

7 Ways to Feel *More Loved and Connected*



- ➡ **Celebrate other people's success.** The people we love feel closer to us when we actively rejoice with them. When they succeed, whoop and holler like a cheerleader, bring them cupcakes, or pop open a bottle of champagne.
- ➡ **Consciously practice gratitude.** Everyday, express appreciation to a friend or family member.
- ➡ **Allow yourself to be vulnerable.** Vulnerability can be uncomfortable, but it allows trust and intimacy to develop.
- ➡ **Accept that people are often annoying.** Love them anyway.
- ➡ **Learn how to apologize effectively.** We all make mistakes; the trick is knowing how to repair them.
- ➡ **Forgive people.** Forgiveness is not about erasing the original hurt; it is about choosing positive emotions over negative ones.
- ➡ **Stop thinking about yourself so much.** Turn your attention to the things that you can do to make *other people happy*.

