

How to Be Happy

Everyone wants to be happy... One simple idea I believe about happiness: **it derives from within.**

Walk Daily

The simplest approach to achieving a state of bliss is to **walk more**. At the end of the day, to walk is to be human. We are bipedal for a reason, and we should use our two legs as much as possible throughout the day. I enjoy walking along the riverside, in nature, and even through the bustling streets in my city.

When you walk, **you feel good**. There's something about the simple act of moving physically through the world, feeling the weather, having the sun kiss your skin, and enjoying the very moments that are fleeting and passing you by.

Sun Exposure

One strange thing I've recognized about people is that they are afraid of the sun. We often cover ourselves with hats, sunglasses, and even sunblock. The sun gives you power. **Spend as much time as possible in direct sunlight.**

Lift Weights

Lifting weights will make you happier because it will boost your **confidence and courage**. The more you can lift, the better you will feel. If you get into a habit of having a daily gym routine, you will find that you are going to become happier and happier each day.

Eat Red Meat

Personally, I have adopted a **carnivore diet** of 100% red meat and kimchi. What I realize is, the more red meat I consume, the more satiated and filled with energy I am. Having increased testosterone makes you kinder, happier, and less irritable. Meat provides me with fuel to fast all day, needing only one meal at night. Also, my **gut health is supreme**.

The connection between your mind and body is important to consider. When you have an upset gut or stomach, it is inevitable that you will become depressed or anxious. When you have a strong body and a strong mind, you will have a beautiful soul.

Subtract the Superfluous

For myself, embracing **minimalism** has been a path to happiness. In this modern world, we often seek joy through external pleasures like social media, TV shows, movies, video games, food, and concerts. But the truth is that **happiness derives from within**. It comes from a state of bliss when you recognize the patterns in both nature and human behavior.

No amount of movies, sugary foods, or entertainment will keep you in a state of bliss. Also, abstain from things like casual sex, pornography, drugs, and alcohol. Another suggestion: delete your Instagram and stop watching YouTube videos. Instead, **make your own media** and entertain yourself by watching what you create.

Memento Mori

Remember that you must die. Allow the shortness of life to fuel your lust for every moment. It's important that you live a meaningful life and do things that only you truly care about. Realize that you are a mere mortal and that nothing lasts forever. A good heuristic: *treat every single day like it is your last.*

Recognize Your Connection to Nature

Happiness is something I find through recognizing I am just a small speck on this earth in the grand scheme of things. But that's what makes everything so beautiful! The fact that I am lucky enough to be a small part of this cosmic soup that is life is enough to keep me happy and in a state of bliss.