
DAILY HAPPINESS CHECKLIST

- I choose to have positive thoughts for the day
- I'm clear on my vision in life
- I've will do some form of exercise
- I've planned to eat healthy foods to nourish body and mind
- I intend to practice some form of relaxation
- I will let go of all unhelpful, negative thoughts
- I'm confident today will be a good day
- I'm optimistic about the future
- I'll do one thing today for my dreams and goals
- I'm grateful for the friends and family in my life
- I intend to smile at least one-person today
- I'm determined to find ways to use my strengths
- I'm going to have fun
- I will laugh and be happy
- I will endeavour to be in the moment as much as possible
- I'll celebrate 3 good things that happen today
- I'll will love myself
- I'll cherish all positive experiences

