

# 21 Days to Happiness

For the next 21 days - just three weeks of your life - carve out the time to complete these five activities every day.

This list is based on the work of happiness researcher and author of *The Happiness Advantage*, Shawn Achor.

1

## EXERCISE

Spend ten minutes a day moving your body, increasing how quickly your heart beats - walk, run, do jumping jacks, practice yoga, dance around in your underwear, just do something.

2

## MEDITATION

Take at least five minutes a day to slow down and sit in stillness. Feel the air on your skin, massage your feet, silence your phone, and tune in. Great guided meditation apps: Headspace, Calm, & Simple Habit.

3

## RANDOM ACTS OF KINDNESS

Every day, write to someone in your life. Use handwritten notes sent the old-fashioned way. Trust me on this. Send genuine words of praise, support, gratitude, and love.

4

## GRATITUDE

Each evening, write down three things that you're grateful for. Write them on a piece of paper, place the paper in a jar or a drawer or somewhere. That way, when times get tough, you can re-read your gratitudes and remember.

5

## JOURNAL

Each evening, for ten minutes, journal about one positive experience you had that day.

*fleetingConnections*



1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

1. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

2. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

3. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

4. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

5. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

6. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

7. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

8. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

9. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

10. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

11. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

12. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

13. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

14. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

15. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

16. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

17. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

18. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

19. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

20. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal

21. Exercise  
Meditate  
Act of Kindness  
Gratitude  
Journal