



Follow this guide for seven days and record the differences in your mood and perspective. The purpose of this guide is to allow yourself to start new and constructive habits that benefit your mental wellbeing. When your habits include showing gratitude and taking time to pause, you're forcing your mind to stay focused on the positive aspects of your life. This is the key to living a happier life. You have complete control over your happiness and what you choose to focus on!

Take the time each day to conclude how the daily guided activities help you to be happier.

Feel free to repeat this process for as many days as you feel you need. Only you know when you're happy and when you're in a good place. Go with your gut and focus on the things that make you happiest.

## 7 - Day Guide to a Happier Life

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Start your day by writing down a moment that you are grateful for.</p> <p>Set an alarm on your phone to remind yourself to take a moment to breathe.</p> <p>When your alarm goes off, breathe in and out deeply up to five times.</p>	<p>Start your day by writing down your favourite place to visit.</p> <p>Keep your alarm set and practice the breathing exercise when it goes off.</p> <p>Go for a walk outside in nature - OR - exercise lightly indoors. Do this without your phone. Use this time to unplug.</p>	<p>Start your day by writing down three things you love about yourself.</p> <p>Continue with your breathing reminder; take the time to do the exercise.</p> <p>Do something creative. This can be playing music, colouring, painting or drawing, or journaling. Something to get those creative juices flowing!</p>	<p>Start your day by writing down your favourite aspect of nature.</p> <p>Breathing break; take time to let your mind settle.</p> <p>Show a random act of kindness to someone. Pay a compliment to a coworker, leave a nice note in a library book, do something to make someone else smile.</p>	<p>Start your day by writing about a person you are grateful for.</p> <p>Following your breathing exercise when your alarm goes off.</p> <p>Take another walk - OR - do a light exercise indoors. Don't forget to unplug from social media while doing this.</p>	<p>Start your day by writing about an activity you enjoy.</p> <p>Don't forget your breathing exercise when your alarm goes off.</p> <p>Reach out to a friend or family member you haven't heard from in a while.</p> <p>Go to bed half an hour earlier than you usually would.</p>	<p>Start your day by writing about your favourite meal.</p> <p>Breathe!!!</p> <p>Take 30 minutes of your day to do something solely for yourself. This can be anything that you truly enjoy and brings you happiness.</p>