

2670BER

The Daily 3: Gratitudes
Acts of Kindness
& Moments of Silence

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Do the 3 habits scientifically shown to make us happier and healthier (they really work!); Sign up for weekly emails of inspiration; Spread the word to let other people know; Get happier. WWW.GorgeHappiness.org					Go for a short silent walk	Get someone to do the daily 3 happiness habits
3	4	5	6	7	8	9
Pick a person or a goal to focus on this week	Say yes	Tell a new joke	Tell someone what you like about them	Complete one small irritating task	Listen to Music	Put a heart in your window
Focus:						
10		12	13	14	15	16
Reconnect with an old friend	Stop and count the number of things you can hear right now	Do someone else's chore	Send a thank you	Leave a kind note in an unlikely place	Pet a cat or dog	Take a nap
Focus:						
17	18	19	20	21	22	23
Make plans for something to look forward to	Have a conversation where you listen more than you talk	Look at the sky	Walk or drive a different route	Sing and/or Dance	Pick up 3 pieces of trash	Pick a good moment from the week and draw it
Focus:						
24	25	26	27	28	29	30
List 10 things you like about yourself	Post a gratitude on social media #gorgehappiness or tell a random person	Wave or nod at someone	Sit outside & watch wildlife	Thank the first person you see	Compliment a stranger	Go back to fill in any not yet checked off 31 Make up your own