



# THE DAILY HAPPINESS CHECKLIST

- 1** START THE DAY WITH A VISUALISATION
- 2** TAKE INSPIRED ACTION THAT PROPELS YOU FORWARD
- 3** SAY AFFIRMATIONS THAT COMBAT SLOPPY THINKING
- 4** FOCUS ON YOUR BREATH TO STAY IN THE PRESENT MOMENT
- 5** DO ONE THING THAT MAKES YOUR SOUL SING
- 6** PERFORM AN ACT OF KINDNESS
- 7** LET GO OF ONE GRIEVANCE A DAY
- 8** AVOID UNPRODUCTIVE WORDS THAT CAUSE HARM
- 9** SMILE OFTEN
- 10** FINISH THE DAY WITH GRATITUDE

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# Five Habits For Happiness Create Joy In Everyday Life Cd

**Zhe Xu**



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