



walk  outside

go to bed early


stretch... 

take a DEEP breath in... and a LONG breath OUT...

TURN OFF THE NEWS 


name 3 things that make you HAPPY

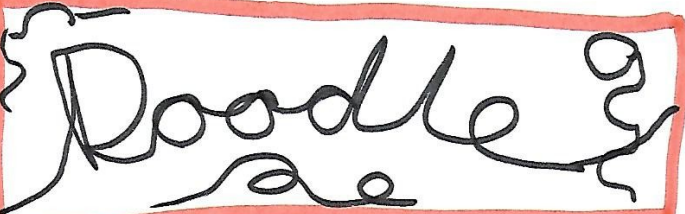
Put something away ... Now! 

try... a new recipe today 

 Give someone a compliment 

Laugh out loud 

have a long bath... mmm... 

Doodle 

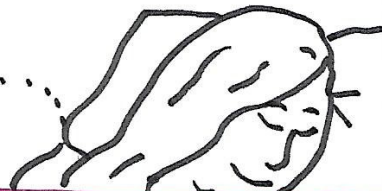
Declutter one thing from a drawer 

Stand Tall 


Wear your favorite clothes today 


Look at the SKY 

Eat ~~it~~ ~~it~~ something with your good eyes shut.. savor... ~~??????~~

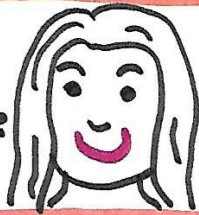
take a nap... 

Take time for a proper tea break  

Drink more water 


Regift a book 

Do something you have been putting off Now

make someone happy  SMILE


Swap ~~it~~ sweet something for FRUIT 

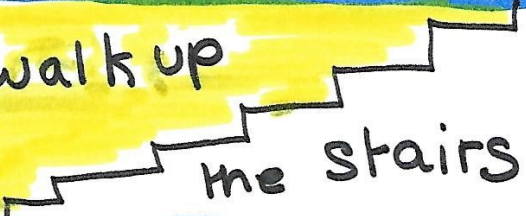
Eat more Veg 


name 3 things you do well 

SWAP herb tea for COFFEE 

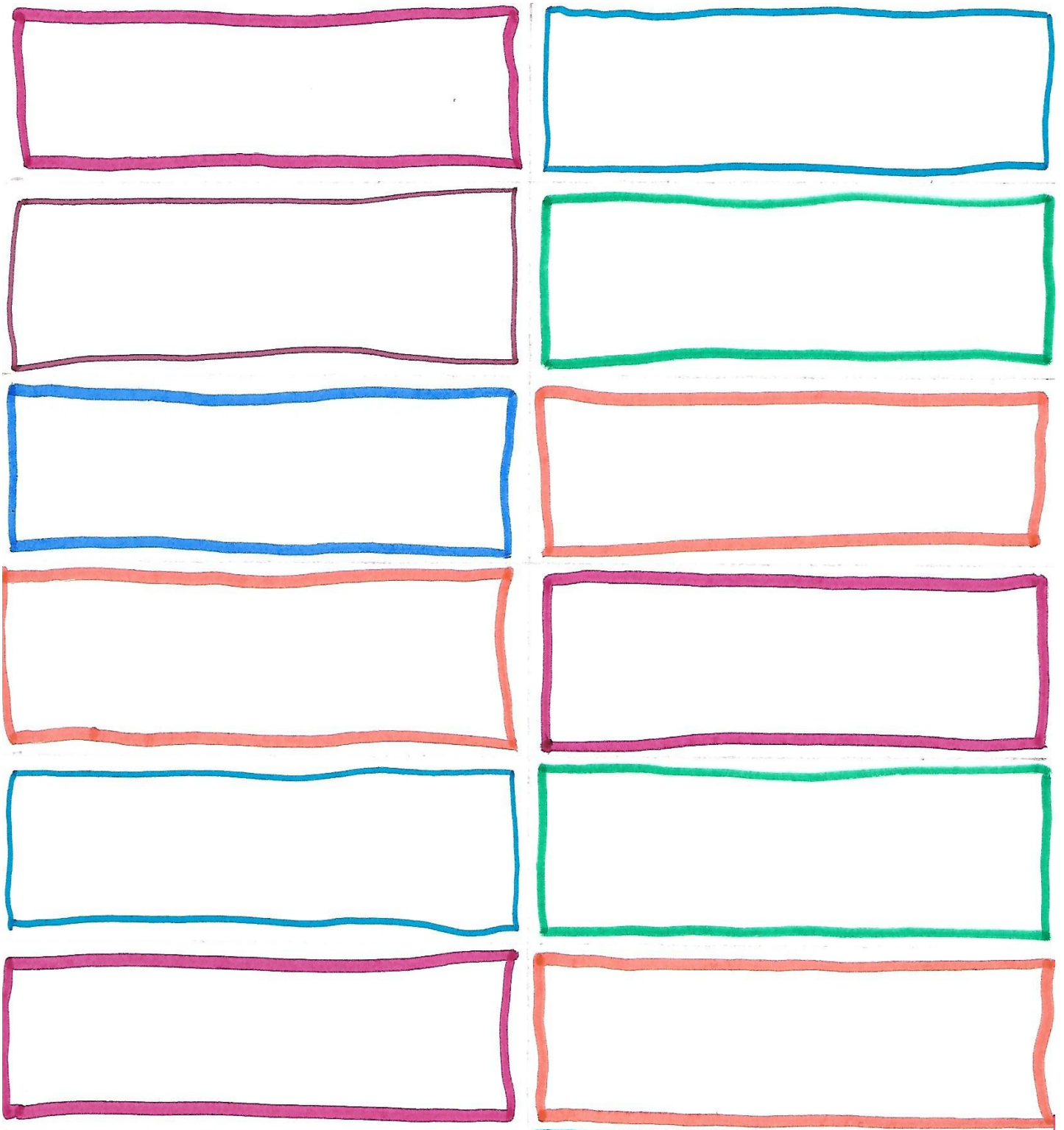
do the dishes before going to bed 

a Screen-free Evening 

walk up the stairs 

Phone a friend 

put on some music and DANCE 



This printout contains 32 different healthy habits. Cut them out, fold them up and pick one a day to get a whole month's worth of happy feelings, good thoughts and healthy ideas. There are spare spaces for you to make up your own.

less
stuff

Learn easy decluttering habits at www.less-stuff.co.uk