



HAPPINESS MANIFESTO

Do these for two months and see the difference they make!

1. Get Physical.

Exercise for half an hour three times a week.

2. Count your blessings

At the end of each day reflect on at least five things you are grateful for.

3. Talk time

Have an hour long uninterrupted conversation with your partner or closest friend each week.

4. Plant something

Even if it's a window box or pot plant. Keep it alive!

5. Cut your TV viewing by half

6. Smile at and/or say hello to a stranger

At least once each day.

7. Phone a friend

Make contact with at least one friend or relation you have not been in contact for a while and arrange to meet up.

8. Have a good laugh at least once a day

9. Every day make sure you give yourself a treat (and do something different)

Take time to really enjoy this.

10. Daily kindness

Do an extra good turn for someone each day.