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How Can You Make Yourself Happy?

To be single and happy, try to focus on yourself by taking classes, doing volunteer work, taking up a hobby, or anything else you might not have time to do if you're in a relationship. Make time to pamper yourself regularly, whether you buy a new outfit you love or you just hang out listening to your favorite music in your bathrobe.

How to Be Happy: 7 Steps to Becoming a Happier Person**15 Ways to Become a Happier Person | Inc.com****How to Be Happy: 23 Ways to Be Happier | Psychology Today****10 Scientifically Proven Ways To Stay Happy All The Time****9 Tips on How to Be Happy (and Live) Alone**

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Science shows that in happy relationships, you need a ratio of five positive interactions to every one negative interaction. If you're feeling like your quest to be a happy mom is in danger, make sure to get five positive interactions on the books as fast as possible.

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So, first have the INTENTION , be willing to step outside your comfort zone, leave old habits and negative thoughts behind, and finally start making those simple changes that are gonna enable you to become a happier person day-to-day.

How to Be Happy: 7 Simple Proven Habits to Help You Every Day

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