

HAPPINESS FITNESS

PHYSICAL FITNESS CONTINUUM



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30-DAY HAPPINESS FITNESS CHALLENGE

scientifically proven to increase your joy

EACH DAY:

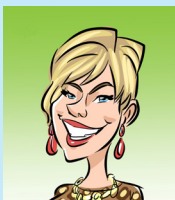
- Do one simple act of kindness
- List 3-5 things you are grateful for
- Breathe deeply and clear your mind
- Reframe frustrations or setbacks
- Get at least 15 minutes of exercise
- Smile

EACH WEEK:

- Call or see someone important to you
- Celebrate the big and small things
- Take time to really savor the moments
- Practice forgiveness
- Prioritize sleep

THIS MONTH:

- Schedule one day, or half a day, or even 2 hours to do something you really enjoy
- Take a break (you decide how long) from your cell phone and electronic gadgets



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**Success is not the
key to happiness.
Happiness is
the key to success.**