



Happy Cards

HAPPINESS LIST

HappyCards.Pro

HAPPINESS ACTIVITIES

- Write and read a gratitude list
- Take long slow deep breaths
- Offer a sincere thank you
- Give a sincere compliment
- Walk out in nature
- Listen to your favorite music
- Turn off the news
- Join a local group
- Smile just because
- Keep a list of accomplishments
- Ask empowering questions
- Drink lots of water
- Meditate for 15-20 minutes
- Unplug from screens regularly

PEOPLE TO THANK

- 1 _____
- 2 _____
- 3 _____

THINGS I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____