



rewire your brain, release happy hormones, and create a long-lasting positive impact in your life.

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How Habits and Happiness are Linked. Happiness doesn't always make us feel happy, says New York Times bestselling author Gretchen Rubin. That's because it's a complex state of well-being that requires awareness of both positive and negative emotions, personal values, temperaments, and habits.

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three times a week HIIT training and 2 times a week 40 minutes walk. During my walks, I would listen to a podcast, a video or an audiobook. Decide what resonates with you and commit to it. Even if you just start with gratitude and do that every morning for 5 minutes.  
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