



Happy Cards

HAPPINESS LIST

HappyCards.Pro

HAPPINESS ACTIVITIES

PEOPLE TO THANK

Write and read a gratitude list

1 _____

Take long slow deep breaths

2 _____

Offer a sincere thank you

3 _____

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

THINGS I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____