

INSIGHT

WTC COMMUNITY WEEKLY

Developing happy habits daily can have a positive effect on our overall well-being

We can begin to apply small changes that will lead to big results



HAPPY HABITS TO START IN 2022

With all of life's distractions, it's easy to live on autopilot and forget about the little things that make us truly happy. Do you find yourself constantly stressed out and feeling as if you don't have enough time to do everything you want to do? Developing happy habits can change all of that.

How Habits Can Make You Happy?

We all have an idea or dream about the world we want to create for ourselves and the life we desire to live. Small actions that we take consistently each day can help us to get to where we want to be. We can improve our quality of life, overall happiness, and even our perspectives. Investing in yourself in even the simplest ways can change your life course.

Here are 5 simple happy habit ideas that you can instantly apply to your life :

- Wake up early
- Take a social media break
- Read a chapter of an interesting book
- Treat yourself with kindness
- Simply sit in silence

What happy habits will you take away from this list? How will you apply them to your life? Share your thoughts with us at [@wtc.jakarta](https://www.instagram.com/wtc.jakarta) on Instagram.

Yours truly,
the community editor