

# 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 meditation  
or relaxation  
techniques for a  
minimum of 15 minutes

Journal every day