



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>www.GorgeHappiness.org</div> <div>Do the 3 habits scientifically shown to make us happier and healthier (they really work!); follow our Instagram @gorgehappiness; Post to the public Gorge Happiness Facebook group; Spread the word to let other people know; Get happier.</div>			<div>1</div> <div>Smile at someone new</div>	<div>2</div> <div>Tell someone your top 3 moments of the day</div>	<div>3</div> <div>Reconnect with an old friend</div>	<div>4</div> <div>Go for a short silent walk</div>
<div>5</div> <div>Thank a teacher or coach</div>	<div>6</div> <div>Look at the sky</div>	<div>7</div> <div>Fake laugh for 60 seconds</div>	<div>8</div> <div>Tell someone what you like about them</div>	<div>9</div> <div>Clean out a drawer</div>	<div>10</div> <div>Leave a kind note in an unlikely place</div>	<div>11</div> <div>Visit a farmers market</div>
<div>12</div> <div>Make plans for something to look forward to</div>	<div>13</div> <div>Stop and count the number of things you can hear right now</div>	<div>14</div> <div>Pick up 3 pieces of trash</div>	<div>15</div> <div>Post a gratitude on social media #gorgehappiness or tell a random person</div>	<div>16</div> <div>Use your other hand</div>	<div>17</div> <div>Sing and/or Dance</div>	<div>18</div> <div>Take a nap</div>
<div>19</div> <div>Sit outside &amp; watch wildlife</div>	<div>20</div> <div>Have a conversation where you listen more than you talk</div>	<div>21</div> <div>Do art of any kind</div>	<div>22</div> <div>Walk or drive a different route</div>	<div>23</div> <div>Compliment a stranger</div>	<div>24</div> <div>Pick a good moment from the week and draw it</div>	<div>25</div> <div>Make someone tea or coffee</div>
<div>26</div> <div>Give yourself a hug</div>	<div>27</div> <div>Do someone a favor</div>	<div>28</div> <div>Pet a cat or dog</div>	<div>29</div> <div>Take a bath (with bubbles!)</div>	<div>30</div> <div>Tell a new joke</div>	<div>31</div> <div>Stop and listen to a song</div>	<div>The 10th Happiness Month</div> <div>#gorgehappiness</div>