

Happiness Toolbox

What helps you feel like your happy self?

We all have days when we're stressed, distracted, tired, frustrated or simply not feeling our best. The problem is that's often the exact moment we forget the things that actually help.

That's why you build your Happiness Toolbox before you need it.

WHY HAPPINESS MATTERS

How you feel affects everything else.

How you feel affects how you think, focus, make decisions, connect and respond to the people around you. When your brain and body are in a more positive, regulated state, you're better able to use the skills you rely on every day: attention, problem-solving, creativity, patience and connection.

At work. At home. As a parent, partner, family member and friend.

This isn't about feeling happy every minute. It's about understanding what helps you shift how you feel when you need it.

YOUR BRAIN CAN LEARN THIS TOO

What you practice becomes easier to reach for.

Our brains learn from what we repeatedly do and experience. When we intentionally practice things that support how we want to feel, those actions become easier to remember and return to.

YOUR BRAIN



TRY IT

A new action, deliberate and unfamiliar.



PRACTICE IT

The pathway gets easier to travel.



REACH FOR IT

You remember it when you need it.

WHAT'S NEXT

First, find out what works for you.

Over the next 10 days, try 10 different actions and pay attention to how each one makes you feel.

Your happiness isn't one-size-fits-all. Your toolbox shouldn't be either.



10 DAYS, 10 WAYS

Find Your Happy Place

Try one each day. Notice how you feel before and after. By the end of 10 days, you'll start to discover which ones belong in your Happiness Toolbox.

ONE ACTION A DAY

DAY 1 Stop Scrolling

Put your phone down and move your body for 15 minutes instead.



DAY 2 365give To A Person

Do one small thing to make someone else's day better.



DAY 3 Connect

Call or message someone you miss.



DAY 4 Dance

Play your favourite music playlist and dance for one or two songs.



DAY 5 Find The Awe

Get into nature. Walk among the trees or through a garden. Slow down and look for something that makes you feel in awe of the magic of nature.



DAY 6 365give To The Planet

Do one small thing that makes a positive impact on the planet.



DAY 7 Gratitude

Write down three things you're genuinely grateful for today.



DAY 8 365give To An Animal

Do one small thing to care for, help or support an animal.



DAY 9 Laugh

Watch or listen to something that makes you laugh, or call someone who always does.



DAY 10 365give To Yourself

Do one thing today that's just for you.



WHAT WORKED FOR YOU?

Look back at your before and after emotions. Which activities made the biggest difference in how you felt?

Those are the first tools for your Happiness Toolbox.



CREATE YOUR HAPPINESS CARDS

Now Make It Yours

You just spent 10 days discovering what works for you. Now keep those ideas somewhere you can reach for them when you need them. Start with the activities that made the biggest difference, then add other things you already know help: a favourite song, a person you love talking to, a place that calms you, moving your body, being outside, giving, creating, reading, cooking.

Do what works best for you.

MY HAPPINESS TOOL

THIS HELPS WHEN I FEEL:

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01

Write it

Put one thing that works for you on each card.

02

Keep it close

Keep them in a jar, box or container somewhere you'll see them.

03

Use it

When you need a shift, pull a card and try what's written on it.

04

Keep building

Discover something else that helps? Make another card.

YOUR HAPPINESS TOOLBOX SHOULD GROW WITH YOU

We become what we practice.

The better you know what works for you, the easier it becomes to reach for it when you need it.

KEEP GOING

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