

30 DAY CHALLENGE - HAPPINESS

"Happiness is a journey, not a destination." -Ben Sweetland

DAY 1 write down 10 things you're grateful for	DAY 2 take a meaningful photo	DAY 3 cuddle with your child or partner	DAY 4 write or journal for 15 minutes	DAY 5 help someone out today	DAY 6 get ready + go to bed early
DAY 7 eat + drink healthy today	DAY 8 tell your kids you are proud of them	DAY 9 do a random act of kindness	DAY 10 visit a new place	DAY 11 write down 10 positive things about yourself	DAY 12 do something charitable
DAY 13 clean out a junk drawer or cupboard	DAY 14 make a treat for a friend	DAY 15 make some "me" time	DAY 16 swap watching tv for family time	DAY 17 call a friend or loved one	DAY 18 write in your journal
DAY 19 think + speak positively	DAY 20 write down 10 good things about today	DAY 21 do something you love	DAY 22 write a thank you note	DAY 23 try a new food or drink	DAY 24 wear only comfy clothes all day
DAY 25 create something	DAY 26 send a thoughtful email	DAY 27 hide a note for a friend or spouse to find	DAY 28 cook your favorite meal	DAY 29 compliment someone	DAY 30 invite friends over for game or movie night

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