

# 7 Daily Actions for Happiness in Aligned Action

*Simple steps to elevate your happiness while making a positive impact on the world.*

## 1. Start Your Day with Gratitude

Each morning, write down **three things you are grateful for**—big or small. This shifts your mindset towards appreciation and abundance.

## 2. Connect with Nature

Spend at least **5–10 minutes outdoors**—whether it's a walk, sitting by a tree, or simply observing the sky. Nature reduces stress and boosts well-being.

## 3. Practice a Happiness Habit

Try a **positive habit** each day, such as:

- Smiling at a stranger
- Sending a kind message to someone
- Taking **three deep breaths** to reset your nervous system

## 4. Take One Small Action for the Planet

Choose a simple eco-friendly action:

- Reduce waste (bring a reusable bag or bottle)
- Plant a pollinator-friendly flower
- Support a sustainable brand

## 5. Check in with Your Body & Mind

Pause during the day and ask: **“How am I feeling right now?”**

Try a quick **breathing exercise**, stretch, or movement to re-center yourself.

## 6. Strengthen a Connection

Reach out to a friend, family member, or community group. Human connection is vital for happiness. **A quick message, voice note, or check-in call counts!**

## 7. Reflect & Set an Intention

Before bed, reflect: **What went well today?**

**What small action can I take tomorrow to continue growing in happiness?**

 ***Happiness grows when we nurture it daily!***

 **Which action will you start with today?**

 **Wildly Happy Life**