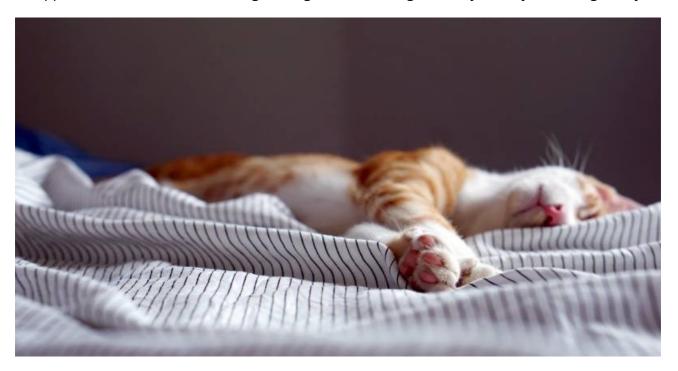
## The Happiness Challenge: Your New Morning Routine

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