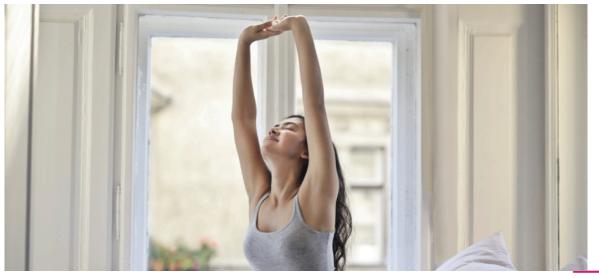Matthew Killingsworth Future of Happiness Research has recruited more than 15,000 people in 83 countries to report their emotional states in real time. This is about how moment-by-moment details of a person's day affects their happiness – the first ever large-scale study of happiness in daily life.

A major finding is that people's minds wander half the time which seems to lower their mood. No matter what people are doing they are much less happy when their minds are wandering than when they are focused.

So this would suggest that to increase our optimism and wellbeing levels we should pay more attention to what our minds are doing. Yet the focus of our thoughts is not usually part of our daily planning – it's usually about what we will be doing – how about the question "What am I going to do with my mind today?"

www.trackyourhappiness.com

Redefining your morning routine:

How do you start your day at the moment? What is the first thing you generally tend to do when you wake up?

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What are some ways that you could change this routine and make it a more focused start? For example – could you get up earlier? What about just having a slower start generally – perhaps waking up slowly, stretching, taking time to have a shower and get ready, no phones until after breakfast etc?

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What is your night-time routine like? I know we are talking about mornings but just simple things like laying out the clothes you will wear the night before, having your bag packed and ready, even doing a load of laundry before you go to bed all make for an easier morning. It goes without saying that a good night's sleep also helps!

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What sorts of intentions could you set yourself for the day? Try doing this – write down 3 or 4 key things you want to achieve – these don't need to be actual tasks – they can be things that help calm your mind i.e. practising mindfulness on the commute, choosing to see the positives of all parts of your day etc.

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