

5 Subtle Habits To Improve Your Outlook On Life

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You may be beginning to realize your perception of yourself and your outlook on life have a direct connection with how happy you are. However, a lot of people don't know how to improve their outlook on life from where they are currently.

You may meet people who seem to be generally positive and think they are simply born that way, when in actuality, *you can't tell how much work a person has done to improve their self-image and outlook on life.*

It doesn't take seminars or coaching or therapy to start making big steps towards improving your life outlook.

These simple habits are ones you can start today, but the impact could last the rest of your life!

Journaling

There are endless resources out there telling you effective ways to incorporate journaling into your routine, and the fun thing is that you can tailor it to your specific needs. A simple 5-10 minutes spent journaling can dislodge clutter from your brain or set an intention for the day.

The best thing is that journaling is pretty hard to mess up and has a high return on the time you spend doing it.

There is a lot of evidence that points to the impact journaling can have on your happiness. [This article](#) by Psychology Today goes into detail about how you can increase your happiness with journaling; in five minutes or less! It's a great introduction to the many ways you can start journaling.

When I was going through a season of health issues, I found that just writing down a description of the thoughts and feelings I was experiencing throughout each day was a therapeutic way to process it all. It was a way for me to celebrate victories and share struggles that would take hours to explain to someone else. It made me feel like I had my own back.

Around New Years is when I got intentional about writing my goals down, and oh boy was this impactful!

With all the intention I put behind my goals for the coming year it was hard not to be absolutely buzzing with alignment on actually achieving these goals! Journaling has been instrumental in many of my goals coming to fruition before the end of this year.

However, one of the most effective ways I've found to fill out my journal is by writing out thought work. ***Writing out the root cause of each feeling I find standing in the way of my progress helps me see what changes I need to make.***

Most of these changes I can make simply from reframing my mindset. I ask myself questions like "What if this challenge turns out to be really easy?" and "What if the worst happens and I am totally fine?"

Don't underestimate the impact these probing questions can have when facing challenges. It makes your outlook on life so much more tangible and fun.

Retelling Your Story

Like it or not, ***we're all telling the story of our lives in some way.***

It happens every time you characterize yourself as someone who is always late or never goes to bed on time. These things feel as much a part of yourself as much as being 5'9" or having blonde hair, but are actually just another aspect of the story you're telling about yourself. The mental blockers you've thought were just a part of your inherent personality can actually be augmented to fit the story you want to tell.

Let's stick with the example of always being late. Perhaps you tell yourself that you're always late to work because you are just a person who is always late everywhere. Do you ever ask yourself why? Did you ever get permission from yourself to remove this part from the story?

I personally love the exercise of retelling the story of your past. There are countless ways humans use their pasts to justify their current actions and behaviors:

“I can’t commit to one person because my parents got divorced when I was young” or “I won’t even be considered for that promotion because I didn’t do well in school, why would things change now?”

Here’s a tip: **what if everything up until now was part of your origin story?**

What if all the bad things that have happened to you are just setting you up for the person you’re supposed to be?

What if it all serves a greater purpose to propel you forward into greatness?

It absolutely can! You get to decide it does.

Deciding How You Want To Show Up

Lately I’ve been asking myself on my drive to work “how do I want to show up today?”

The answer could be a little more complex than you may initially think, but has a huge impact on your outlook on life.

It’s usually expected that you show up as a team player, but what else do you want to show up as? Can you make the decision to show up as someone who takes initiative? Do you want to show up as someone who capitalizes on their natural talent? How about deciding to show up as someone who amplifies the voices and ideas of others?

You don’t always have to show up as someone positive if you don’t want to. It’s perfectly fine to feel appropriate levels of anger, annoyance, or disappointment in life. But when you make the decision to show up in the appropriate way, you take control of your outlook on life.

You get to decide how it all fits together and the way you want to interact with the world.

Enjoying The Time You Waste

I bought a pair of 4inch black heeled combat boots that resonate so deeply with my soul, I just can’t help but try them on every now and then and strut around every mirror in the house.

Strutting to the end of my street to visit the taco truck in 4-inch heels may seem like an utter waste of time to some people, but it feels in complete alignment with whom I want to be.

The same could be said for watching endless hours of music videos, coloring pictures, or making up song titles for a fake rock album you’ll never release.

Wasting time sometimes gets a bad rap, but in actuality, it's extremely beneficial to allow your brain some time to play! ***It can make your productive time more effective and boost your mood. It makes you feel more connected with your creative side; the side of our brain that has the most fun.*** How could that not improve your outlook on life!

It's important to set some time aside each day to let yourself be creative, or just let your mind wander and see where it goes. Spend this time without guilt hovering over your head.

Stop Looking For Signs

Human beings love looking for patterns that aren't really there. We're always looking for evidence of how we're going to be successful or how we're going to fall short.

For some reason, we think this will soften the blow when we inevitably do fail at something; *when in actuality it just trips us up even more.*

If you're someone who loves to look for patterns in your own life of how you've failed and then use that to predict the outcome of future endeavors, you can rest easy. Just realizing that your brain looks for patterns that aren't actually there can relieve some stress in your outlook on life.

Your brain may naturally think that just because you've failed every time before, you'll fail the next time. That isn't necessarily true though! ***You'd be selling yourself short by subscribing to this pattern, and cheating yourself of an inevitable victory.***

So by now, you should have five simple ways you can start improving your outlook on life. These certainly don't have to all be done at once! Try to focus on one for a while, or practice one each day this week, and you'll definitely notice an improvement in your outlook on life!