



Your Daily Practice

Episode 53

Lessons From The Harvard Health Study On Happiness With Dr. Robert Waldinger

The Harvard Study of Adult Development is the longest scientific study of happiness and health that's ever been conducted. The results? Strong relationships make you feel better and live longer. Here are three things you can do to make your friendships, partnerships, work relationships, and even casual ties more meaningful.

Practices to try this week:

1. Identify your depleters and energizers:

- List your relationships and rate them on how energizing they are vs. how depleting they are to you. Increase your time spent in relationships that are energizing. Either decrease your time spent with depleters or shift the ways you are interacting with them.

2. Reflect on your life:

- Find a picture of yourself from half a life time ago. Look at yourself and ask: How was I feeling? What was important to me? What do I regret about that time? Use your answers to inform your actions today.

3. Define your “Jelly Roll” of nourishing relationships:

- Who are the people in your life that are happy when you do well? Who are the people in your life that want the best for you? Visualize them surrounding you in sweetness when you are having a hard time.