

# HAPPINESS HABITS

- Setting SMART goals
- Practicing gratitude
- Practicing kindness
- Thinking about positive things that make us happy
- Exercising
- Eating healthy foods like fruits and vegetables
- Walking outside
- Focusing on faith
- Playing an instrument
- Singing
- Connection to something greater than myself
- Being creative
- Taking photos
- Drawing or painting
- Dancing
- Jumping jacks
- Skipping
- Playing games
- Listening to happy music
- Spending time with friends
- Volunteering

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Other happiness habits:

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