



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!

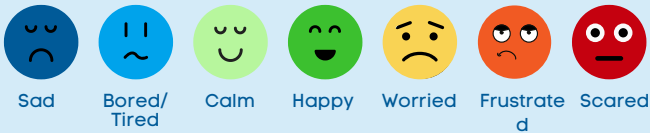
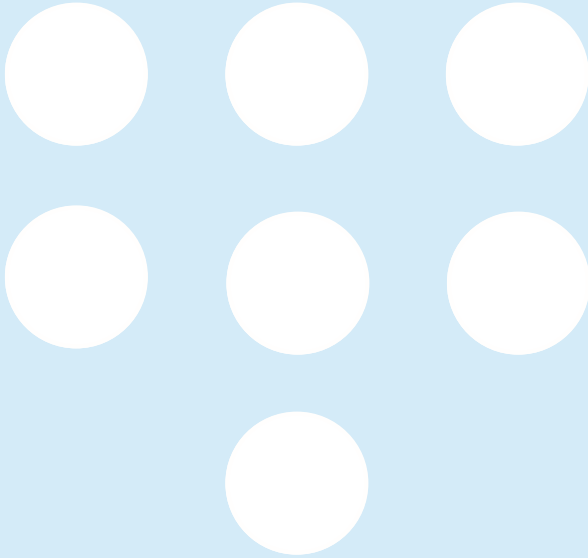
03

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

Track Your Emotions



Monday

Tuesday

Wednesday

Saturday

Thursday

Sunday

Friday



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.

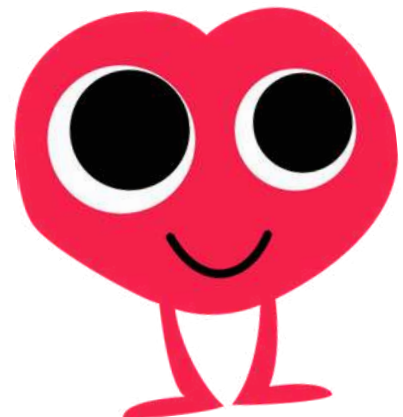
In Just ONE Day
We Could Change the World!
ONE give
ONE day
at a time - it's that easy.

Your Promise to Make an Impact:

[Sign Up Here](#)



365give.ca



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