The Happiness Challenge: Your New Morning Routine

Happiness is a choice. Do these eight things each morning to start your day off the right way.



- [ ] When you wake up take a deep breath and tell yourself you are happy for and/or appreciate a new day
- [ ] Think of three things you are grateful for
- [ ] Ask yourself "how do you want to feel today?"
- [ ] Think of three things you would like to accomplish today
- [ ] Take a moment to envision your ideal life
- [ ] Listen to calming music or your favorite music while you are getting ready
- [ ] Make your bed
- [ ] Smile

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