



Find your Happy!

30 ways to bring more happiness into your life

1. Play more
2. Choose to be with happy people
3. Ask for support
4. Offer your support
5. Simplify your life
6. Do your best
7. Become your best
8. Volunteer your time & talent
9. Say good-bye to TV
10. Laugh more
11. Be open-minded
12. Listen to music you love
13. Practice appreciation
14. Discover your passion
15. Learn something new



*Make new friends and learn to
love and laugh with all your heart!*

16. Find a new hobby
17. Sing more
18. Be balanced
19. Communicate effectively
20. Exercise mind and body
21. Let go of past memories
22. Read every day
23. Follow your heart
24. Be grateful
25. Act small acts of kindness
26. Spend time in nature
27. Set new goals
28. Wake up happy
29. Take wise risks
30. Show off a little