

Dear 管理學院的同學們：

獲知「哈佛大學推薦的 20 個快樂習慣」，深感獲益良多，也認為對在學的各位，能有相當大的助益，因此分享給各位，也祝福各位擁這些下列的「好習慣」，掌握學習，持續知識與技能的追求，開拓你的人生，實現你的目標。

中國科技大學管理學院 劉明德敬祝

哈佛大學推薦的 20 個快樂習慣

1. Be grateful. 會感恩。

Slow down, look around you, and pay attention to the little details in your life –the delicate purple flower on the sidewalk, the beautiful sunset, the hot shower that washes away your long day, and the smile in your partner’s eyes. When you have a grateful heart that is appreciative of life’s beauty, wonder and blessings, you are automatically filled with happiness。

讓自己放慢腳步，看看你的四周，關注生活中的細微之處：人行道上淡紫色的花，美麗的日落，洗去你一天疲憊的淋浴，伴侶眼中的笑容。當你有感恩之心，方能欣賞生活的美、思考和祝福，你自然就充滿了幸福感。

2. Choose your friends wisely. 明智的選擇自己的朋友。

According to Harvard, the most important external factors affecting individual happiness are human relationships. So if you want to be happy, choose to be around people who are optimistic, who appreciate you as you are, and who can make your life richer, bigger, more fun, and more meaningful。

根據哈佛研究，影響個人幸福最重要的外部因素是人際關係。所以如果你想變得開心的話，要選擇和樂觀的朋友在一起，他們能欣賞你真實的自己，讓你的生活變得更豐富，快樂，有意義。

3. Cultivate compassion. 培養同情心。

When we try to step into other people’s shoes and understand a situation from another’s perspective, we’re more likely to handle the situation with compassion, objectivity and effectiveness. There will be less conflicts and more happiness。

當我們代替別人，站在另一個角度看問題，我們更能用同情心，客觀和有效的處理問題。生活中就會少一些衝突，多一點快樂。

4. Keep learning. 不斷學習。

Learning keeps us young and dreams keep us alive. When we engage our brains and put them toward productive uses, we’re less likely to dwell on unhappy thoughts and much more likely to feel happy and fulfilled。

學習讓我們保持年輕，夢想讓我們充滿活力。我們運用大腦，進行運作的時候，我們就不大會想不開心的事情，我們會變得更開心和滿足。

5. Become a problem solver. 學會解決問題。

Happy people are problem solvers. When they encounter a challenge in life, they don't beat themselves up and fall into a depressive state. Instead, they face up to the challenge and channel their energies toward finding creative a solution. By becoming a problem solver, you'll build up your self-confidence and your ability to accomplish whatever it is you set your mind to –and whatever challenges life throws your way。

開心的人是會解決問題的人。在生活中遇到挑戰的時候，他們不會自虐，然後變得很消沉。他們會面挑戰，調整腳步尋找解決辦法。藉由變成一個解決問題的人，你會建立自信心、找出解決事情和面對挑戰的能力。

6. Do what you love. 做你想做的事情。

Since we spend over one-third of our adult life working, loving what we do has a huge impact on our overall happiness. If this is not possible at the moment, then try to find enjoyment and meaning in your current work, or cultivate a hobby that involves doing something you love。

既然我們成人生活的三分之一時間都在工作，那麼做我們想做的事對我們的整體幸福感就有很大的影響。如果現在不能做你想做的事情，那就試著在你現在的工作中尋找快樂和意義，或者培養一個你喜愛的興趣。

7. Live in the present. 活在當下。

When you feel depressed, you're living in the past. When you feel worried or anxious, you're living in the future. But when you feel content, happy and peaceful, you're living in the present。

你感到沮喪，是因為你活在過去。你會感到擔憂和焦慮，是因為你活在未來。但是當你感到滿足，開心和平和時，你才是活在當下。

8. Laugh often. 經常微笑。

Laughter is the most powerful anecdote to anger or depression. Research has shown that the simple act of curving the corners of your mouth can increase your feeling of happiness. So don't take life too seriously. Try to find humor and laughter in life's everyday struggles。

笑是對抗生氣或沮喪最有力的東西。研究顯示簡單的嘴角上揚可以增加你的幸福感。不要把生活看的太嚴肅，要學會在每日的奮鬥中尋找幽默感和笑聲。

9. Practice forgiveness. 學會原諒。

Resentment and anger are forms of self-punishment. When you forgive, you're

actually practicing kindness to yourself. And most importantly, learn to forgive yourself. Everyone makes mistakes. It's through our mistakes that we learn and grow to become a bigger and better person。

憎恨和生氣是對自我的懲罰。當你釋懷的時候，事實上你是在對自己施以善意。最重要的是，學會原諒自己。每個人都犯錯。只有通過我們的錯誤，我們才慢慢學會如何成為一個更強大，更好的人。

10. Say thanks often. 經常說謝謝。

Always be appreciative of the blessings in your life. And it's equally important to express your appreciation to those who've made your life better in some way, big or small。

對生活中的祝福要學會欣賞。向那些讓你生活變好的人，無論或大或小，表達出你的欣賞之情也同樣重要。

11. Create deeper connections. 學會深交。

Our happiness multiplies when we connect and bond with another human being on a deeper level. And being fully present and listening are two of the most important skills to strengthening that bond and bringing happiness to ourselves, and to others。

我們的幸福感會在和另一個人的深交中不斷猛增。專注聆聽是加強這種關係紐帶和把幸福感帶給自己和別人的兩個最重要的方面。

12. Keep your agreement. 守承諾。

Our self-esteem is built on the agreements we've made with ourselves. And high self-esteem has a direct correlation to happiness. So keep your agreements with others and with yourself。

我們的自尊是建立在我們對自己守承諾的情況下。高度的自尊和幸福感到有直接關聯。所以要對自己和別人遵守承諾。

13. Meditate. 冥想。

According to Harvard, people who take 8 sessions of mindfulness meditation training are, on average, 20% happier than a control group. Such training can lead to structural brain changes including increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion and introspection。

根據哈佛研究，平均上，上過 8 次冥想訓練的人要比控制組多開心 20%。這樣的訓練可以導致大腦結構變化，包括海馬體黑色物質的密度，其對學習和記憶很重要，在結構上和自我意識，同情心和反省。

14. Focus on what you're doing. 關注你所做的事情。

When you put your mind, heart and soul into what you're doing, you're creating a happiness state -called the "flow"。When you're living in the flow, you're less likely to care about what others may think of you, and less bothered by things that are not that important. The result? More happiness, of course!

當你全身心投入一件事的時候，你就會處於一個開心的狀態。當我們處於這種狀態，你就不大會關心別人對你怎麼看，不大會被不大重要的事情干擾。結果呢？更幸福，當然啦！4

15. Be optimistic. 要樂觀。

For happy people, the glass is always half-full. If your tendency is to imagine the very worst-case scenario every time you face a challenge, then train yourself to reverse that tendency. Ask yourself what good can come out of the situation or what you can learn from it. Optimism surely fuels success and happiness。

對於開心的人來說，玻璃杯都一直是半滿的。每當你面對一個挑戰時，如果你傾向於想像最壞的想法，那就自我轉換這種情況。告訴你自己一個狀況中的好處或者你從中學到的東西。樂觀肯定能驅動成功和幸福感。

16. Love unconditionally. 無條件的愛。

No one is perfect. Accept yourself for all of your imperfections. And do so for others. Loving someone unconditionally does not mean that you need to spend all your time with them or help them figure out their problems. Unconditional love means accepting people as they are, and allowing them to find their own ways, at their own pace。

沒人是完美的。接受你自己所有的不完美。也要這樣對待別人。無條件的愛一個人並不意味著你要花所有的時間和他們在一起，或者幫助他們解決問題。無條件的愛意味著接受真實的他們，以他們自己的步伐，讓他們自己摸索。

17. Don't give up. 不要放棄。

Unfinished projects and repeated defeats inevitably dampen one's self-esteem. If you've made up your mind to do something, see it through. Don't give up until you succeed. Remember, failure is temporary but defeat is permanent. And defeat only occurs when you give up。

沒有完成的方案和不斷的失敗不可避免的會削弱你的自尊。如果你決定做某事，做完它。在成功之前都不要放棄。要記住，失敗是暫時的，打敗的永存的。只有當你放棄的時候，你才會被打敗。

18. Do your best and then let go. 盡力而為，然後放手。

Everyone has limitations, and things don't always turn out to be what we'd like them to be-despite our efforts. So always give your best, and then let go. Let events run

their course. When you've done your best, you'll have no regrets °

每個人都有局限性。而且有時候儘管我們很努力做一件事情，但是總會事與願違。所以做最好的自己，然後放手。當你盡了全力，你就沒有遺憾了。

19. Take care of yourself. 好好照顧自己。

A healthy body is the key to happiness. If you have poor health, it's very difficult to be happy no matter how hard you try. So make sure you eat well, exercise and find time to rest. Take good care of your body, your mind and your spirit °

一個健康的身體是幸福的關鍵。如果你身體不好，你無論如何努力，都很難快樂。確信自己吃得好，做鍛煉，找點時間休息。好好照顧你的身體，大腦和精神。

20. Give back. 懂得回報。

Doing good is one of the surest ways to feel good. According to Harvard, when people do good, their brains become active in the very same reward center that is stimulated when they experience other rewards. So it's not a surprise that people who care more about others are happier than those who care less about others °

做好事是最能確保你心情好的方法之一。根據哈佛研究，人們做好事，他們的大腦變得活躍，就好像當你經歷別的獎勵時，大腦所受的刺激。所以，那些關心別人的人要比不大關心別人的人更開心。
