

# EXPLORING HAPPINESS



## Checklist

1. Decide to be happy - yes, really!
2. Work out what your dreams are. Translate some into goals. Forget the how and focus on the why.
3. Declutter and make space for happiness and new opportunities
4. Take the time to rest - PROPERLY! Put the phone away!
5. Look after yourself; make yourself the priority. Don't just say it, do it!
6. Feed yourself properly - with nutrients!
7. Invest in important relationships. Keep in mind why they are important. Create positive emotions together.
8. Make time for the fun stuff! Define 'fun stuff' for yourself.