

5 Rituals To Happiness And Fulfillment

What's life without happiness and fulfillment? It's like living a life without meaning or purpose. When was the last time you feel that you are living your life to the fullest? Are you still desperately trying to figure out how to do that? If that is the case, you are not alone. Unfortunately, many people have been living their life without experiencing what life has to offer.

Regardless of your business, career, life or relationship, it is crucial to develop several essential habits to stay happy and achieve a sense of fulfillment in life. Adapting to a change in lifestyle and following habitual routine is fundamental in order to achieve happiness and fulfillment in the long run. Habit formation is not easy but as long as you maintain consistency in everything you do, you will eventually succeed.

I have done many researches and noticed the consistent patterns that happy and successful people follow. They practice daily habits which keep them motivated and leads to higher productivity, happiness and fulfillment. There are 5 essential habits discussed below that can help you to effortlessly achieve happiness and fulfillment in life.



Essential Habit #1 : Make Exercise A Regular Habit

One of the most essential habits that leads to happiness and fulfillment is exercising regularly. It does not necessarily have to be heavy weightlifting or running a marathon. This is about doing lightly arduous activity to oxygenate your blood and strengthen the endorphins in your body. Regardless of what kind of exercise you do, you will benefit from it as long as you do it regularly.

Make a schedule for exercise and commit to it no matter how busy you are. Aim for an hour of exercise at least 5 days a week to achieve optimum results. However, there is a strong likelihood of you sticking to something

you enjoy doing more. You're not limited to working out at the gym or strapping on jogging shoes. Therefore, allow yourself to look for something you enjoy doing which better suit your lifestyle and preferences. For instance, you could participate in a dance class, shooting basketball hoops, walking in nature, swimming laps at the pool, joining a community sports league, playing tennis, jogging with your dog, hiking, riding a bike, or doing yoga in the park. If you are having a hard time thinking of activities you enjoy, recall back to when you were a kid. What sports or games did you enjoy playing?

Exercise isn't just beneficial for the body. It has a powerful positive impact on both physical and mental well-being. Besides, exercise also releases dopamine, oxytocin and serotonin into the system, resulting in an almost euphoric effect without having to consume any drugs. Once you have started this habit, you will feel more motivated, more mental clarity as well as be more emotionally sound. People who exercise regularly tend to be happier across the board. Also, they tend to be less stressed, angry, anxious and depressed. In addition, exercise doesn't just help you maintain your health and attractiveness. Studies have shown that it acts as antidepressants which keeps you happy.

Based on research, exercising physically is simply mind-boggling; how physical exercise brings positive impacts to both physical and mental health. It's known to be as powerful as the most effective psychiatric medication in the absence of side effects. Researchers believe that physical exercise can protect bodies against some of the illness that can hit people in their later lives which include cognitive decline but it can also help stave off feelings of depression and anxiety to individuals of different age groups.