What makes you happy? Some people look for a sense of satisfaction, self-acceptance, favorable relationships, independence, or a feeling of purpose in life. While many factors play a role, caring for yourself and doing things that contribute to a positive sense of wellbeing may help you find moments of happiness. Here are seven ways to get started.

✔ Make health a priority. Create a platform for success. Most adults should get at least 150 minutes of moderate-intensity aerobic activity a week, eat a diet of healthy and nutritious foods, and get at least seven hours of sleep per night.

✔ Think positively. Choose an attitude of appreciation to help calm your body, heart, and mind, and optimism to help boost feelings of joy.

✔ Visualize happiness. Breathe and imagine yourself achieving your goals and doing what makes you happy—it may help you to make it a reality.

✔ Enjoy simple things. Read a book, spend time with loved ones, take a walk in nature. Make time to do what you enjoy and practice gratitude for the little things in life.

✔ Be kind and help others. Being kind to others feels good and can help you feel contentedness in your own life. Likewise, volunteering may give you a sense of purpose and satisfaction.

✔ Work to achieve your goals. Choose realistic goals like eating healthier, exercising more often, and practicing self-care. Then, make a plan and commit. Do what you can each day and be kind to yourself along the way.

✔ Know when to seek help. Reaching out for support from a friend, loved one, or healthcare provider can be one of the first steps toward improving mental wellness and may lead to more moments of happiness in life.