

# 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