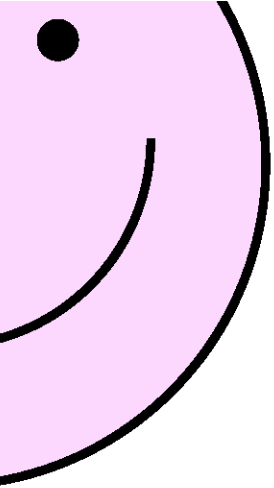




30 Day Happiness Challenge

disruptedunicornpublishing.com



Plan Your Happy Days

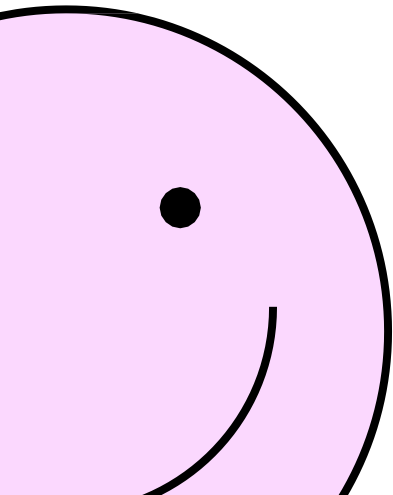
For each day, write down one thing from your Happy List that you will do.

Day	Happy Thing I Will Do
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	

Day	Happy Thing I Will Do
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
End	Self-Reflect
NOTES	

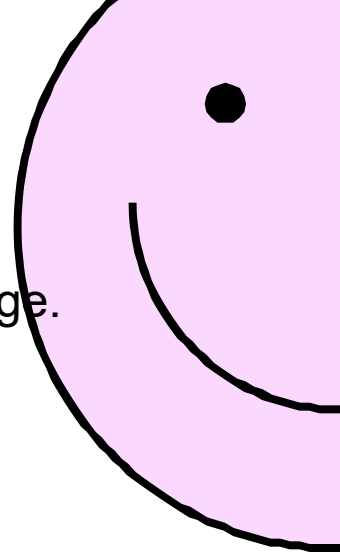
Do Happy Things Each Day

- ✓ You've made your Happy List.
- ✓ You've planned one happy thing to do each day.
- All that's left is to do it! Here's how:
 - Schedule time on your calendar each day to do your one happy thing.
 - Do your one happy thing.
 - Cross it off your daily plan.
 - Celebrate!



You Did It!

Congratulations! You've completed the challenge.
Take a moment to reflect on your success.



I took this 30-day challenge because....

The best part of this challenge was...

One thing I learned about myself while doing this challenge...

One thing I can do every day to keep happiness in my life is...

Happiness Challenge Ideas

Cuddle.

Spend time with a pet.

Laugh.

Declutter one space/room.

Donate.

Watch your favorite movie or TV show.

Write in your journal or start a journal.

Plan your week.

Give someone a compliment.

Make a kindness rock and leave it where it can be found.

Take yourself out on the town.

Let go of something stressful.

Plan a trip.

Eat your favorite food.

Do something you love.

Spend time with family.

Spend time with friends.

Sleep.

Take a walk, run, or ride.

Practice smiling.

Practice gratitude.

Exercise.

Help someone else.

Volunteer.

Disconnect from tech for a day.

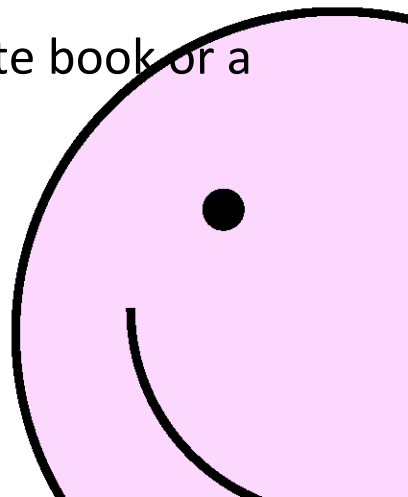
Learn something new.

Take a bubble bath.

Write a letter.

Listen to your favorite songs.

Read a favorite book or a new one.





Whatever makes
your soul happy.

Do that.

