

CHEAT SHEET HAPPINESS RITUALS

Simple, science-backed
3- minute rituals to fuel
brainpower energy, reduce
stress, and prevent burnout.

FOR BUSY PROFESSIONALS

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WHAT IS A HAPPINESS RITUAL?

A happiness ritual is a simple, intentional practice that helps busy professionals:

- Boost energy and focus
- Build resilience under pressure
- Strengthen boundaries and prevent burnout
- Show up with clarity, purpose, and joy

For individuals, rituals fuel holistic well-being.

For teams, they spark connection, trust, and high-performance habits.

Because here's the truth: happiness isn't always the big triumphs that take time and are often out of our control. It's the small stuff we can control and intentionally create. It's a habit.

And the more you practice it, the more powerful and resilient you become—helping you do less, achieve more, and escape time poverty.



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1. Savor a Daily Chocolate Pause

Dark chocolate lowers stress and boosts mood. Treat one piece like a high-value meeting with your well-being.

With intention: Try eating it with your eyes closed and savour every moment, rate the taste like you're a food critic.

2. Start with Laughter

Open a meeting with a corny joke or light story. Laughter reduces stress hormones and builds team connection.

With intention: Keep a "bad joke jar" in the office—everyone adds their worst pun of the week.

3. Step Outside for Clarity

Five minutes of fresh air can reset your energy and reduce cognitive overload.

With intention: Enjoy your lunch alfresco, walk around the block, or feel the sun on your face to reset energy before shifting tasks.

4. Gratitude in Threes

Write down three things you're grateful for. Big or small—it trains your brain to focus on positivity.

With intention: Capture three gratitudes daily and, when possible, share one with your team to strengthen connection.

5. Read One Page

Not a chapter, just one page. A small growth habit that builds consistency without overwhelm.

With intention: Use a bookmark, a picture of your cat or your family—and let it make you smile every time you open your book.

6. Play Your Power Song

Music triggers dopamine, improves focus, and instantly changes state.

With intention: Have an office dance party for the length of the song, it will boost energy to reset the team and provide a few laughs.

7. Hydrate with Intention

Each refill is a reset. Link hydration to a positive thought or intention.

With intention: Link each refill with a short pause—reset posture, breathe, or set a fresh intention for the next task.

8. Give a Genuine Compliment

Recognition fuels connection. Acknowledge effort in others—or yourself.

With intention: Tie the compliment to a specific value or behavior (e.g., “Your clarity kept us focused” or “I admire how you protected your time boundary today”). This makes the praise meaningful and reinforces purpose-driven culture.

9. Look at a Favorite Photo

Visual reminders of joy reduce stress and restore perspective.

With intention: Rotate your desktop wallpaper weekly with a “Throwback Thursday” memory or keep a photo nearby that sparks calm or inspiration—use it as a quick energy reset.

10. Do Something Playful

Play isn't wasted time—it fuels creativity, problem-solving, and resilience.

With intention: Keep a desk toy or doodle pad handy, sometimes the silliest things unlock the smartest ideas.

11. Two-Minute Breathing Reset

Inhale for four, exhale for six. This lowers cortisol and boosts calm focus.

With intention: Use this before high-stakes meetings or after stressful interactions.

12. Turn Coffee or Tea into a Ritual

Don't rush. Pause, breathe, and make it a mindful moment of restoration.

With intention: Enjoy your morning coffee in your favorite chair with your favourite mug. Grabbing a coffee to go? — pay for the person behind you in line and see the joy it brings.

13. Send a Thank You Note

Expressing appreciation doubles happiness, for you and the recipient.

With intention: Recognize contributions promptly, by email, Slack, or even handwritten notes for extra impact.

14. Soak Up Natural Light

Five minutes of sunlight regulates energy and boosts mood.

With intention: Strike a power pose in the sunlight for an instant energy boost. Don't forget your SPF!

15. Practice “Me-Time Microsteps”

Even five minutes of intentional pause every hour reduces fatigue and improves executive productivity.

With intention: Set a timer with a quirky ringtone—when it goes off, that's your cue for a mini dance or stretch break.