



IMAGE BY IRON + HONEY

## 4 EXERCISES THAT INSTANTLY INCREASE HAPPINESS LEVELS.

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### 1. GRATITUDE LETTER

Write a letter of gratitude to someone who has had a positive impact on you. If possible, you might consider delivering the letter in person!

### 3. THREE GOOD THINGS

At the end of your day write down three things that went well for you each day and give an explanation as to why they occurred.

### 2. BIG PICTURE

Envision your best and most fulfilling year yet! What would it look like? Journal all the details down.

### 4. GET OUTDOORS

Get outside and go for a nature walk. The goal is to observe the things you see around you as you walk. Take it all in. The combination of meditation and gratitude can combat stress and increase wellbeing.