

# MAKE IT HAPPY

## MORNING CHECKLIST

START EVERY DAY WITH JOY, GRATITUDE, AND PEACE

### ✦ STEP 1: GRATITUDE

WRITE DOWN 4 THINGS YOU ARE GRATEFUL FOR TODAY.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ✦ STEP 2: AFFIRMATION OF THE DAY

SPEAK IT OUT LOUD!

☞ "I CHOOSE HAPPINESS TODAY, NO MATTER WHAT COMES MY WAY." (WRITE YOUR OWN BELOW)

- \_\_\_\_\_

### ✦ STEP 3: JOY SPARK

DO ONE THING THAT MAKES YOU FEEL LIKE A KID AGAIN — SING, DANCE, DOODLE, WALK OUTSIDE, LAUGH, OR PLAY.

- My Joy Spark today: \_\_\_\_\_

### ✦ STEP 4: SELF-CARE FIRST

PUT ON YOUR OXYGEN MASK BEFORE YOU SERVE OTHERS.

- Drink water / stretch / 5 mins quiet / prayer / shower / something just for YOU

### ✦ BONUS PROMPT

- BEFORE BED, ASK: DID I CHOOSE HAPPINESS TODAY?