

HAPPY THINGS

A Collection of Lists with Things that
can Make you Happy



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INTRODUCTION

The lists in this PDF are meant to give you some pointers of what you can do to make yourself happier. It is certainly not an all-inclusive overview, but it will give you some ideas. These lists were put together just because at times we all need a bit of a reminder or even fresh ideas of what we can do to enjoy life a little bit better.

When I was creating these lists, I even got some great ideas for my own life, and I will certainly try out some new hobbies, and listen to uplifting music.

As I'll be updating these lists over time, please come back again later to download the newest version.

I hope you enjoy this collection of happy lists.

Much Love,
Maxima

HAPPY MUSIC

This is a list of music that has the potential to make you happy. Everyone's taste in music is different, but here is a list of music that I absolutely love. The songs make me happy and joyful, and make me want to get up and dance and sing.

- Celebration - Kool & The Gang
- Angel - Carlos Santana
- Happy - Pharrell Williams
- I Got You (I Feel Good) - James Brown & The Famous Flames
- Walking on Sunshine - Katrina & The Waves
- What a Wonderful World - Louis Armstrong
- I'm Yours - Jason Mraz
- Good Vibrations - The Beach Boys
- The Lazy Song - Bruno Mars
- Dancing Queen - Abba
- Don't Worry Be Happy - Bobby McFerrin
- Geronimo - Sheppard
- Just the Way you Are - Bruno Mars
- The Way you Make me Feel - Michael Jackson
- You are my Best Friend - Queen





HAPPY ACTIVITIES

When you are feeling blue, the best thing you can do for yourself is doing something that will make you happy.

There are many little (and big) things you can do, that can change your mood, sometimes even instantly.

Here is my list of activities that lift my mood:

- Dancing
- Singing out loud
- Going for a walk on the beach or in the mountains
- Watching a child or a pet
- Giving and receiving a hug
- Drinking a hot cup of tea
- Have a good cry
- Taking a hot shower
- Having a massage
- Reading a good book
- Watching a funny movie
- Listening to uplifting music
- Calling a friend
- Exercise
- Creating something new, e.g. a drawing or a nice meal



HAPPY MOVIES

There is nothing much better to lift your spirits than watching a funny movie.

It is said that funny movies do not only heal emotional pain, but can also shorten the healing time of a physical issue.

Here is my list of movie favorites:

- Practical Magic
- Mr Bean series
- Tom and Jerry
- Garfield
- School of Rock
- Love Actually
- Grease
- Bridget Jones' Diary
- Dirty Dancing
- Mamma Mia!
- The Blues Brothers
- Rush Hour
- Despicable Me
- What Woman Want



HAPPY PLACES

There are many places on earth that have a positive impact on your mood and happiness.

We often believe we have to travel far and experience something new to makes us happy, but often we can find beautiful places just around the corner.

Here is my list of places to visit that make me happy (if only they were all a bit closer):

- Beaches and lakes
- Mountains
- A terrace in Paris
- My local coffee shop
- The Kruger Park in South Africa
- My backyard
- The Posbank in the Netherlands
- The National Parks in Australia
- The desert around Las Vegas
- My local shopping mall (I love shopping)
- Bay of Islands in New Zealand
- The park around the corner
- The Great Wall in China
- Swimming pools
- Lac du Neuchattel in Switzerland



HAPPY HOBBIES

This is a list of hobbies that can make you happy. Obviously most of us, if not all of us, have hobbies. But who says that you always have to do the same thing? Maybe it is time to try something new. This is a list of hobbies that you can look into. Who knows, you may find something new that truly excites you!



Acting	Ceramics	Golf	Musical Instruments	Shopping
Airbrushing	Cheerleading	Growing Bonsai	Nail Art	Singing in a Choir
Aircraft Spotting	Chess	Trees	Origami	Sketching
Animals	Church	Gymnastics	Owning An Antique	Skiing
Archery	Cloud Watching	Handwriting	Car	Sky Diving
Astrology	Collecting things	Analysis	Paintball	Snorkelling
Astronomy	Coloring	Hang gliding	Painting	Snowboarding
Backgammon	Compose Music	Hiking	Papier-mâché	Soap Making
Badminton	Computer	Horse riding	Parachuting	Soccer
Base Jumping	activities	Hot air ballooning	Paragliding	Socializing
Baseball	Cooking	Hula Hooping	Photography	Spending time with
Basketball	Crafts	Hunting	Piano playing	family/kids
Beach walking	Crochet	Ice-skating	Pilot A Plane	Storytelling
Beadwork	Cross-Stitch	Internet	Playing games	Surfing
Belly Dancing	Crossword Puzzles	Jewellery Making	Playing music	Swimming
Bicycling	Dancing	Jigsaw Puzzles	Playing team	Tennis
Bird watching	Darts	Juggling	sports	Textiles
Blacksmithing	Dominoes	Jump Roping	Playing with Lego	Train Spotting
Blogging	Drawing	Kayaking	Poker	Traveling
Boating	Educational	Kites	Pole	Treasure Hunting
Body Building	Courses	Knitting	DancingPottery	TV watching
Bookbinding	Electronics	Lacrosse	Quilting	Video Games
Bowling	Embroidery	Learning A Foreign	Rafting	Volunteer
Boxing	Exercise	Language	Rapping	Walking
Brewing Beer	Falconry	Learning An	Reading	Watching movies
Bridge Building	Fishing	Instrument	Relaxing	Windsurfing
Building A House	Floorball	Listening to music	Repairing things	Wine Making
Cake Decorating	Football	Macramé	Rock Collecting	Woodworking
Calligraphy	Frisbee	Making Model Cars	Running	Writing
Camping	Gardening	Martial Arts	Sand Castles	Writing Music
Candle Making	Genealogy	Meditation	Scrapbooking	Yoga
Canoeing	Ghost Hunting	Motorcycles	Scuba Diving	Zumba
Cars	Go Kart Racing	Mountain Biking	Self Defence	
Car Racing	Going to movies	Mountain Climbing	Sewing	





*“Be happy with what you have.
Be excited about what you want.”
– Alan Cohen*

