

10 HABITS FOR A JOYFUL LIFE

Discipline, balance, & habits are vital in reaching any goal. Your habits determine your health and happiness, so be mindful of your habits and strive to align them with your priorities.

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| Habit 1
<i>Action Step</i> | Take radical responsibility for your health & happiness
Don't blame outside factors that are out of your control, accept them. You are the only one who decides your health, happiness, and success, and what to do about it. Own it. |
| Habit 2
<i>Action Step</i> | Yoga & Meditation
Get into the habit of meditating and yoga or a meditative practice, morning is best. These 2 practices will have the greatest overall affect on your health & happiness. |
| Habit 3
<i>Action Step</i> | Gratitude
Practice gratitude, maybe taking a moment before each meal to be grateful, maybe starting and ending each day with gratitude. |
| Habit 4
<i>Action Step</i> | Play!
Get into the habit of being primally playful and being in a playful mindset. Make sure you have healthy play outlets. Playing on screen doesn't count! |
| Habit 5
<i>Action Step</i> | Seek balance and actuate all your 'bodies'
Make sure you are making time for all of your 'bodies': Physical, Spiritual, Emotional, and Intellectual, and that your 7 chakras are balanced |
| Habit 6
<i>Action Step</i> | Nature & Sunshine
Make time to connect with nature. Even if just spending some time with your plants or touching the earth at a park. |
| Habit 7
<i>Action Step</i> | Laugh!
Make sure you are genuinely laughing each day. Other people are a key ingredient to gut busting laughter. |
| Habit 8
<i>Action Step</i> | Serve a higher purpose
How are you helping this planet and the beings on it? What is your meaning? Your purpose? Know it, spend time on it, and serve it through your actions. |
| Habit 9
<i>Action Step</i> | Know your priorities
Know your priorities, write them out. Put them where you see them every day until you know them intrinsically. |
| Habit 10
<i>Action Step</i> | Focus on love & forgiveness
Love in its purity is formless & an infinite source of energy. If you make mistakes or don't reach goals, forgive yourself with love & learn from said 'failures.' |

Discipline, balance, & habits are vital in reaching any goal. Your habits determine your health & happiness. What you consistently do, you become, so **be mindful of your habits and strive to align them with your priorities.**

Habits

Our **habits** dictate our lives, who we are, and who we wish to become. These 10 lessons are 10 habits that I believe will help people live optimally, with vibrant health and happiness. These are not the be-all end-all of ways to live joyously. I, and everyone should always be learning and growing. These are just 10 lessons that work for me, and that I kept running into during my studies of health, happiness, success, and self-help books and articles. A routine is a chosen habit or habits that we choose to do regularly. Making a routine, especially a morning routine (win the morning win the day) is very important for vibrant health and happiness.

Discipline

Know that without **discipline**, it doesn't matter how much you know about health or happiness, we need to have the willpower to do the things we know we need to do. Willpower cannot be running 24/7, allow yourself downtime, time to be not 'on', time to be undisciplined. Don't beat yourself up if there are some lapses in discipline! People often get burned out trying to do too much in too little time.

There are no such things as unrealistic goals, only unrealistic timelines.

Pareto's Law or the 80/20 Principle

Vilfredo Federico Damaso Pareto was an Italian economist who believed that **80% of your success comes from 20%** of what you are doing. This has been tweaked over the years and has been a way to look at success in multiple ways. For instance as far as weight loss goes, most personal trainers, including myself, will tell you that weight loss is 80% what you eat and **when** you eat, and 20% your movement and exercise habits.

For our purposes, I want to bring the 80/20 rule to life in general. As long as you are following good and healthy habits 80% of the time, you should be okay, unless that 20% is egregiously bad. It's important to allow ourselves to have our time to 'not be on.' In the section on willpower, we discuss how willpower can ebb and flow, and we should honor this.

Balance

Balance is vital for vibrant health & happiness. Many people who are unhappy or unfulfilled have an imbalanced life. Some parts are not 'fulfilled' as the word literally means.

Maybe financially someone is doing quite well, but they don't have very many intimate relationships & are not emotionally thriving. Or perhaps someone is happy with their family & friends, has money, but is feeling they are not serving humanity, not connecting with a higher purpose, etc.

Be conscious of your energy field and respect that there is an ebb and flow to your rhythms and the rhythms of nature. You need to have your Yin & your Yang.



Yang Qualities

Doing, active, expressing, thinking, day and the sun, animals, masculine, aggression, hard, dog like qualities etc.

Yin Qualities

Receiving, being, stillness, night and the moon, plants, feminine, soft, nurturing, cat like qualities etc.

Transformational Trackability & SMART Goals

If you desire transformation in some area of your life, it would be wise to know where you are now, & what changes you would like to see, & to make sure you have measurable indicators of change. How will you know when you have reached certain goals?

Remember to make SMART Goals:

S **Specific**
M **Measurable**
A **Attainable**
R **Realistic**
T **Time-Bound**

Routine & incremental change

As stated earlier, a **routine** is a **chosen set of habits**. Whatever part of your life needs the most amount of work or attention, for your overall health and happiness or success, focus and design a routine around helping **that area**, in the morning if you can.

And please, don't try to do too much too soon! Often people start out very excited in any new venture, put a lot of new habits on their plate, and when they falter, they give up completely. Change isn't always easy! Our brain has shaped our personality to seek comfort, & often change isn't comfortable for our psyche, we can subconsciously rebel against change. Change happens incrementally, go for small, manageable changes. They build on each other.

Below are 10 habits that can help anyone become vibrantly healthy and happy.

If you would like help in any aspect of your life that deals with health or happiness, you can also reach out to me for coaching!

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Habit #1: Take Radical Responsibility for your health & happiness

Action Step: Don't blame outside factors that are out of your control, accept them. You are the only one who decides your health & happiness, and what to do about it. Own it.

The most impactful book I've ever read is called 'The 4 Agreements.' I have not had drama or overt interpersonal problems with anyone since reading this book 15 years ago. The 2nd agreement is to 'Not take anything personally.' The author goes on to discuss how everyone lives in their own reality, their own worlds. If a stranger walks by you in the street and curses at you, that stranger has so much anger within themselves, they feel the need to put it off on others. Where I would have felt anger before, I now only feel pity and love for that person.

As long as you believe that your state of being is dependent on outside influences, you will never be truly free and in control. You are the only one who can decide how you feel, and what you plan to do about it. The first step in working towards vibrant health and happiness is knowing that you are in control of it, not others, and not outside sources.

Habit #2: Yoga & Meditation

Action Steps: Get into habit of Meditating and Yoga or a meditative practice

There are simply too many studies that espouse the overwhelming benefits of meditation and yoga to ignore. A google search of 'benefits of meditation' yields 21 MILLION hits. From relieving stress, lowering blood pressure, happiness, increasing willpower and discipline, to increasing self-awareness, weight loss and slowing aging, I could go on and ooon. There are different types of meditation, from yoga, chanting, sitting, walking, hymns. The general idea of meditation is that you put your focus on one thing. Whether that be your breathing, your movement, a sound, staring at something, etc. As you put your focus on this one thing, the rest of your brain and energetic body, settles. The brain has been called a drunken monkey, or an untamed horse. Meditation is the practice of taming that horse. Make no doubt about it, your brain rules everything you do, the greater control you have of it, the more you will be able to use it to help you create the life you desire.

Your thoughts create physical reality. So be mindful, train your brain. **It will help every single aspect of your life.**

And as we are on this physical plane in this life, we should absolutely focus on our physical well-being. I espouse the importance of balance, and yoga is about, among other things, balance, and connecting mind and body. If people practiced yoga their whole lives, they could easily be moving freely and joyfully into their 100's.

My blog posting on Meditation: (<https://www.primalplay.org/single-post/benefits-of-meditation>)

Habit #3: Gratitude

Action Steps: Be grateful. This might mean giving thanks before every time you eat, or possibly a morning & or evening routine of gratitude.

Almost every self-help book out there speaks on gratitude and being in a state of gratitude. Tony Robbins, the renowned master of self help, every morning has a routine where he focuses on gratitude. Being in a state of gratitude gets us in the habit of always looking at the positive side, this influences our entire energetic field down to the biochemical level. When you have a co-worker who you can't stand, find something to be thankful for. Most people we have an aversion to, we subconsciously see something in them that is also in ourselves, that we can't stand about ourselves.

“I am grateful for this opportunity to learn and grow” This is my fallback to almost any difficult person or situation I've had to deal with.

Habit #4: Play!

Action Steps: Get into habit of being primally playful and being in a playful mindset. Make sure you have healthy play outlets. Emphasis on physical & or social.

This ties in with lesson #2 about laughing. **The quickest and healthiest way to laughter is through primally playing with others.** Play not only is the quickest way to laughter and bonding with other people, it is also **how mammals, including humans, learn.** Many of the new tech organizations realize the importance of play in the workplace, for fostering teamwork and creativity.

In this day and age, I feel that the vast majority of adults are lacking for healthy primal play outlets. I say ‘Primal Play’ because playing on a screen is completely different from primally playing with others. Yes it is still play, but it is completely different and has nowhere near the amount of benefits as primally playing with others does. I am not saying that playing on a screen is bad for you, but that too much of it is, and that it isn’t interacting with anything living.

All different types of play! Physical play, mental play, musical play, artistic play, performance play, verbal play, aaaaall different types. Make sure you are regularly in a playful mindset and have play outlets! Again, I will bring up **Meetup** (www.meetup.com) if you are looking for play outlets, and other people also looking for play outlets.

Habit #5: Seek balance and actuate all your 'bodies'

Action Steps: Make sure you are making time for all of your 'bodies' (physical, spiritual, emotional, and intellectual) and that your 7 chakras are balanced.

All of our 'bodies' are interconnected, when you actuate one, all benefit.

Physical Body: Eat, Move, Sleep.

This is the name of a book on health, and it sums up the basic keys for maintaining a vibrant physical body pretty well. Focus on getting quality and enough of those three activities plus sunshine & nature and you will be good physically! My Blog posting on the key to understanding weight-loss in which I talk about why the body stores fat, and how it burns it:

[Weight-Loss blog](http://www.primallyplayful.org/single-post/weight-loss-explained) posting (www.primallyplayful.org/single-post/weight-loss-explained)

My blog posting on [Primal Movement for Longevity](http://www.primallyplayful.org/single-post/2016/08/22/primally-movement-for-longevity)

(www.primallyplayful.org/single-post/2016/08/22/primally-movement-for-longevity)

Think 'movement' more than "exercise." Exercising is great, exercises are specific routines to help you reach specific goals. But moderate movement and pace throughout the day is good for you no matter your goals.

Ayurvedic Medicine

Ayurvedic medicine -- also known as Ayurveda -- is one of the world's oldest holistic (whole-body) healing systems. It was developed thousands of years ago in India. It is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Every human has similar bodies in general, but we are all unique. We all have unique metabolisms, predispositions, shapes, skin, etc. Ayurvedic Medicine believes that we are all one of three main body, or energy, types. We have a bit of each energy in us, of course, but one, sometimes two, usually dominate. Once you know your body type, Ayurvedic medicine can help you understand foods and activities that help balance you out, opposed to putting you out of balance. Of all the different types of Health perspectives I have read, Ayurvedic is by far the most interesting and helpful I have come across. In order to discover your body type, fill out this [questionnaire](#).

Intellectual body- Challenge and feed it

There is sooooo much cool stuff out there! Sooo much to learn it's incredible! Always be learning, always be feeding your brain interesting knowledge. And challenge it. There is a group of nuns in Maine that regularly live into their 100's with almost no cases of alzheimer's, dementia or

other diseases of the mind. These nuns are involved in debate clubs, chess, sudoku, riddles, and many other games that test the mind. So play games that make your mind work in new and different ways.

Emotional body- Socialize

Our greatest joys in life come from primally engaging with others. Make sure you have healthy social circles, that you are surrounding yourself with people that brighten your day, people that are easy to laugh with. Jim Rohm, the famous success coach, said that you are the sum of the 5 ppl you spend the most time with. Are you surrounding yourself with ppl who bring you down, or lift you up?

Spiritual Body- Your why

The spiritual body guides your actions. What is your why? Why are you on this planet? Why do you want to become happier and healthier? If you don't know your why, it is easy to not follow through with commitments. What is your purpose? Why do you believe what you believe? Most of our beliefs are past down to us by our parents and our surroundings when we were in our **critical period**, which is from when you are born, to around puberty. Do you think a child raised in a Klu Klux Klan family made a conscious decision to hate? No, that person did not, they were conditioned, **we are all conditioned in some way or another**. The first step in taking control of our beliefs is becoming aware of our conditioning.

The Chakras

The Chakras are 7 energy vortexes along the center of your body, from the base of your groin to the tip of your head. They deal with different levels of consciousness and different parts of the body. They are fascinating and definitely worth checking out. If one is blocked, you will be struggle in this realm of your life, and it will affect other areas as well, there are ways to unblock any chakra.

There is a lot of information on chakras, the links below have a breakdown of each, and also a chakra test you can take to see if you have imbalances or blockages.

[The Chakra Test \(www.eclecticenergies.com/chakras/chakradotest.php\)](http://www.eclecticenergies.com/chakras/chakradotest.php)

[The Chakras explained \(www.eclecticenergies.com/chakras/introduction.php\)](http://www.eclecticenergies.com/chakras/introduction.php)

Habit #6: Connect with Nature/Sunshine

Action Steps: Make time to connect with nature. Even if just spending some time with your plants or touching the earth at a park.

Shinrin-Yoku is Japanese for 'Forest Bathing.' There are now hundreds of studies that show the overwhelming benefits of spending time in nature, even having plants in your house or a view of nature has been shown to drastically increase happiness and even healing.

[Article](#) that sites many such studies:

(www.motherearthnews.com/natural-health/herbal-remedies/forest-bathing-ze0z1301zgar?pageid=2#PageContent2)

[15 benefits of Sunshine](#)

(www.msn.com/en-in/health/medical/15-health-benefits-of-sunshine/ss-BBsywOI#image=4)

Habit #7: Laughter

Action Steps: Make sure you are genuinely laughing each day. Other people are a key ingredient to gut-busting laughter.

The quickest and healthiest way to laughter is through primally playing with others. You should be laughing each day. A sense of humor and being open to laughter is without a doubt, one of the most important traits to have when it comes to being happy. Find groups of friends, family, or strangers who make you laugh, and if your current friends and family don't, find new friends and family! Seriously! Meetup (www.Meetup.com) is a fantastic source for finding groups of like minded ppl. Article with studies showing benefits of laughter:

<http://www.helpguide.org/articles/emotional-health/laughter-is-the-best-medicine.htm>

Laughing is contagious! Just hearing other ppl genuinely laugh primes your brain to laugh. I personally like listening to the '[Ricky Gervais Show](#)' podcast. Ricky Gervais has a GREAT laugh and it always gets me. Pandora also has a station of just stand up comedians. Laughter is how we bond with others, “The shortest distance between two people is laughter” – The Dali Lama.

This [article](https://en.wikipedia.org/wiki/Tanganyika_laughter_epidemic) (https://en.wikipedia.org/wiki/Tanganyika_laughter_epidemic) is about the Tanzanian laughing epidemic that happened in 1962 in which schools had to be closed down because of a laughing epidemic. It spread to neighboring villages, the red cross had to be called in because ppl were fainting from exhaustion!

Habit #8: Serve a higher purpose

Action Steps: How are you helping this planet and the beings on it? What is your meaning? Your purpose? Know it, spend time on it, and serve it through your actions.

What is your meaning? Your meaning guides your actions. Victor Frankl was a psychotherapist, author, and survivor of several German concentration camps in World War II. In his book, 'Man's search for Meaning' he writes about the difference between those who survived and those who did not. He believed that those prisoners who were able to find meaning in their suffering, were the ones who survived. Find meaning in everything you do. Have a higher purpose that is worth living for. This will guide all of your actions if you believe in it.

Habit #9: Priorities

Action Steps: Know your priorities, write them out. Put them where you see them every day until you know them intrinsically.

The more you intrinsically know your priorities, the easier decisions become. It becomes a matter of asking yourself “**Do my habits fall in line with my priorities?**”. If they don't, you will feel an internal imbalance. A vision board is useful as well. Having a board that has images of the things you wish to accomplish or become. Put it somewhere where you will see it every day.

A note on your top priority. Your priorities are your priorities but I do want to recommend thinking about making your top priority **your** health and happiness. I say this for two reasons, number one, this is something that is 100% in **your control**. And reason #2, you will only be better for your family and friends or any of your other priorities if you are at your healthiest and happiest! Just being around someone who is vibrantly healthy and happy, makes other people feel better without even saying a word.

I am always blown away when someone says “I don't have time to exercise.” Which is the same thing as saying “I don't have time for my health.” If you don't have time for your health, what do you have time for??

Habit #10: Focus on love & forgiveness

Action Step: Love in its purity is formless & an infinite source of energy. If you make mistakes or don't reach goals, forgive yourself with love & learn from said 'failures.'

When I say 'love' I am not talking about the erotic type of love. The greeks believed in 8 different types of love, here are three of them:

- Eros** Sexual desire for another, carnal love (the word, 'erotic' derives from this greek word)
- Philos** Friendship & family love, love for your fellow humans.
- Agape** A universal, unconditional love that transcends and persists regardless of circumstance. Also known as cosmic or divine love.

Agape

If we were to focus on connecting with agape love, that infinite source of energy & creativity, it can enliven & rejuvenate every aspect of our life, from the physical to the metaphysical.

A regret is simply a situation you have not learned from. Even past 'failures' have much to teach us. In the present, we can change how we look at or frame past experiences, and thus change how we feel about past 'failures' or traumas. When we look at any situation with love, it makes the world and this universe a much brighter place.

In Conclusion

These are not the be-all, end-all habits of vibrantly happy & healthy people. We should always be learning and spending time on how to be vibrantly healthy and happy. Change isn't easy. We have all been conditioned, from while we were in the womb even. We are creatures of habit, and habits are not always easy to change. Be aware that **you have been conditioned** and that it will take effort to become **aware of your conditioned responses**, this is the first step in changing and **evolving ourselves**. We all have such great capacity for love and peace, our egos are what keep us from actualizing ourselves.

Please don't hesitate to contact me if you would like help in any of these areas.

Info@primalplay.org

Thank you for reading! I wish you the best of luck!

Jared Hippler