

# Mindful Happiness

- Every evening write 3 things that happened during your day that you're grateful for and why. This might be a short list in the beginning but it will get longer the more that you practice.
- Think of 1 meaningful event that happened in your day. Then spend 2 minutes writing down every detail about it
- Send a thank you text/phone call/ email/ message to someone telling them what you appreciate about them or thanking them for the work that they do
- Involve the whole family and create a gratitude jar that everyone has to contribute to.

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