

2018 Being Happy Project

Day 1 a new year
Day 2 you get to go to work not you have to go to work
Day 3 faith in God
Day 4 watching snow
Day 5 making someone smile
Day 6 everything purple
Day 7 voice of the Guru
Day 8 hearing I love you
Day 9 watching birds & squirrels
Day 10 child's laughter
Day 11 early mornings
Day 12 hugs
Day 13 yoga
Day 14 sunshine
Day 15 new knowledge of the body
Day 16 pets
Day 17 warm home
Day 18 calm from snow
Day 19 helping others
Day 20 teaching yoga
Day 21 dinner parties
Day 22 spending time with grandchildren
Day 23 waking up
Day 24 patience
Day 25 after school hugs
Day 26 getting hair done
Day 27 service work
Day 28 being an aunt
Day 29 being a mother
Day 30 being a grandmother
Day 31 being a sister
Day 32 being a wife
Day 33 being a friend
Day 34 enjoying tea
Day 35 walking a dog
Day 36 reading holy books
Day 37 being healthy
Day 38 positive thoughts
Day 39 kind words
Day 40 learning new things
Day 41 spiritual knowledge
Day 42 friends healing
Day 43 walks with friends
Day 44 prayer
Day 45 love
Day 46 dancing with my love
Day 47 wind chimes
Day 48 finding peace
Day 49 laughter
Day 50 truth
Day 51 moonlight
Day 52 warm days
Day 53 bike rides
Day 54 hugs
Day 55 friends coming to visit
Day 56 Sunday mornings
Day 57 lavender oil
Day 58 incense
Day 59 healthy food
Day 60 patience
Day 61 giggles
Day 62 early spring flowers
Day 63 moon shining in my window
Day 64 seeing old friends
Day 65 morning kisses
Day 66 good nights sleep
Day 67 birds singing
Day 68 early morning quietude

Day 69 *celebrating births*
Day 70 *spring forward into longer days*
Day 71 *making soup*
Day 72 *movie night*
Day 73 *a new day*
Day 74 *taking a deep breath*
Day 75 *dreams*
Day 76 *flip flop weather*
Day 77 *walking barefoot in the grass*
Day 78 *helping people*
Day 79 *prayers when you wake and before you sleep*
Day 80 *spending time with elders*
Day 81 *learning how to do new things*
Day 82 *fruits & veggies*
Day 83 *resting when sick*
Day 84 *listening to rain*
Day 85 *using healthy food as medicine*
Day 86 *staying away from gossip*
Day 87 *beautiful music*
Day 88 *warm days*
Day 89 *forgiveness*
Day 90 *butterflies*
Day 91 *teachings of Lord Jesus*
Day 92 *putting hands in the earth planting flowers*
Day 93 *teaching jump rope*
Day 94 *supporting others*
Day 95 *spring flowers*
Day 96 *indoor plants*
Day 97 *planting seeds*
Day 98 *catching up with my best friend*
Day 99 *quiet day at home*
Day 100 *thoughts of gratitude*
Day 101 *pets*
Day 102 *smell of fresh cut grass*
Day 103 *love your enemies*
Day 104 *spring flower fragrance*
Day 105 *watching seeds grow*
Day 106 *listening to thunderstorms*
Day 107 *fragrance of lilies*
Day 108 *taking a walk*
Day 109 *making people smile*
Day 110 *catching up with a dear friend*
Day 111 *Prince*
Day 112 *obtaining knowledge to able to help others*
Day 113 *Mother Earth*
Day 114 *watching the garden grow*
Day 115 *believing in God's plan*
Day 116 *patience*
Day 117 *getting your hair done*
Day 118 *walking around checking out spring*
Day 119 *laughing with good friends*
Day 120 *weeding*
Day 121 *inversions*
Day 122 *celebrating the birth of your child*
Day 123 *being positive all the time*
Day 124 *having faith in life's obstacles*
Day 125 *rising above*
Day 126 *letting go of what doesn't serve you*
Day 127 *clean sheets sprinkled with lavender*
Day 128 *keeping your faith when you don't understand life*
Day 129 *choose kind words*
Day 130 *walking barefoot outside*
Day 131 *yoga therapy*
Day 132 *road trips*
Day 133 *mothers*
Day 134 *wedding anniversaries*
Day 135 *planting in a garden*
Day 136 *laughter*
Day 137 *praying for others*

Day 138 *no worries*
Day 139 *serving your purpose*
Day 140 *no complaining*
Day 141 *exercising*
Day 142 *seeing oneness in all beings*
Day 143 *early morning quietude*
Day 144 *rising above any negativity*
Day 145 *letting go of your ego*
Day 146 *eating from your own garden*
Day 147 *family gatherings*
Day 148 *celebrating the gift of life*
Day 149 *living a simple life*
Day 150 *service work kept secret*
Day 151 *laughing with a dear friend*
Day 152 *patience with the body*
Day 153 *massage therapy*
Day 154 *healing with your mind*
Day 155 *slowing down*
Day 156 *give more expect less*
Day 157 *flowers from dear friends*
Day 158 *trust in God*
Day 159 *special time with your children*
Day 160 *loving everyone*
Day 161 *watching a new phase of life*
Day 162 *freedom to love*
Day 163 *never judge anyone*
Day 164 *allow yourself to be happy*
Day 165 *not going beyond your needs*
Day 166 *believing in yourself*
Day 167 *quiet early mornings*
Day 168 *beloved fathers*
Day 169 *precious time with little ones*
Day 170 *trust*
Day 171 *exercising*
Day 172 *learning new skills*
Day 173 *completing something you started*
Day 174 *sharing your gifts*
Day 175 *slowing down*
Day 176 *loving husband*
Day 177 *longtime friends*
Day 178 *Realizing you can't change the past, can't predict the future so live in the moment*
Day 179 *uplift others*
Day 180 *feed people*
Day 181 *read to children*
Day 182 *card games*
Day 183 *going to the park*
Day 184 *drink lots of water*
Day 185 *BFFs*
Day 186 *orchids*
Day 187 *staying out of trouble*
Day 188 *rainstorms*
Day 189 *being love*
Day 190 *hug someone today*
Day 191 *working hard*
Day 192 *serve your purpose*
Day 193 *pray*
Day 194 *birds singing*
Day 195 *making new friends*
Day 196 *tell someone you love them*
Day 197 *caregivers*
Day 198 *always have faith*
Day 199 *slowing down*
Day 200 *always find humor in every situation*
Day 201 *knowledge that everything will pass*
Day 202 *evening walks*
Day 203 *putting your hands in the earth*
Day 204 *go to a park and walk barefoot*
Day 205 *look at the good in people not the bad*
Day 206 *new projects to enhance your mind*

Day 207 *realizing your potential in life*
Day 208 *be humble*
Day 209 *love your enemy*
Day 210 *always practice forgiveness*
Day 211 *spending time with grandchildren*
Day 212 *always appreciate what you have*
Day 213 *smell of rain*
Day 214 *eat a good clean diet*
Day 215 *talk to God*
Day 216 *walking in the rain*
Day 217 *daily laughter*
Day 218 *seeing your child as a wonderful parent*
Day 219 *put value on each person's life*
Day 220 *donate to help others*
Day 221 *rise and shine early everyday*
Day 222 *never be jealous*
Day 223 *concentrate in your heart*
Day 224 *you are stronger than you think you are*
Day 225 *leave the past in the past*
Day 226 *life is such a gift*
Day 227 *you can't predict the future*
Day 228 *always look for what's good in every situation*
Day 229 *take time to be quiet*
Day 230 *show compassion*
Day 231 *today is a gift*
Day 232 *take a long walk & look at God's beauty*
Day 233 *no drama*
Day 234 *keep an attitude of gratitude*
Day 235 *don't worry about what others think of you*
Day 236 *listen to calming music*
Day 237 *stop wastmg tme*
Day 238 *don't judge*
Day 239 *be yourself*
Day 240 *be strong in every situation*
Day 241 *no fear*
Day 242 *make a change*
Day 243 *yoga everyday*
Day 244 *enjoy everyday like a holiday*
Day 245 *always be kind*
Day 246 *watching butterflies*
Day 247 *never say never*
Day 248 *inspiring others*
Day 249 *don't go beyond your needs*
Day 250 *be silly with a child*
Day 251 *stop complaining*
Day 252 *always be truthful*
Day 253 *make changes to improve life*
Day 254 *don't allow fear to control you*
Day 255 *rainbows*
Day 256 *help everyone*
Day 257 *love Mother Nature*
Day 258 *be productive*
Day 259 *be grateful*
Day 260 *love wins*
Day 261 *always forgive*
Day 262 *laugh everyday*
Day 263 *lift someone up*
Day 264 *renounce the fruits of your actions*
Day 265 *learn then share your knowledge*
Day 266 *thoughts are powerful*
Day 267 *eat healthy foods*
Day 268 *never give up never quit*
Day 269 *pray when you wake and before you sleep*
Day 270 *stop living in the past*
Day 271 *don't be bitter be sweet*
Day 272 *practice humility*
Day 273 *age is just a number*
Day 274 *humble yourself*
Day 275 *believe in miracles*

Day 276 *always finish what you start*
Day 277 *use your energy for everything good*
Day 278 *always show up*
Day 279 *make the best of every situation*
Day 280 *make someone smile*
Day 281 *always be grateful*
Day 282 *slow down*
Day 283 *laughter with kids*
Day 284 *allow pain to change you*
Day 285 *love everyone one*
Day 286 *stop worrying about what others think of you*
Day 287 *be humble*
Day 288 *we are all one*
Day 289 *always have courage*
Day 290 *be unstoppable*
Day 291 *don't be controlled by food*
Day 292 *restorative yoga*
Day 293 *treat everyone as you would like to be treated*
Day 294 *letting go*
Day 295 *give love*
Day 296 *love your animals*
Day 297 *free your mind*
Day 298 *be generous*
Day 299 *love can heal*
Day 300 *time is so precious so stop wasting it*
Day 301 *never let someone else control how you feel*
Day 302 *replace hate with love*
Day 303 *remember all your blessings*
Day 304 *no tricks only treats today*
Day 305 *never take anything for granted*
Day 306 *be mindful of your words*
Day 307 *life is so short*
Day 308 *learn something new to help others*
Day 309 *make today the best day ever*
Day 310 *always be humble & kind*
Day 311 *be brave*
Day 312 *wake up stand up rise up*
Day 313 *take time to breathe*
Day 314 *love for the ocean*
Day 315 *cooking for friends*
Day 316 *enjoy some quiet time today*
Day 317 *sing out loud*
Day 318 *be unique*
Day 319 *be yourself*
Day 320 *be free of worries doubt and fear*
Day 321 *dance like no ones looking*
Day 322 *learn from your pain and suffering*
Day 323 *makes others happy with your presence*
Day 324 *be impressed by kindness not status*
Day 325 *everyone is a winner*
Day 326 *give thanks*
Day 327 *the gift of time is more precious than anything*
Day 328 *practice self control*
Day 329 *always leave a situation better than you found it*
Day 330 *make your personality beautiful*
Day 331 *find peace in the chaos of the world*
Day 332 *be inspiring not demeaning*
Day 333 *fall in love with everything you in your day the good and the bad*
Day 334 *just let go*
Day 335 *find freedom in being happy*
Day 336 *face your day with a purpose*
Day 337 *you can't control other people but you can control your reaction*
Day 338 *you have been gifted with another day so make it great*
Day 339 *life is great when you look at it with a smile*
Day 340 *hugs are happy*
Day 341 *remember to slow down and breathe*
Day 342 *giggles are the best medicine*
Day 343 *go for a hike and notice God's treasures*
Day 344 *calm the mind as snow calms the earth*

Day 345 time is so precious and such a great gift
Day 346 remain steady and committed
Day 347 always focus on your blessings not your troubles
Day 348 struggles make you stronger
Day 349 thoughts are so powerful so use them to help others
Day 350 spend time being quiet
Day 351 spread love like an infection
Day 352 help someone feel fantastic today
Day 353 we are all brothers and sisters
Day 354 remember it could always be worse
Day 355 give the gift of love
Day 356 enjoy everyday with laughter love and peace
Day 357 choose to be happy
Day 358 as we celebrate the birth of Jesus reflect on his teachings of love & peace to all
Day 359 make everyday a holiday full of love and peace
Day 360 make yourself happy inside then it will show on the outside
Day 361 humble yourself
Day 362 help someone in need
Day 363 don't be overwhelmed by life face it with a smile
Day 364 stop wasting time complaining
Day 365 no regrets from 2018 move forward into 2019 happy peaceful & free