

Sonja Lyubomirsky

Quotes

*Happiness, Goal, People, Gratitude, Thinking, Practice, Meaningful, Exercise,
Children, Optimistic, Misery, Lonely, Pessimistic, Jobs, Makeup, Strategy,
Unhappy Person, Accepting, Effort, Opportunity*

It turns out that the process of working toward a goal, participating in a valued and challenging activity, is as important to well-being as its attainment.

~Sonja Lyubomirsky

If you're not happy today, then you won't be happy tomorrow unless you take things into your own hands and take action.

~Sonja Lyubomirsky

Happiness is not out there for us to find. The reason that it's not out there is that it's inside us.

~Sonja Lyubomirsky

...The more a person is inclined to gratitude, the less likely he or she is to be depressed, anxious, lonely, envious, or neurotic.

~Sonja Lyubomirsky

In a nutshell, the fountain of happiness can be found in how you behave, what you think, and what goals you set every day of your life.

~Sonja Lyubomirsky

Find a happy person, and you will find a project.

~Sonja Lyubomirsky

Exercise may very well be the most effective instant happiness booster of all activities.

~Sonja Lyubomirsky

The practice of gratitude is incompatible with negative emotions and may actually diminish or deter such feelings as anger, bitterness, and greed.

~Sonja Lyubomirsky

I prefer to think of the creation or construction of happiness, because

research shows that it's in our power to fashion it for ourselves.

~Sonja Lyubomirsky

Every day you have to renew your commitment. Some of the strategies should become habitual over time and not a huge effort.

~Sonja Lyubomirsky

Forgiving people are less likely to be hateful, depressed, hostile, anxious, angry, and neurotic.

~Sonja Lyubomirsky

I use the term happiness to refer to the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.

~Sonja Lyubomirsky

People prone to joyful anticipation, skilled at obtaining pleasure from looking forward and imagining future happy events, are especially likely to be optimistic and to experience intense emotions.

~Sonja Lyubomirsky

If we can accept as true that life circumstances are not the keys to happiness, we'll be greatly empowered to pursue happiness for ourselves.

~Sonja Lyubomirsky

It is equally important to investigate wellness as it is to study misery.

~Sonja Lyubomirsky

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