Board of Happy

Most of us are visual people. We're bombarded by images every single day, so why not take control and make something that helps you to be happier? Creating your own Board of Happy can be a visual representation of the things in your life that make you happy. Whether it's your family, friends, spiritual practices, a hobby, or a pet: having this large visual reference point will remind you of what brings light into your life. By being able to see these reminders on a daily basis, you'll help yourself to keep aligned with these positive and beautiful emotions. Get the scissors and glue out, and let your craft skills lead you to a happier mindset.

