



## Create Happiness

Take a few minutes to reflect on the questions below to find ways to boost your happiness:

1. What are some things that you might be able to reconnect with that bring you joy?
2. How might you stay focused or engaged on tasks at hand when life continues on around you?
3. How might you find novelty in everyday life?
4. What would it look like if you put yourself first, instead of making everyone and everything else a priority?
5. When is the last time you spent time immersed in nature?

Now, make a commitment to yourself to find happiness in each day. Below are a list of activities to get you started:

1. Make a list of activities that you used to enjoy but have given up in recent years. Choose one to reconnect with and dedicate at least two weeks to it. See if this activity makes you happier and consider making time for it again.
2. Spend at least 10 minutes a day outside. Pay attention to the trees, grass, water, breeze or whatever else surrounds you.
3. Consider things that have made you both happy and unhappy in the past. Make a list and let it help guide your path to happiness.

Use the space below to jot down your thoughts:

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