

# HABITS TO HAPPINESS

Eat 3 healthy meals each day

Drink 6 to 8 glasses of fluids per day

Avoid foods and fluids containing caffeine, alcohol, and sugar

Exercise for a minimum of 30 minutes per day

Go outside at least once for a minimum of 30 minutes per day

Spend time on an activity that allows you to be creative and mindful

Talk/spend time with someone you feel happy with

Make time to discuss your day with your partner

Ask yourself;  
Am I physically, emotionally, spiritually content?

If you are due to go to work then go in to work

Take any medications that have been prescribed to you by your doctor

Take vitamin supplements

Take part in mediation or relaxation techniques for a minimum of 15 minutes

Journal every day