

Choosing Happiness Top Tips

Gratitude Journal

Try writing down 3 things every day that you are thankful for. This will help you to feel happier and more grateful!

Don't Let Others Get You Down

Try to stay away from other people's negativity. Spend time with people who make you happy and loved.

Healthy Lifestyle

Eat healthy foods and move your body. Exercise can help our bodies and minds feel happy!

Happiness Goals

Write down things you would love to do and see in your life. This can help make you excited for the future!

Spend Time with Loved ones

Spending time with the people we love is a great way to boost our happiness..

