

30 DAY Happiness Challenge

1

start a journal

2

drink a smoothie

3

make your bed

4

phone a friend

5

dance to your fave song

6

go for a walk

7

practise being present

8

write 3 things you're grateful for

9

exercise

10

light your favourite candle

11

try a new look

12

listen to a podcast

13

watch a movie

14

cook a healthy meal

15

treat yourself

16

draw something or write a poem

17

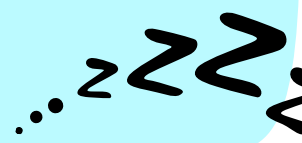
go outside

18

make a happy playlist

19

pay someone a compliment

20

sleep in or take a nap

21

make a meal for someone

22

tidy your room

23

get a plant or some flowers

24

bake cupcakes

25

donate to charity

26

read something inspiring

27

learn a new skill

28

do some stretching

29

go somewhere new

30

have a long bath or shower