

EXAMPLE HAPPINESS GUIDE

This is a resource that can help you on hard days. Think about things in each category that make you feel deeply happy and at peace. Try to integrate more of these into your everyday life, but also use this to pull from when you need some TLC.

TOUCH

SUNSHINE ON MY FACE
EXFOLIATING GLOVES + SOAP IN SHOWER
HOT WATER BOTTLE
MASSAGE W/ NO BACKGROUND NOISE
FLUFFY DUVET ON THE COUCH



SMELL

JOSHS BODY WASH IN THE MORNING
FRESH LEMON (PRODUCTIVITY)
PEPPERMINT (PHYSICAL ACTIVITY)
FRESH RAIN (RELAXATION)
OPEN WINDOWS WHEN ITS RAINING



TASTE

ICE COLD WATER
GRAIN BOWL W/ SPICY MAYO
WARM MAPLE LATTE (RELAXING/FOCUSED)
RUM AND COKE (CELEBRATORY!)
MINT + CHOCOLATE (FAV COMBO)



HEAR

"STAY" BY MAURICE WILLIAMS
BANANA PANCAKES" BY JACK JOHNSON
RAIN ON A TENT
CRACKLING FIRE
WALTER HAVING A DREAM



SEE

SIMPSON SKIES (BLUE W/ FLUFFY CLOUDS)
VIEW DOWN OUR STREET
SUNSET OVER THE CANAL
WALTER'S FACE
SUN DANCING ON WATER



MISC.

IT'S COMPLICATED (COMFORT MOVIE!)
MAC N CHEESE (COMFORT FOOD)




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