

Simple Ways to be Happy!

- Memorize Psalm 37:1-9
- Write a card for someone on your mind
- Make cookies or pie for your neighbor
- Browse through a bookstore
- Make a gift instead of buying one
- Write out a prayer list w/answered prayers
- Meet a new friend
- Buy a new houseplant
- Read your Bible in a year
- Play fun music while cleaning the dishes
- Finish a job you have put off again and again
- Try a new makeover or hairstyle
- Relax and take a hot bath with oil and salts

flip →

- Take your spouse a surprise lunch
- Travel to a place you've always wanted to visit
- Go on a play date with your kids
- Invite a friend over for tea/coffee and scones
- Put together a charcuterie board of some kind
- Bake some homemade bread
- Sit in the sun and read a book or magazine
- Spray on some perfume for your family
- Tackle a 30 minute walk in the fresh air
- Give someone you admire a compliment
- Do some research on your family tree
- Love Jesus with all your heart, mind, and soul!

Phil. 4:8

Notes:



BLESSED

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