

HAPPY Days

PLAN FOR YOUR HAPPINESS ONE DAY AT A TIME

1
Go for a
lunchtime walk

2
Connect with a
friend

3
Go to sleep
without your
phone

4
Find something
beautiful outside

5
Do something
that makes you
lose track of time

6
Try something
new

7
Write down 3
good things from
this week

8
Give someone a
compliment

9
Explore a new
area of your
neighbourhood

10
Try a breathing
exercise

11
Take 3 photos of
moments of
happiness today

12
Write down what
you are proud of
this week

13
Take 1 hour for
yourself

14
Find something
new to learn

15
Have your lunch
outdoors

16
Go to bed 30
minutes earlier

17
Find an
interesting book
to read

18
Go for a walk
without
technology

19
Connect with
your favourite
person

20
Have a social
media-free
morning

21
Treat yourself to
something
special

22
Write down 3
things you got for
free today

23
Take a relaxing
bath or shower

24
Bring nature
inside

25
Cook your
favourite meal

26
Dance like no one
is watching

27
Create a new
memory with a
friend

28
Reflect on what
you have learned
these 4 weeks