

30 Days of Happiness

Doing one thing a day that makes you happy can really improve your health, mental well being and make you feel more positive. Use this plan or create your own 30 days of happiness challenge. Give it a go for 30 days and see how happy you feel!

1 - Listen to your favorite music	2 - Go for a walk or a run	3 - Volunteer to do a job for someone	4 - Cook a meal from scratch, and share with family	5 - Take a relaxing hot bath or shower
6 - Try a new activity or sport	7 - Read a book	8 - Tidy your room or change sheets	9 - Pack up a picnic, find a quiet spot and enjoy	10 - Call a friend or family member
11 - Dance to your favorite song with no one watching	12 - Meditate	13 - Write down or shout out 5 things you are proud of	14 - Have a movie night, with snacks and popcorn	15 - Plant some seeds
16 - Draw something you see outside	17 - listen to an audiobook or podcast	18 - Visit somewhere new	19 - Get up early and watch the sunrise	20 - Make a fancy breakfast
21 - Compliment someone & yourself	22 - Read a book	23 - Exercise	24 - Go outside and listen to the birds	25 - Bake a cake
26 - Visit an elderly relative or neighbour	27 - Turn your phone off for 30 mins (or more)	28 - Plan your route on a map and go for a bike ride	29 - Write a letter or card to someone	30 - Visit somewhere new