

66 happy

BY: HIT OF HAPPINESS

**FEEL THE
MAGIC
and unlock your
happiest self!**

It takes 66 days for an action to become a habit.

Fill in the spaces below with the actions that you will commit to daily for 66 days.

It is up to you to decide what your **MAGIC** looks like.

M

MINDFULNESS: Regular practice is known to lower stress, anxiety and improve your emotional health.

ACTION: Practice a minimum of **3 minutes of meditation**. If you'd like the help of an app, check out [Unplug](#).

I COMMIT TO...

A

ACTIVITY: Moving your body is scientifically proven to increase your happiness by releasing "happy hormones" called endorphins.

ACTION: Engage in a minimum of **15 minutes of movement**

I COMMIT TO...

G

GRATITUDE: Gratitude unlocks positive emotions and memories that encourage living in the moment. It also creates strength in the face of adversity.

ACTION: Find something new to be grateful for each day!

I COMMIT TO...

I

INSPIRATION: Engaging in activities that stimulate your mind improves your mood and help you enter a state of childlike awe, concentration and flow.

ACTION: Do one inspiring task a day (eg. read, draw, Wordle)

I COMMIT TO...

C

CONNECTION: Relationships impact physical and mental health and our ability to flourish in every facet of life. We are social beings by nature.

ACTION: Reach out to someone (eg. friend, family, stranger)

I COMMIT TO...

I, _____ commit to being 66 happy!

Feel the **MAGIC** as you check off each letter daily!
Use the blank space to fill in what you are grateful for that day.

1		M	A	G	I	C
2		M	A	G	I	C
3		M	A	G	I	C
4		M	A	G	I	C
5		M	A	G	I	C
6		M	A	G	I	C
7		M	A	G	I	C
8		M	A	G	I	C
9		M	A	G	I	C
10		M	A	G	I	C
11		M	A	G	I	C
12		M	A	G	I	C
13		M	A	G	I	C
14		M	A	G	I	C
15		M	A	G	I	C
16		M	A	G	I	C
17		M	A	G	I	C
18		M	A	G	I	C
19		M	A	G	I	C
20		M	A	G	I	C
21		M	A	G	I	C
22		M	A	G	I	C

CHALLENGE: After day 22, nominate someone new on social media to complete #66happy and tag @hitofhappiness!

Feel the **MAGIC** as you check off each letter daily!
Use the blank space to fill in what you are grateful for that day.

23		M	A	G	I	C
24		M	A	G	I	C
25		M	A	G	I	C
26		M	A	G	I	C
27		M	A	G	I	C
28		M	A	G	I	C
29		M	A	G	I	C
30		M	A	G	I	C
31		M	A	G	I	C
32		M	A	G	I	C
33		M	A	G	I	C
34		M	A	G	I	C
35		M	A	G	I	C
36		M	A	G	I	C
37		M	A	G	I	C
38		M	A	G	I	C
39		M	A	G	I	C
40		M	A	G	I	C
41		M	A	G	I	C
42		M	A	G	I	C
43		M	A	G	I	C
44		M	A	G	I	C

CHALLENGE: After day 44, nominate someone new on social media to complete #66happy and tag @hitofhappiness!

Feel the **MAGIC** as you check off each letter daily!
Use the blank space to fill in what you are grateful for that day.

45 _____ (M) (A) (G) (I) (C)

46 _____ (M) (A) (G) (I) (C)

47 _____ (M) (A) (G) (I) (C)

48 _____ (M) (A) (G) (I) (C)

49 _____ (M) (A) (G) (I) (C)

50 _____ (M) (A) (G) (I) (C)

51 _____ (M) (A) (G) (I) (C)

52 _____ (M) (A) (G) (I) (C)

53 _____ (M) (A) (G) (I) (C)

54 _____ (M) (A) (G) (I) (C)

55 _____ (M) (A) (G) (I) (C)

56 _____ (M) (A) (G) (I) (C)

57 _____ (M) (A) (G) (I) (C)

58 _____ (M) (A) (G) (I) (C)

59 _____ (M) (A) (G) (I) (C)

60 _____ (M) (A) (G) (I) (C)

61 _____ (M) (A) (G) (I) (C)

62 _____ (M) (A) (G) (I) (C)

63 _____ (M) (A) (G) (I) (C)

64 _____ (M) (A) (G) (I) (C)

65 _____ (M) (A) (G) (I) (C)

66 _____ (M) (A) (G) (I) (C)

CONGRATS! You've completed **66happy**! Share your final thoughts and nominate someone new on social media to complete #66happy and tag @hitofhappiness!