

Happiness Challenge



Start a Journal

Smell a flower

Dance to your favorite song

Work up a sweat

Do a YouTube yoga workout

Talk to a friend

Make your favourite drink

Finish a puzzle

Take a relaxing bubble bath

Cook something healthy

Watch a sunrise

Clear your desk

Help someone in need

Clean out a drawer

Visit a new place

Sleep in or take a nap

Play with an animal

Make a happy playlist

Write 3 things you are grateful for

Plant a seed

Watch a performance

Pay someone a complement

Bake cupcakes from scratch

Go to bed early

Make a bucket list

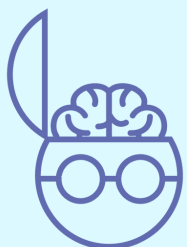
Start a new hobby

Finish your to-do-list

Read something different

Watch clouds change shape

Sing to your favorite tune



TATF
THEY ARE THE FUTURE