

# 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