

10 THINGS YOU SHOULD TO DO IN ORDER TE BE HAPPIER

HR Builders is a company specialized in HR interim management. Our mission is to connect great HR people to challenging assignments.

We are a company which believes strongly in our values and we are convinced that living by these values will make you happier in life.

We have listed the 10 things you should do in order to be happier and when you look closer, you'll find our values in these 10 small pieces of wisdom

Give more & expect less

Give more... give more time to others, give more attention to others... it is not necessary for you to give material things. Share more knowledge, experience. Help others. And expect less. That way you will be less disappointed when people do not do what you expected and so much happier when they do more. Be authentic.

Spend time with friends and family

Studies show that people with a better social life are happier. And that does not mean spending your life online. So go out there and have some good times with your friends and family. Live life to the fullest and be enthusiastic.

Do the things you are good at

It is commonly known that you prefer doing the things you are good at. So get moving and do the things you are good at. See to it that you have a job in which you can use your strengths. Take time to practice the hobbies in which you can use your talents.

Dear to dream

It is important to have goals in life. Not only 1 big goal but several goals at different levels. Goals that are challenging and goals that are easier to achieve. It feels so good when you reach your goals. So how would it feel to reach the ultimate goal? Dear to dream and have ambitions. Be committed. It keeps the mind sharp. You don't want to be the one discovering at the end of their life 'I never realized anything'.

Stop whining and take responsibility for your life

Stop blaming everybody around you when things go wrong. You are the one responsible for your life. You are in control of how you react to situations. Stop all the excuses, learn from the past and go on with your life. Stop wasting time complaining on how bad things are. Use that 'complaining-energy' to make the best of the situation. Stop whining on how everything goes wrong but talk about what you'll do to make things better.

Live a healthy life

Exercise, eat healthy food, go out & enjoy nature, get enough sleep... everybody knows it's good for your physical health. However it is also


good for your mental health. It gives you more positive energy. You'll be less tired and will feel the need to go out there and be active and realize your goals and dreams.

 **Be optimistic and positive**

Do you like to be surrounded with positive, happy people? YES! Does it bring you down when people only see the negative side of life and do not stop telling you that? YES! Well, then surely you don't want to be that negative person. Positivism and optimism make you healthier and studies have proven that positive people live longer.

 **Learn to let go and don't fear**

Look to the future, don't be stuck in the past. Let go of your toxic and negative thoughts. Don't think you will not be able to make it. You will! Yes you can! Believe in it. Everybody has fears of what could happen or not, of what we cannot change, of how people see us... it is easy to let your fears get in the way of you making decisions. And time passes by without anything happening. Whatever your fears, set them aside and do something. ACT! Now!

 **Every day write down 3 good things that happened**

This one is also a commonly known one. Many studies have shown that you can make yourself believe you are happy and things are good if you repeat it enough. So keep a journal and write down (don't just think about it) the good things that happened that day and be grateful. At first it will seem kind of difficult, but once you get the hang of it...you're on your way to becoming happier!

 **Show gratitude and appreciation**

Showing gratitude improves your relationships and make you a better person. It makes you more 'fun' to be with and makes life a little better for those around you. Appreciate the little things in life, appreciate others AND yourself. Open yourself to others and be open and transparent.

If you are curious to find out more about our happy crew & services or if you want to uncover the secret of the HR Builders values, we gladly invite you to take a look at our website: www.hrbuilders.eu

Tip: you can find the initial of every one of our values in the name of our office boat C.A.T.E.

You HR Builders Crew – At your service!



Greet Bunnens



Robby De Caluwé



Greet Verbruggen



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