



14 DAYS of happiness!

Activities that bring us joy, satisfaction, and laughter contribute to our happiness by counteracting stress and cultivating positive emotions. Over the next 14 days, you will explore a variety of activities to boost your happiness!

Goal

14 Days of Happiness includes a list of 54 activities covering six different areas. Your goal is to complete at least 30 activities by the end of the challenge — that's two to three activities per day.

Tracking

Each day you will record your activities on the tracker by adding the corresponding activity number from the list below.

Rules

Activities may be repeated, but try to choose one NEW activity each day. Challenge yourself to choose activities from each category. Extra activities that you perform do not carry over to the next day.

tracker

Day 1	Day 2	Day 3	Day 4	Day 5
① _____	① _____	① _____	① _____	① _____
② _____	② _____	② _____	② _____	② _____
③ _____	③ _____	③ _____	③ _____	③ _____
Day 6	Day 7	Day 8	Day 9	Day 10
① _____	① _____	① _____	① _____	① _____
② _____	② _____	② _____	② _____	② _____
③ _____	③ _____	③ _____	③ _____	③ _____
Day 11	Day 12	Day 13	Day 14	TOTAL
① _____	① _____	① _____	① _____	Goal: 30
② _____	② _____	② _____	② _____	
③ _____	③ _____	③ _____	③ _____	

NAME: _____

PHONE: _____

EMAIL: _____

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Physical Nourishment

These activities not only provide more energy for you but make you feel better about yourself.

- 1 Avoid foods with added sugar content.
- 2 Hold a plank for 30 seconds two different times.
- 3 Have a fruit or vegetable snack.
- 4 Spend 10 minutes outside.
- 5 Get 7-9 hours of sleep.
- 6 Drink at least 8 glasses of water.
- 7 See how many push-ups or crunches you can do in 1 minute.
- 8 Try a new recipe.
- 9 Take a virtual fitness class.

Emotional Wellbeing

Allow yourself to express your feelings and to create a positive outlook on your life.

- 10 Close your eyes and relax your face for 10 deep breaths.
- 11 Limit daily news intake to 30 minutes.
- 12 Write down five things you're fortunate for in your life.
- 13 Write down three things you are grateful for.
- 14 Meditate for five minutes.
- 15 Stay off social media all day.
- 16 Go all day without complaining.
- 17 Create a "to do" list and prioritize tasks.
- 18 Journal your feelings.

Social Connection

Activities that connect you with family, friends, and your community can relieve stress.

- 19 Share a high and a low about the day with your family or friends.
- 20 Dance or be silly with others in person or virtually.
- 21 Play cards, a board game or video game with others in person or virtually.
- 22 Reach out to a family member or friend.
- 23 Give a compliment.
- 24 Send a letter or card to a friend or family member.
- 25 Plan a virtual happy hour, coffee chat or game night.
- 26 Wave and smile to a neighbor.
- 27 Create a group step challenge.

Community Wellbeing

Making others feel good can in turn make you feel good about yourself.

- 28 Do a good deed for a neighbor, family member or friend.
- 29 Donate money to a cause.
- 30 Write inspirational sidewalk chalk messages.
- 31 Pick up litter.
- 32 Give blood.
- 33 Donate to a food shelf.
- 34 Purchase a gift card or order take-out/delivery from a local small business.
- 35 Create a lending library.
- 36 Express thanks to an essential worker.

Career Care

Investing in your community is also an investment on your individual health..

- 37 Give a co-worker recognition and Cc their team or manager.
- 38 Ask a co-worker for feedback.
- 39 Read a professional development article.
- 40 Read a book about self-improvement.
- 41 Watch a TED Talk.
- 42 Listen to a podcast.
- 43 Set up a virtual social event with your co-workers.
- 44 Enhance your LinkedIn (endorse, share a post or write a recommendation).
- 45 Set a professional goal to accomplish this year.

Simple Pleasures

Create balance with activities that bring joy and fulfillment to your life.

- 46 Spend 10 minutes organizing a cluttered space.
- 47 Work on your garden or potted plant.
- 48 Color or draw a picture.
- 49 Complete a sudoku or crossword puzzle.
- 50 Laugh out loud.
- 51 Do something you enjoy for 10 minutes.
- 52 Enjoy a sunrise or sunset.
- 53 Learn a new skill/hobby.
- 54 Read before bed.

activities
Try ONE new activity each day.