



30 days Happiness Challenge

by Elydepaname

Call a friend
Sing to your favorite song
Exercise 15 min
Get fresh flowers for yourself
Take a walk
Play with your pet
Plant something
Have a drink with a friend
Take a nap
Take a day off
Create a gift for a friend
Write a poem
Start a book
Finish a book
Sew something
Have face and hair masks
Write a letter to a friend
Visit a museum
Try a new recipe
Organize an event
Imagine your perfect vacations
Visit a garden
Meditate 15 min
Send a post card
Write someone a long mail
Clean your desk
Print and organize new photographs
List 10 things you are grateful for
Watch your favorite movie
Do something romantic