Daily Schedule for Happiness
daily schedule for happiness

after waking up:
1. rise early.
2. exercise or go for a walk.
3. eat fruit.
4. write a list of 10 things you are grateful for.
5. create & follow a “to do” list of 5 items.

throughout the day:
6. give someone a sincere compliment.
7. if someone tries to engage you in gossip, then change the subject.
8. organize your desk.
9. complete your work on time.
10. help someone do something.

after work:
11. spend 30 minutes doing a hobby.
12. clean the house for 20 minutes.
13. watch TV for no more than 1 hour.
14. read for at least 30 minutes.
15. go to bed by 10 o’clock.
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