

#CURATE *your* HAPPY

HAPPY TASK – DAY 1: NOTE TO SELF

WHAT ARE THE THINGS AND/OR EXPERIENCES THAT MAKE YOU HAPPY?

WHO ARE THE PEOPLE THAT MAKE YOU HAPPY?

WHAT ARE THE SPECIFIC HAPPENINGS THAT HAVE OCCURRED IN YOUR LIFE THAT MAY HAVE CAUSED YOU TO LOSE YOUR HAPPINESS?

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WHAT DO YOU THINK IT WILL TAKE TO GET YOUR HAPPINESS BACK?

ARE YOU READY TO COMMIT TO YOUR WELL-BEING? IF SO, WHY DO YOU FEEL THAT COMMITTING TO YOU IS SO IMPORTANT RIGHT NOW?

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JOURNAL REFLECTION

You're about to embark on a journey to get your true, authentic happiness back. Before you do, I want you to write a "Note to Self" – a personal love letter to YOU that first starts with a commitment to the process of these next seven days and follows with a message of hope, expectancy and desires to be happy.