

DAILY HAPPINESS CHECKLIST

- I've reminded myself of my life purpose
- I'm clear on my priorities for the day
- I've engaged in exercise
- I've planned to eat healthily
- I intend to practice meditation/relaxation
- I will not accept unhelpful, negative thoughts
- I'm confident today will be a good day
- I'm hopeful for the future
- I'm grateful for the people in my life
- I intend to praise 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 smile
- I will endeavour to be in the moment as much as possible
- I'll savour all positive experiences

