

it's birthday o'clock



Today
is a good day
to celebrate
Birthday
and
Feel Happy



1% Happier Me Today

*How Small Moments Create Big Joy
(14 min/day) to unlock your
Authentic Resourcefulness & Happiness*

*Read an uplifting book or
inspiring literature*

*Journal your thoughts, dreams,
or daily wins*

*Express Gratitude — list 3 things
you appreciate today*

*Self-Compassion Letter — write
kindly to yourself*

*Mindful Breathing — pause,
breathe, and reset*

*Kindness Act — send a
thoughtful message to someone*

*Stretch & Move — gentle movement to
refresh your body*

*Visualization — picture
your best self thriving*