



LA FELICIDAD

OCTUBRE 2024

Diariamente 3:
Agradecimientos
Actos de bondad
Momentos de silencio

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
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<p>Haga los 3 hábitos científicamente demostrados para hacernos más felices y saludables; Publique en el grupo de Facebook 'Gorge Happiness'; Corre la voz para que otras personas sepan; Hagase más feliz.</p>		1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
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www.GorgeHappiness.org

#gorgehappiness

Moments of Silence

Stop and count the number of things you can hear right now

Listen to Music

Sit outside & watch wildlife

Drink tea

Take a nap

Look at the sky

Take 3 deep breaths

Take a bath (with bubbles!)

Move

Sing and/or Dance

Go for a short silent walk

Give yourself a hug

Walk barefoot

Fake laugh for 60 seconds

Stretch

Mix Things Up

Try a new fruit or veggie

Use your non-dominant hand

Clean out a drawer

Complete one small irritating task

Say yes

Wear bright color (you look bad in)

Deep clean one appliance

Walk or drive a different route

Make plans for something to look forward to

Dress up as if today is a special occasion

Acts of Kindness

Leave a kind note in an unlikely place

Put a heart in your window

Give a flower

Do someone else's chore

Pick up 3 pieces of trash

Compliment a stranger

Give someone candy

Take someone's cart back for them

Help someone carry their bags

Pay it forward

Gratitudes

Pick a good moment from the week and draw it

Thank a teacher

Tell someone what you like about them

List 10 things you like about yourself

Send a thank you

Relive 3 good moments from the day

Connect

Have a conversation where you listen more than you talk

Tell a new joke

Pick a person or a goal to focus on this week

Reconnect with an old friend

Pet a cat or dog

Create

Chalk a sidewalk

Make up a song

Write a poem for someone

Doodle

Draw shapes in the dirt

Visit a farmers market

Wave or nod at someone