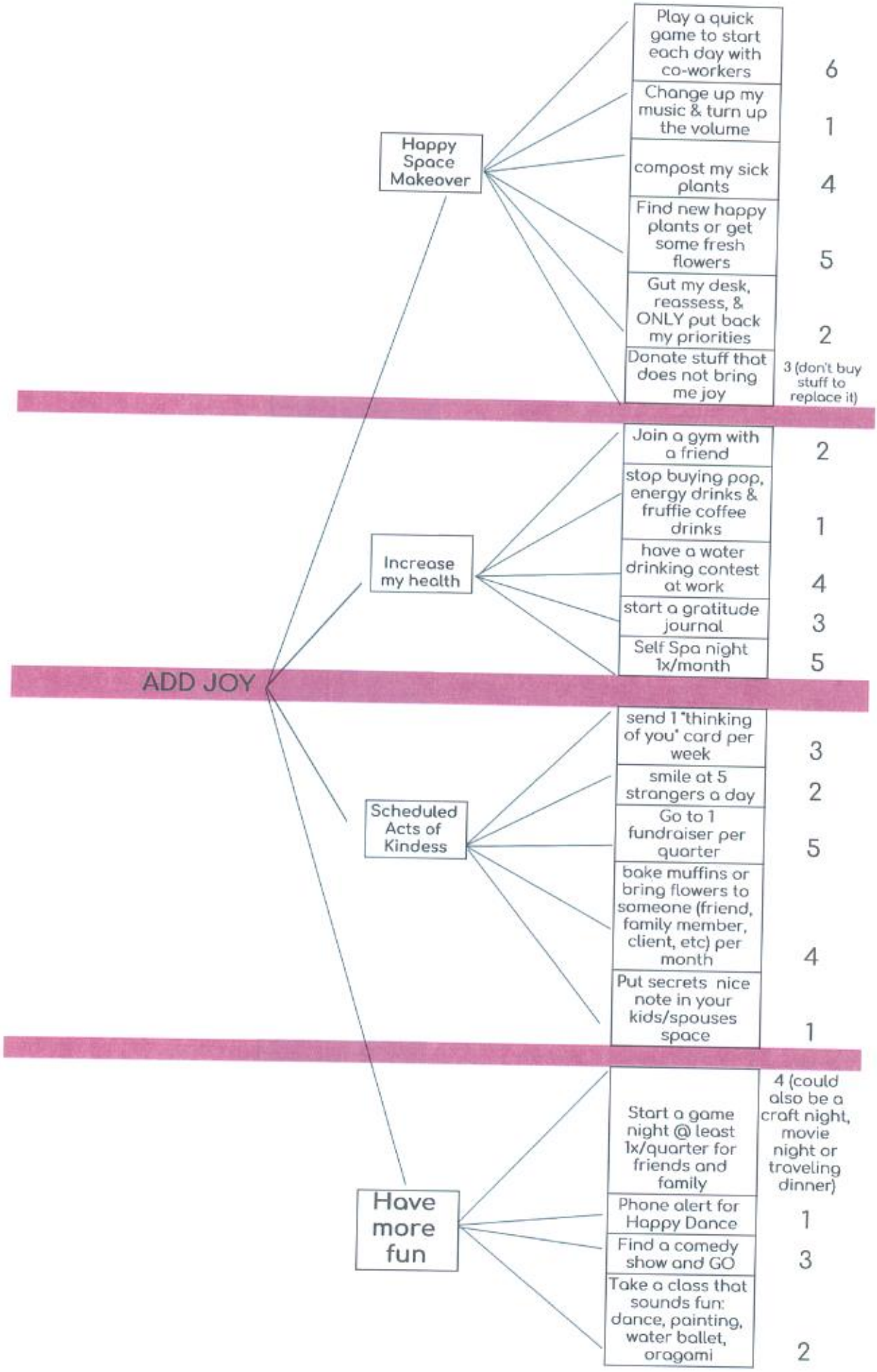
ADD JOY
Happy Space Makeover
Play a quick game to start each day with co-workers
6
Change up my music & turn up the volume
1
compost my sick plants
4
Find new happy plants or get some fresh flowers
5
Gut my desk, reassess, & ONLY put back my priorities
2
Donate stuff that does not bring me joy
3 (don't buy stuff to replace it)
Increase my health
Join a gym with a friend
2
stop buying pop, energy drinks & fruffie coffee drinks
1
have a water drinking contest at work
4
start a gratitude journal
3
Self Spa night 1x/month
5
Scheduled Acts of Kindess
send 1 "thinking of you" card per week
3
smile at 5 strangers a day
2
Go to 1 fundraiser per quarter
5
bake muffins or bring flowers to someone (friend, family member, client, etc) per month
4
Put secrets nice note in your kids/spouses space
1
Have more fun
Start a game night @ least 1x/quarter for friends and family
4 (could also be a craft night, movie night or traveling dinner)
Phone alert for Happy Dance
1
Find a comedy show and GO
3
Take a class that sounds fun: dance, painting, water ballet, oragami
2