The Happy Mamas are taking

POPSUGAR

THE 30-DAY — NO-FAIL — Happiness Challenge

jOin THe reVolutIon

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Name 3 things you are grateful for when you wake up																														
Write down one meaningful thing that has happened to you in the last 24 hours																														
Reach out to someone you know and praise them																														
Start doing cardio for at least 15 minutes a day																														
Start meditating for at least 5 minutes a day																														