01. Smile  
02. Journal  
03. Meditate  
04. Be grateful  
05. Don’t gossip  
06. Eat mindfully  
07. Exercise daily  
08. Get more sleep  
09. Breathe deeply  
10. Plan your week  
11. Wake up earlier  
12. Reward yourself  
13. Invest in yourself  
14. Drink more water  
15. Practice self-care  
16. Give compliments  
17. Savor the moment  
18. Spend time in nature  
19. Practice mindfulness  
20. Invest in experiences  
21. Create a morning ritual  
22. Face challenges head-on  
23. Celebrate other's success  
24. Declutter your workspace  
25. Get to know yourself better  
26. Do a random act of kindness  
27. Embrace the small moments  
28. View problems as challenges  
29. Don't have a scarcity mindset  
30. Take a break from social media
30 Daily Habits for a Happy Life

01. Smile
02. Journal
03. Meditate
04. Be grateful
05. Don’t gossip
06. Eat mindfully
07. Exercise daily
08. Get more sleep
09. Breathe deeply
10. Plan your week
11. Wake up earlier
12. Reward yourself
13. Invest in yourself
14. Drink more water
15. Practice self-care
16. Give compliments
17. Savor the moment
18. Spend time in nature
19. Practice mindfulness
20. Invest in experiences
21. Create a morning ritual
22. Face challenges head-on
23. Celebrate other’s success
24. Declutter your workspace
25. Get to know yourself better
26. Do a random act of kindness
27. Embrace the small moments
28. View problems as challenges
29. Don't have a scarcity mindset
30. Take a break from social media

BROOKLYNACTIVEMAMA.COM
YOU WILL BE EXACTLY AS happy AS YOU DECIDE TO be.