

# #CURATE *your* HAPPY

## HAPPY TASK – DAY 6: DO WHAT YOU LOVE

Today, there's nothing holding you back! In the space below, I want you to free-write, draw, or paste images of every single thing you love to do. Whether it's blowing bubbles, coloring in a coloring book, singing at an open mic, scrapbooking, or chilling at a dog park, I want you to list it all out, without hesitation, and then take the day to do at least three of those things.

It's your time to DO YOU, so you might as well DO WHAT YOU LOVE, right?!

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## JOURNAL REFLECTION

How did you feel to do what you love? Did you recall things that you love to do that you forgot about? Moving forward, how will you make more time to do the things you love?