Things that make me happy

What is Happiness?

• A habit to be cultivated
• Contentment
• Not related to things outside my control
• An inner experience free of external expectations
• "It is a quality of thought, a state of mind" – Daphne du Maurier from “Rebecca”
• Something that can be learned
• About personal priorities – choosing to be happy
• Gratitude
• Being authentic
• About enjoying the life I’m living
• A living emotion
• A right (the Declaration of Independence)
• Noticing the small things
• Knowing what I genuinely love
• Paying attention
• Simple pleasures

Things That Make Me Happy

Here are some ideas for things that might make you happy. If any of them speak to you, try to bring them into your life again or notice their presence and see whether this makes a difference to your levels of happiness!

- Laughing so hard my face hurts
- A hot shower
- No lines at the supermarket
- A special glance
- Getting ‘fun’ mail (not bills)
- A hot chocolate on a cold day
- A bubble bath
- Giggling
- Simple pleasures
- Watching the awkward gait of a two year old
- Taking a drive on a pretty road
- The smell of a good coffee
- Ah-ha experiences
- Hearing my favourite song on the radio
- Surprisingly good conversations
- Falling in love
- Lying in bed listening to the rain outside
- Hot towels fresh out of the dryer
- Running for the tram and making it
- Playing in autumn leaves
- Dancing
- Blue skies
- Cooked breakfasts
• Snow
• Smiles
• Butterflies in the spring
• Wide verandas
• Tropical storms
• Being seen and heard
• Candlelight
• Luminal moments – getting lost in a task I love
• Going slow

• The smell of the ocean
• Accidentally overhearing someone say something nice about me
• Walking into air conditioning on a steamy day
• Waking up and realizing I still have a few hours left to sleep
• My first kiss
• Flowers in the house
• Meandering

• Warm woollen jumpers
• Sand between my toes
• Walking in the rainforest
• Dancing naked in the rain
• Swinging on swings
• Making home made biscuits

• Travelling and exploring new places
• The beach
• The smell of fresh sheets on my bed
• Finding a 20 dollar note in my coat from last winter
• Laughing at myself
• The crackle of a warm fire

• Noticing the small things
• Late night phone calls that last for hours
• Running through sprinklers
• Laughing for absolutely no reason at all
• Having someone tell me that I'm wonderful
• Watching the curtains billow in a gentle breeze
• Sunday roast dinners with family

• Learning something new
• Seeing another see themselves
• White wine on a hot afternoon
• Beautiful gardens
• Making new friends or spending time with old ones
• Puppy dog licks!
• Wearing sensual lingerie
• Having someone play with my hair
• The song of the magpie

• Looking at a great work of art
• Making eye contact with a cute stranger
• Holding hands with someone I care about
• Running into an old friend and realizing that some things (good or bad) never change
• Watching the expression on someone's face as they open a much desired present from me
• Watching the sunrise
• The smell of the sunset
• The colours and smells of the fresh food market
• Getting out of bed every morning and being grateful for another beautiful day
• Comfortable chairs
• Being creative
Assistance in this area and many others can be obtained from the RMIT Student Counselling Service. The RMIT Counselling Service offers free and confidential counselling to all RMIT students. Counsellors may help you to explore your concerns, both personal and academic.

The RMIT Counselling Service can be contacted at 9925-4365 between 9am and 5pm.