



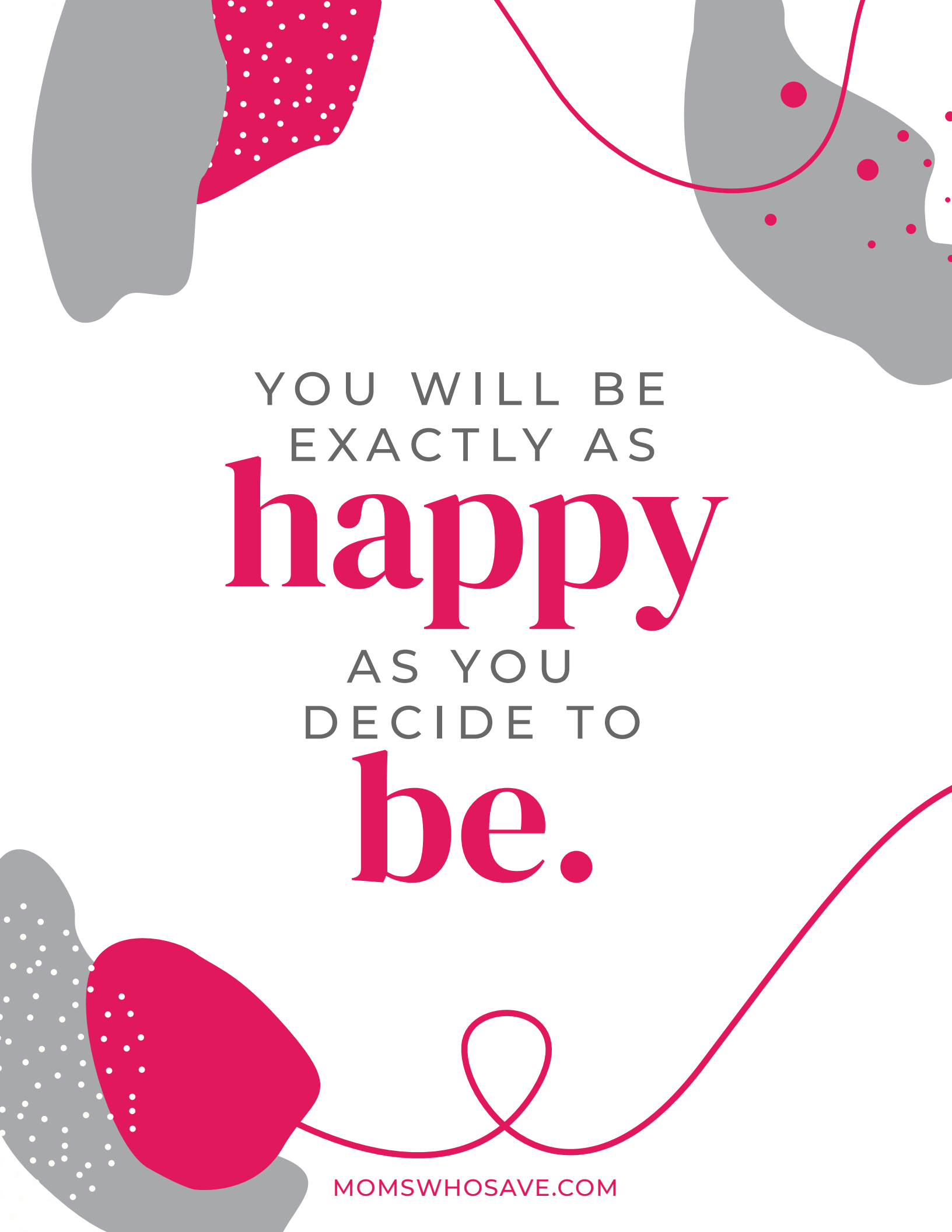
30 DAILY HABITS FOR A Happy Life

01. Smile
02. Journal
03. Meditate
04. Be grateful
05. Don't gossip
06. Eat mindfully
07. Exercise daily
08. Get more sleep
09. Breathe deeply
10. Plan your week
11. Wake up earlier
12. Reward yourself
13. Invest in yourself
14. Drink more water
15. Practice self-care
16. Give compliments
17. Savor the moment
18. Spend time in nature
19. Practice mindfulness
20. Invest in experiences
21. Create a morning ritual
22. Face challenges head-on
23. Celebrate other's success
24. Declutter your workspace
25. Get to know yourself better
26. Do a random act of kindness
27. Embrace the small moments
28. View problems as challenges
29. Don't have a scarcity mindset
30. Take a break from social media



30 DAILY HABITS FOR A Happy Life

01. Smile
02. Journal
03. Meditate
04. Be grateful
05. Don't gossip
06. Eat mindfully
07. Exercise daily
08. Get more sleep
09. Breathe deeply
10. Plan your week
11. Wake up earlier
12. Reward yourself
13. Invest in yourself
14. Drink more water
15. Practice self-care
16. Give compliments
17. Savor the moment
18. Spend time in nature
19. Practice mindfulness
20. Invest in experiences
21. Create a morning ritual
22. Face challenges head-on
23. Celebrate other's success
24. Declutter your workspace
25. Get to know yourself better
26. Do a random act of kindness
27. Embrace the small moments
28. View problems as challenges
29. Don't have a scarcity mindset
30. Take a break from social media



YOU WILL BE
EXACTLY AS
happy
AS YOU
DECIDE TO
be.