

30 DAYS OF *happiness* CHALLENGE

1 no social media day	2 call a friend (not a text)	3 listen to your favorite song	4 15 minutes of exercise	5 put fresh flowers on your table	6 hug someone you love (tight)	7 do one small random act of kindness
8 watch a funny movie	9 dance to happy music	10 no complaining all day	11 go get your favorite treat	12 color a picture	13 doll yourself up	14 start a new book
15 take a walk	16 play with your dog (or cat)	17 get a pedicure	18 spend one on one time with your favorite person	19 plant flowers	20 go for a drive with no destination	21 bake cookies from scratch
22 take a nap	23 write down things you're good at	24 declutter the busiest room of your home	25 buy something you've been wanting	26 visit a lake	27 go out to dinner	28 plan a future dream vacation
29 take a day off from work	30 buy a gift for someone you love					