

5 Ways To Increase Happiness Daily

MEDITATE

EVERY DAY

SIT QUIETLY & FOCUS ON YOUR BREATHING

EXERCISE

3-5 DAYS/WEEK & AT LEAST 20 MINUTES/DAY

EAT HEALTHY

MORE WATER

MORE FRUITS & VEGETABLES

LESS PROCESSED FOODS

SELF-CARE

DO THINGS YOU LOVE

PAMPER YOURSELF

DO SOMETHING FUN EVERYDAY

THINK POSITIVELY

BE HOPEFUL

DON'T BEAT YOURSELF UP

SAY POSITIVE AFFIRMATIONS EVERYDAY

LION HEART LIFE HEALING