a
charity**



**Giveaway
your books
or clothes**

**Plant a
sapling**



A lush garden scene with a green lawn, various plants, and trees in the background. The image is split into two panels. The left panel shows a close-up of a garden bed with large, dark green, ribbed leaves in the foreground, a dense patch of yellow flowers in the middle ground, and tall, thin, golden-brown grasses on the left. The right panel shows a wider view of a green lawn with various plants and trees in the background. The text "Visit a garden" is overlaid on the right panel in a large, white, sans-serif font.


**Visit a
garden**



Go hiking

**Go bird
watching**



A person with blonde hair tied in a bun, wearing a grey t-shirt and a black backpack, is seen from behind, looking up at a large, ancient stone temple structure. The temple has intricate carvings and is partially covered in moss. The background is a soft-focus view of green trees. The text "Travel someplace you haven't been before" is overlaid in white, bold, sans-serif font on the right side of the image.

**Travel
someplace
you haven't
been before**

A photograph of a movie theater interior. The foreground is filled with rows of red upholstered seats. The walls are covered in light-colored wood paneling. Two white columns with decorative capitals are visible. The ceiling has recessed lighting. The text "Watch a movie with your family" is overlaid on the left side of the image.

**Watch a
movie with
your family**

A woman with long dark hair, wearing a light-colored sweater and blue jeans, is sitting on a wooden chair at a light-colored wooden table. She is holding a small blue ceramic cup with both hands. On the table, there is a smartphone, a glass of water, a glass of coffee, and a plate with a slice of cake. The background shows a bright, modern interior with a white wall and a window. The text "Eat outside" is overlaid on the left side of the image in a large, white, sans-serif font.

Eat outside

**Cuddle and
play with
your pet**



**Play with
kids**






Take a nap



Switch off your phone





**Say what
you mean**

A person's hands are shown typing on a silver laptop. The laptop screen displays a blog post with a sunset background and the text 'Solid Standard'. Below the text are logos for 'GQ', 'Esquire', 'TC', and 'COMPLEX'. The laptop is on a wooden desk. In the background, there is a potted plant and a cup of coffee. A semi-transparent dark blue overlay covers the right side of the image, where the text 'Start a blog to share more' is written in white.

**Start a blog
to share
more**



**Send a
'thank you'
note to
someone**



**Preserve
your
identity**

A man with short dark hair, seen from behind, is sitting on a wooden pier. He is wearing a long-sleeved sweater with horizontal stripes in light blue, dark blue, orange, and maroon, and light-colored trousers. He is looking out over a vast blue ocean under a pale, hazy sky. The pier is made of dark wooden planks. The image is split vertically by a semi-transparent grey bar that serves as a background for the text.

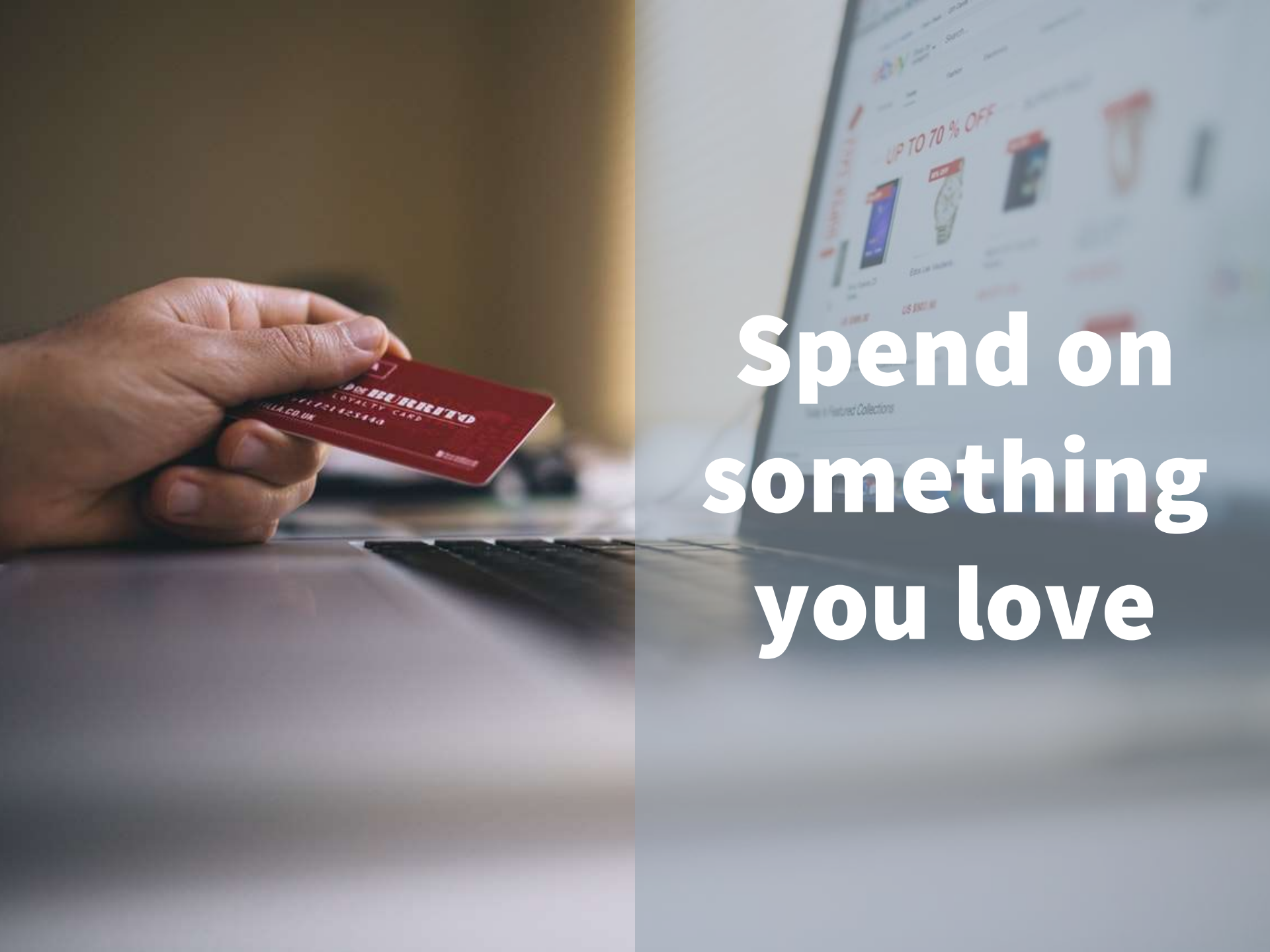
**Stay away
from hurtful
people**

A close-up photograph of a woman with dark hair tied back, wearing a bright pink shirt. She is in a meditative pose, with her head bowed and her hands clasped together in front of her. The background is a soft, out-of-focus grey. Overlaid on the right side of the image is a semi-transparent grey rectangle containing white text.

**Meditate,
introspect,
and reflect
on your life**

A close-up photograph of a stack of approximately 15 silver-colored coins, likely 1 Euro coins, resting on a pile of various colorful banknotes. The coins are stacked vertically, showing their edges and the 'SARDE RS' inscription. The background is a soft-focus collage of banknotes in green, blue, and red. The text 'Save some money you have' is overlaid in white on the right side of the image.


**Save some
money you
have**

A hand is holding a red loyalty card with the text "LOYALTY CARD" and "1234567890" visible. The card is positioned over a laptop keyboard. The laptop screen in the background shows a shopping website with various product listings and a prominent red banner that reads "UP TO 70% OFF".

**Spend on
something
you love**

**Write down
your goals
for future**

My Plan:

A close-up photograph of a person's right hand, with bright pink nail polish, holding a silver and black ballpoint pen. The hand is positioned over an open, blank, cream-colored notebook with a grid pattern. The notebook is resting on a light-colored wooden surface. In the upper left corner of the notebook page, the words "My Plan:" are handwritten in a dark ink.

A close-up photograph of a person's hands writing on a small, white notepad. The person is wearing a light blue button-down shirt. They are holding a yellow and black marker in their right hand. The notepad is resting on a dark, flat surface. In the background, a laptop is partially visible. The text "List down the little things you wish to do" is overlaid in white, bold, sans-serif font on the right side of the image.

**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

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