

31-Day Happiness Challenge

1. ☐ Write down 3 things you're thankful for today.
2. ☐ Send a thank-you message to someone who helped you recently.
3. ☐ Reflect on a tough situation and find one positive lesson in it.
4. ☐ List 5 simple things that bring you joy.
5. ☐ Share a compliment with someone.
6. ☐ Write about a happy memory from childhood.
7. ☐ Keep a running gratitude list throughout the day.
8. ☐ Drink your morning coffee or tea without distractions.
9. ☐ Take a 10-minute walk and notice details in your surroundings.
10. ☐ Eat one meal slowly and enjoy each bite.
11. ☐ Watch the sunrise or sunset.
12. ☐ Spend 5 minutes doing nothing-just breathe and observe.
13. ☐ Look through old photos that make you smile.
14. ☐ Write down your favorite part of the day.
15. ☐ Set a goal that excites you-not others.
16. ☐ Break that goal into 3 small steps.
17. ☐ Focus on one small step today.
18. ☐ Do one thing that aligns with your values.
19. ☐ Reflect on why this goal matters to you.
20. ☐ Celebrate progress-not perfection.
21. ☐ Help someone else reach a goal they care about.
22. ☐ Do a 5-minute breathing exercise.
23. ☐ Try a basic guided meditation.
24. ☐ Pay attention to your thoughts without judging them.
25. ☐ Notice how your body feels right now.

26. ☐ Journal freely for 10 minutes.
27. ☐ Observe the sky for 5 minutes-clouds, light, etc.
28. ☐ Practice mindful listening during a conversation.
29. ☐ Spend 5 minutes stretching slowly.
30. ☐ Reflect on the 30-day challenge: What helped most?
31. ☐ Pick your favorite activity and repeat it today.