

HOW TO KEEP A HAPPINESS LIST

Whenever something happens that puts a smile on your face:

1. **STOP** everything and notice what's making you happy.
2. **FEEL** the happy feeling.
3. **STORE** it inside you.
4. **WRITE** it down as soon as you can.

Try to do this five times every day. Weekdays and weekends. School days and holidays. Be happy five times every day.

