



# HAPPINESS HABIT

## Congratulations!

You took the first step to create a new happiness habit for yourself and the world.

Starting a new habit takes practice and we've got your back every day of the week.

Get started one give one day at a time -  
REPEAT and watch the RIPPLE!

## IT'S AS EASY AS 1, 2, 3!

### 01

#### **The First Step**

The first step is always the hardest so just take it one day at a time - one small act of giving at a time. Keep it simple and easy.

### 02

#### **Repeat**

Fun Fact: It takes up to 66 days to create a new habit. Give it every day and write it down until your brain is on automatic repeat for good!

### 03

#### **Ripple**

Giving makes you happy which ripples to everyone around you. Each small act of giving ripples x3! That's world-changing good!

# DAILY GIVING LIST

**Monday**

**Tuesday**

**Wednesday**

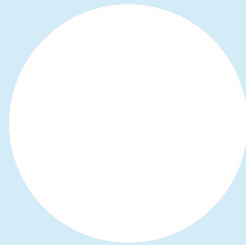
**Thursday**

**Friday**

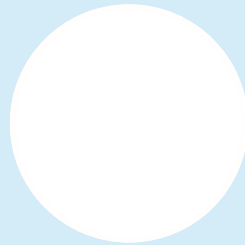
**Saturday**

**Sunday**

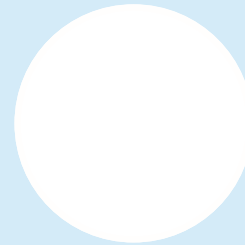
# TRACK YOUR EMOTIONS



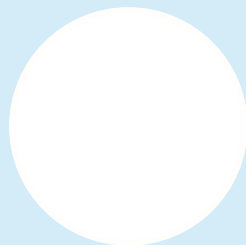
Monday



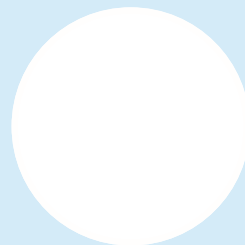
Tuesday



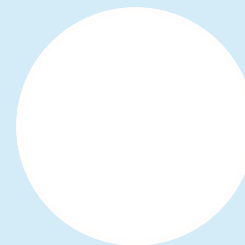
Wednesday



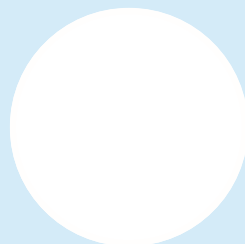
Thursday



Friday



Saturday



Sunday



SAD



BORED/TIRED



CALM



HAPPY



WORRIED



FRUSTRATED



SCARED





# WE NEED EVERYONE, ESPECIALLY YOU!

A personal invitation to join us.  
We have something for everyone and it's all free -  
365 days a year.

## Our Promise to You:

**TEACH** you how easy it is to be happy & spread it!

**INSPIRE** you each day with over 365 ideas to give.

**EMPOWER** you to give in a way that works best for you.

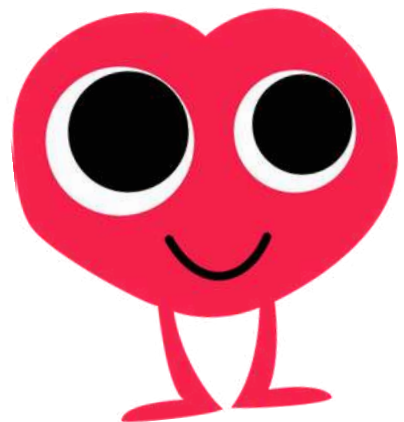
In Just **ONE** Day  
We Could Change the World!  
**ONE** give  
**ONE** day  
at a time - it's that easy.

## Your Promise to Make an Impact:

Sign Up For More



[365give.ca](http://365give.ca)



Follow us for more ideas  
every day!

