

30 day happiness challenge

1

clean the
bed sheets

2

listen to music
from your
younger
years

3

meditate

4

treat yourself
to some
flowers

5

compliment
someone &
yourself

6

dance like no
one is watching

7

take yourself
out for lunch

8

do something
creative

9

take a relaxing
hot bath or
shower

10

create a
pinterest
board full of
things you
love

11

bake a cake

12

go for a walk

13

call a friend

14

read a book

15

learn
something
new

16

try something
new

17

help someone

18

start a journal

19

yoga

20

up-level
something

21

celebrate
every
win

22

exercise

23

cook from
scratch

24

make a
fancy breakfast

25

listen to the
birds

26

tidy a
room in your
home

27

visit
somewhere
new

28

watch the
sunrise

29

eat healthily

30

have a PJ day