

HAPPINESS HABITS STARTERS

- Smile more. Start with 5 times a day. And definitely smile at strangers.
- Commit to doing 1 nice thing for yourself every day.
- Make your bed.
- Get some sunlight.
- Take one very deep breath and exhale slowly.
- Take a moment to appreciate something that didn't happen during your day.
- Use a desktop photo to remind you of a person or place that makes you smile.
- Sleep in.
- Spend some quality time with your friends.
- Laugh.
- Crank up the volume and listen to your favorite music.
- Read something short, positive, and inspirational.
- Call or text your best friend and laugh about the time when . . .
- Complete a random act of kindness every day.
- Say thank you as often as you can.
- Give someone a hug.
- Make or create something.
- Compliment someone.
- Get a massage.
- Gaze up at the stars.

- Sit for 10 minutes!
- Go for a walk. Even a short walk.
- Go for a bike ride.
- Have a picnic lunch.
- Get your hands in the dirt. Plant something.
- Clean up, organize, and/or declutter your workspace.
- Watch a sunrise.
- Practice saying no. Don't overcommit.
- Schedule time for just you.
- Watch a TED Talk
- Listen to a podcast.
- Read a new book.
- Take a nap.
- Take a bubble bath.
- Join a book club.
- Make or take yourself out for your favorite meal.
- Wear your favorite colors or clothing for the day.
- Pamper yourself. Slip a tiny bit of luxury into your day.
- Count your blessings.
- Give back. Find someone to help or donate to an organization.
- Get more / enough sleep.
- Go to bed early.

- Eat something chocolate.
- Step away from devices and social media every day.
- Turn off the TV.
- Do a puzzle or play a game.
- Stretch.
- Say a positive affirmation out loud.
- Color with crayons or markers.
- Get grounded. Take off your shoes and stand or walk in the grass or dirt.
- Learn something new.
- Buy yourself some flowers.
- Write down things you are grateful for.
- Hug a tree.
- Blow bubbles.
- Pay for coffee for the person behind you.
- Talk to your plants, it helps them grow.
- Look at clouds and see what animals you can find.
- Get your car washed.
- Infuse some aromatherapy oils.
- Create artwork. Draw, paint or color in a coloring book.
- Start a hobby or do one you love.
- Pop some bubble wrap.
- Doodle.
- Read inspirational quotes.