

# 100 Happiness Hacks Checklist

## Mindset & Emotional Intelligence

- ☐ Start your day with a positive affirmation.
- ☐ Reframe negative thoughts into empowering ones.
- ☐ Stop overthinking by asking yourself, "Will this matter in a year?"
- ☐ Practice gratitude by listing three things you're thankful for daily.
- ☐ Recognise that happiness is a choice - actively choose it.
- ☐ Let go of perfectionism - progress is what matters.
- ☐ Catch and re-word negative self-talk as if you are talking to a friend.
- ☐ Set an intention at the start of every day and write it down.
- ☐ Learn to sit with discomfort instead of avoiding it.
- ☐ Use humour to reframe difficult situations, it's a useful tool.

## Daily Habits for Instant Joy

- ☐ Get outside for at least 10 minutes of sunlight, especially in the morning.
- ☐ Take a deep breath and stretch when you wake up.
- ☐ Start your morning with your favourite song.
- ☐ Smile at yourself in the mirror (it actually boosts mood!).
- ☐ Do something you loved to do as a child.
- ☐ Use scents that make you happy (essential oils, candles, perfume).
- ☐ Declutter one small space - mental clarity follows.
- ☐ Drink a full glass of water when you feel sluggish.
- ☐ Dance for fitness and you'll start loving exercise.
- ☐ Compliment a stranger and notice their smile.

## Social & Relationship Happiness

- ☐ Send a thoughtful message to a loved one or write them a nice note to find.
- ☐ Hug someone for at least 20 seconds, it releases oxytocin! (Pets count).
- ☐ Plan a fun outing or trip with a loved one - having something to look forward to boosts happiness. You don't have to spend money to do this.
- ☐ Surround yourself with positive, uplifting people.
- ☐ Spend time with people who make you laugh, humour is a superpower.
- ☐ Set social boundaries to avoid energy-draining interactions.
- ☐ Call a friend instead of texting them.
- ☐ Have a deep conversation instead of small talk.
- ☐ Spend uninterrupted time with loved ones - no phones.
- ☐ Ask someone how they really are and listen fully.

## Self-Care & Wellbeing

- ☐ Prioritise sleep - aim for *at least* 8 hours every night.
- ☐ Take a long shower or bath with calming music.
- ☐ Indulge in a guilt-free self-care ritual (skincare, massage, etc.).
- ☐ Make your bed - it's a small win that sets the tone for the day.
- ☐ Keep a happiness jar and write one good thing about each day.
- ☐ Journal for five minutes about your emotions.
- ☐ Take a digital detox for a day. No phone, no TV, no computers.
- ☐ Read or listen to something that inspires or uplifts you.
- ☐ Watch a funny video or stand-up comedy clip.
- ☐ Reduce coffee if it makes you anxious - matcha is a great replacement.

## Physical Health for a Happier Mind

- ☐ Move your body daily - any movement counts.
- ☐ Walk! Aim for 10,000 steps a day.
- ☐ Take deep belly breaths to calm your nervous system.
- ☐ Stand up and stretch every hour if you sit often.
- ☐ Drink more water - hydration boosts mood and energy.
- ☐ Try a new, healthy recipe just for fun.
- ☐ Eat colourful foods - bright foods have more nutrients.
- ☐ Track your menstrual cycle and go easy on yourself when you need to.
- ☐ Lye down on the grass (grounding can reduce stress).
- ☐ Laugh - it releases endorphins, the brain's feel-good chemicals.

## Mindfulness & Inner Peace

- ☐ Meditate for five minutes (even just deep breathing works).
- ☐ Be fully present during an activity instead of multitasking.
- ☐ Take a moment to notice five things around you (grounding technique).
- ☐ Do nothing. Spend just five minutes in silence with no distractions.
- ☐ Spend time in nature, it's proven to increase happiness.
- ☐ Set a worry time - write worries down if they come up and address them later.
- ☐ Listen to calming nature sounds or instrumental music.
- ☐ Engage in a slow, mindful activity like painting, colouring or knitting.
- ☐ Focus on what you can control, not what you can't.
- ☐ Let go of past regrets - happiness is in the present.

## Creativity & Passion

- ☐ Try something new just for fun (a musical instrument, gardening, etc.).
- ☐ Write down a creative idea and act on it.
- ☐ Drive without a map until you get lost. (Bring a GPS so you can get back!)
- ☐ Express yourself through fashion, decor, or art. Lean into it!
- ☐ Write down all your passions and spend more time doing those things.
- ☐ Try a photography challenge (capture 5 happy moments today).
- ☐ Make something with your hands (craft, DIY, baking).
- ☐ Journal about what excites you most in life and embrace the emotion it brings.
- ☐ Set aside time to daydream - it sparks creativity.
- ☐ Choose a skill to develop and stick to it for 30 days - growth fuels happiness.

## Unplugging & Digital Wellbeing

- ☐ Put your phone on silent when spending time with others.
- ☐ Stop checking your phone first thing in the morning.
- ☐ Set time limits for social media scrolling.
- ☐ Follow accounts that make you feel good, unfollow negativity.
- ☐ Read a physical book instead of looking at a screen.
- ☐ Charge your phone in a room that's not your bedroom and get an alarm clock.
- ☐ Resist the urge to compare yourself online - social media isn't real life.
- ☐ Create before you consume - focus on your own growth.
- ☐ Turn off as many notifications as you can to reduce stress.
- ☐ Check the screen time on your phone daily.

## Purpose & Meaning

- ☐ Do something kind for someone without expecting anything in return.
- ☐ Volunteer or help a cause you care about.
- ☐ Reflect on your personal values and if you're living by them.
- ☐ Remind yourself of your why - what drives you?
- ☐ Take small daily steps toward a meaningful goal.
- ☐ Follow your intuition. If it feels good or right, do it.
- ☐ Shift from "I have to" to "I get to" - appreciate what you get to do.
- ☐ Recognise that success isn't just money - define the meaning for yourself.
- ☐ Celebrate small wins - they add up to big progress.
- ☐ Accept where you are now, this is the only moment that matters.

**Happiness is a practice.**

**It's up to you.**

With all the love,  
Holly. ❤️☀️



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