



21 day happy challenge

1. Easy-Peasey-Nice & Easy

Yay! So happy you're here! Together, over the next few weeks we're going to have lots-o-fun sharing our Happy, building our Happy, & supporting each others Happy.

Now, let's get started! We're going easy in our first week, these first answers can be light hearted, basic, or off the wall, they're here just to help you get your Happy feet wet. Each morning ponder the daily question, have fun with it, & *don't forget to smile while you say your answers out-loud.*

WEEK 1 • DAYS 1 - 7

DAY 1

Three things I see every day.

.....

- 1. _____
- 2. _____
- 3. _____

DAY 2

Three things I can't/don't see every day but I know are there.

.....

- 1. _____
- 2. _____
- 3. _____

DAY 3

Three things I take for granted.

.....

- 1. _____
- 2. _____
- 3. _____

DAY 4

Three someones who love and/or need me.

- 1. _____
- 2. _____
- 3. _____

DAY 5

Three things that instantly make me smile.



- 1. _____
- 2. _____
- 3. _____



DAY 6

Three things that take me by surprise.



- 1. _____
- 2. _____
- 3. _____



DAY 7

Three things that make me feel proud.



- 1. _____
- 2. _____
- 3. _____

2. Giggle while you work

Congratulations! You made it through your first Happy Week! You should be proud of yourself. Are you having fun? *I sure hope so!* This week we're going to dig a little deeper by giving answers that may be a little less obvious, but we've added two-fer's to keep it simple. Never fear– this week's Happy is all about laughter & having fun. Hopefully you'll be *giggling while you say your answers out-loud!*

WEEK 2 • DAYS 8 - 14

DAY 8



Two people that I grew up with.

Two horizontal bars for writing names.

Something I see often, but rarely pay attention to.

One horizontal bar for writing an answer.

DAY 9



Two things I love doing that go together.

Two horizontal bars for writing activities.

A place I love doing the above.

One horizontal bar for writing a location.

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DAY 10

Two polar opposites that you love.

A guilty pleasure.

DAY 11

Two people/things you enjoyed helping/watching grow.

Someone/something you didn't expect to love as much as you do.

DAY 12

Two things that you love doing in the dark.

Something weird you do that makes you feel young.

DAY 13

Two things that remind you that you're not alone.

Something you find beautiful.

Two things that, for me, go together like peas & carrots.

Two horizontal grey bars for writing.

Something that brightens my day.

One horizontal grey bar for writing.

3. Diggin' Down Deep

I got the JOY-JOY-JOY-JOY down in my heart!
WHERE!? Down in my heart! WHERE!? Down in
my heart... Down in my heart to staaay!

When I was a child I loved this song, but as an
adult it seems that at times I've buried that joy. As
children we didn't need "things" to be happy, we
were content with just running around the yard
singing & playing with our imaginary friends.

Congratulations! You made it! This is the final
week of our Happy Challenge & guess what!?

We're gonna be pulling out our good 'ole Happy
shovels & we're going to Dig-Dig-Dig that Joy back
up! How?...by focusing on actions we're grateful
for.

As you go through this last week of our Happy
Challenge, meditate, pray, & think of YOU...
what makes YOU Happy...what brings YOU joy...
& please!...SING!, SING! SING! To your heart's
content & **watch the Joy overflow from your
heart into your day, into your week, & into
a happier YOU!**

WEEK 3 • DAYS 15 - 21

Something that feels
weirdly good to me.

Grey bar with a vertical line on the left for writing.

Something that makes
me feel limitless.

Grey bar with a vertical line on the left for writing.

Something that
amazes me.

Grey bar with a vertical line on the left for writing.

DAY 16

A local place I like
to explore.

A way I treat/reward
myself at home.

Something I hate
AND love to do

DAY 17

My favorite thing
to wear.

A place that makes me
feel nostalgic.

Something scary that I do
to feel unstoppable.

DAY 18

Something I hate relying
on, but I'm glad we have.

A smell that brings back
happy memories.

A chore that brings some-
one/something else joy.

DAY 19

A favorite childhood
treat that I still enjoy.

A type of appointment
I love to make.

DAY 19 - cont.

Something I've come to appreciate the work that goes into making it happen.

DAY 20

A place I like to go to think & reflect.

Something that allows me to relax & loose track of time.

Something that gives me a boost of unexpected confidence.

DAY 21

Something that reminds me that I am important.

My favorite day.

Something that I'm lucky enough to not have to do.

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OH! - MY - WOW - Y'ALL!

We've come to the end of our Happy Challenge. How fun was this?! I do hate to see it end. So, how'd you do? Were you able to tickle your Happy? Did sharing a Happy make someone else Happy? Are you sad to see the Happy Challenge end?...It's okay...Perk Up Buttercup & like a good hair day just...

Wash - Rinse - & - Repeat to keep the Happy going.