Talk to Yourself

Want to feel happier every day? Consistently replacing negative thoughts with an upbeat mantra (“I am calm and centered”) will alter your outlook, a study from the University of Kentucky in Lexington finds. How to do it:

ENVISION YOUR IDEAL LIFE, then craft an encouraging phrase that makes it sound as if what you desire is already a reality. Instead of “I hope tomorrow is better,” try “My future is bright.”

REPEAT YOUR MANTRA whenever you start to bad-mouth yourself. “You’ll retrain your brain to focus on the positive, not the negative,” study author Ann Peden says.

ADOPT ONE OF THESE SAYINGS, and give yourself a talking-to:

*I am strong and can handle whatever life throws my way.
*Everything happens when it’s meant to happen.
*I choose to love and appreciate myself.
*I am grateful for the good in my life.
*I can make healthy choices.
*Happiness lies before me.
*I forgive my flaws and celebrate my strengths.