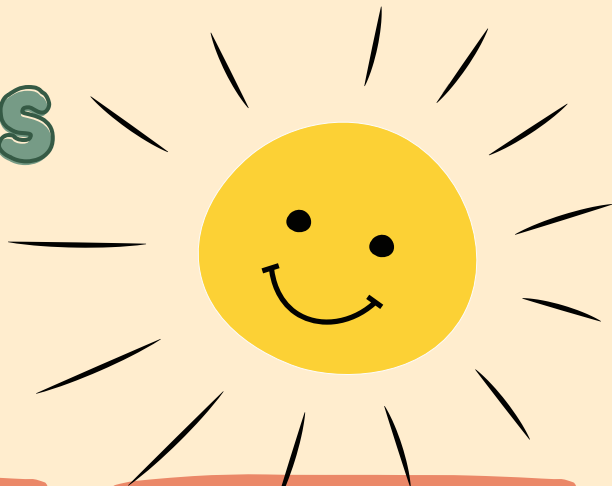


5 Day Happiness Challenge



Day 1

SMILE

Share a smile
with someone

Day 2

KINDNESS

Do something
kind for
someone.

Day 3

GRATITUDE

Think of 3
things you're
thankful for.



Day 4

HELP

Help someone
without being
asked.

Day 5

**SPREAD
HAPPINESS**

Do something
that makes
someone else
happy

