

Happiness Maintenance Routine

Section 1: Daily & Weekly Happiness Checklist

- Practice 3 minutes of gratitude every morning.
- Do one act of kindness each day (big or small).
- Get at least 20 minutes of movement or exercise.
- Spend 10 minutes outside (sunlight or fresh air).
- Take a moment for mindfulness or deep breathing.
- Connect with someone you care about (even briefly).
- Engage in a hobby or joyful activity.
- Reflect on a small win before bedtime.
- Once a week: Plan something fun or novel to look forward to.
- Once a week: Do a mini digital detox for at least 1 hour.

Section 2: Structured Routine (Morning / Afternoon / Evening)

Time of Day	Activities
Morning	<ul style="list-style-type: none">• Gratitude journaling• 5-10 minutes stretching• Set a positive intention for the day
Afternoon	<ul style="list-style-type: none">• Take a mindful break• Quick walk or exercise• Acknowledge progress on your tasks
Evening	<ul style="list-style-type: none">• Disconnect from screens 30 minutes before bed• Reflect on 3 good things• Read or do something calming

Section 3: Reflective Workbook Prompts with Journaling Space

1. What are three things that made me smile this week?

2. When do I feel most alive and content?

3. What habits or people drain my energy?

4. What's one small thing I can do this week to lift my mood?

5. How do I usually react to stress? How could I respond more positively?

6. What activities give me a sense of meaning or purpose?

7. Who are my emotional support people? Have I reached out to them lately?

8. What's one boundary I need to reinforce to protect my peace?
