

Happiness Habits Template

Print out this template, then line up your 4" x 6" sticky notes.

Run it through the printer and stick them anywhere to remind you to stay healthy and connected!

Quick Happiness Habits

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- Get your body moving! Take a quick walk.
- Keep filling up your mug to stay hydrated.
- Read something for YOU for 15 minutes a day.
- Pause for silent reflection during breaks.
- Stressed? Try Box Breathing.
- Record one thing you're grateful for.
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Quick Happiness Habits

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