

EXPLORING HAPPINESS

WHO ARE THE PEOPLE CONTRIBUTING TO YOUR HAPPINESS RIGHT NOW?

NAME 3 ACTIVITIES THAT BRING YOU JOY. (NO ELECTRONICS)

MAKE A LIST OF RECENT COMPLIMENTS YOU HAVE RECEIVED.

CHOOSE THREE COLORS THAT REPRESENT PEACE, JOY OR LOVE.

IF YOU KNEW YOU WOULDN'T FAIL, LIST 3 THINGS YOU WOULD DO.

ACTION STEP

THINK ABOUT ONE SMALL THING YOU CAN DO FOR AT LEAST ONE OF THOSE PEOPLE THIS WEEK.

ACTION STEP

CHOOSE ONE DAY THIS WEEK & SPEND AT LEAST 30 MINUTES DOING SOMETHING YOU LIKE THAT DOESN'T INVOLVE ELECTRONICS.

ACTION STEP

MAKE IT A PRIORITY TO COMPLIMENT AT LEAST TWO PEOPLE THIS WEEK.

ACTION STEP

WHEN YOU'RE HAVING A TOUGH DAY OR MOMENT, REFLECT BACK ON THESE COLORS & HOW THEY MAKE YOU FEEL. BE INTENTIONAL ABOUT INCLUDING THESE COLORS IN YOUR SPACE AT HOME OR WORK.

ACTION STEP

SOMETIMES IN LIFE WE FAIL. WHEN WE FAIL, THERE ARE ALWAYS LESSONS TO LEARN. CHOOSE AT LEAST ONE THING FROM THE LIST & SET SPECIFIC GOALS TOWARDS ACCOMPLISHING.