



SPASD WELLNESS

HAPPINESS

CHALLENGE

OCTOBER 2019

Take one simple step each day to improve your happiness.

Complete any 25 of the suggestions (next page) for this challenge to be entered in a drawing for prizes. At the end of the month, those who have participated in the challenge can complete a quick electronic form to submit to confirm completion of the challenge and then they will be entered for the drawing. Don't forget, significant others are welcome to participate as well!

HAPPINESS CHALLENGE

Go outside

Meditate

Write down what you love about yourself

Watch a performance

Confide in someone

Make someone smile

Work up a sweat

Have an early night

Finish your to-do list

Talk to a friend

Listen to a podcast

Create a gratitude log

Do a puzzle

Get dressed up

Help someone in need

Take a relaxing shower or bath

Free journal for at least 5 minutes

Treat yourself to something

Do yoga

Read a book

Learn something new

Make some art, or do something creative

Take five, slow, intentional breaths

De-clutter one area in your home

Listen to music

Go for a hike

Cook from scratch

Play with an animal

Visit a new place

Clean out your closet