

Maintaining Me

The Happiness Habit Challenge

Day 1: Practice Gratitude

List all the things you are grateful for:

Day 2: Ask for Help

Is there something your significant other or children can help you with today or on a regular basis?

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Day 3: Schedule a Girls' Night Out

When can you schedule a girls night out this week?

Day 4: Get Enough Sleep

Is there something hindering you from getting the sleep you need?



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Day 5: Reconsider Your Priorities

List three dreams you have. Now what is standing in the way of those dreams? Are there any painful cuts you need to make for those to become reality?

Day 6: Set Goals

What area of your life could you benefit from setting goals? List three goals:

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Day 7: Don't Compare

Do you often compare yourself to others instead of counting your blessings? List at least ten blessings in your life:

Day 8: Let it Go

What area in your life could you let go a little?

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Day 9: Give Yourself an Extra 15 Minutes

What part of your day do you need to schedule an extra 15 minutes?

Day 10: Reconnect With Your Significant Other

Stresses of everyday life can sometimes pull us apart from our significant other. What steps can you take to reconnect with your significant other?

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Day 11: Say Thank You

List specific ways you can say thank you more often:

Day 12: Spend Time Alone

Can you think of a time during the day where you can squeeze in alone time?



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Day 13: Break the Rules

List three occasions when it would be okay to break the rules:

Day 14: Be Nice

List three people who could benefit from a nice gesture:



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Day 15: Stop Feeling Guilty

Is there an area of life where you need stop feeling guilty?

Day 16: Stop Worrying About What Other People Think

What steps can you take today to stop worrying about what other people think?

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Day 17: Find a Hobby

Is there something you loved doing before you had kids? When can you schedule time to do that again?

Day 18: Simplify Your Schedule

Is your family always on the go? What part of your schedule can you simplify?

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Day 19: Exercise

Schedule three times to work out this week:

Day 20: Be Proud of Yourself

What have you done today that makes you proud of yourself?

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Day 21: Make a Choice to be Happy

Are you making the choice to be happy today? Will you accept the challenge to be be happy everyday?
