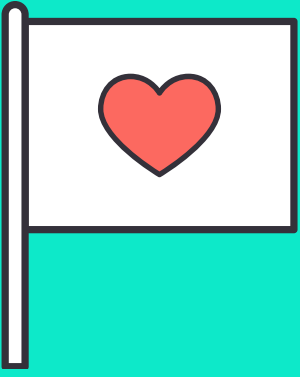


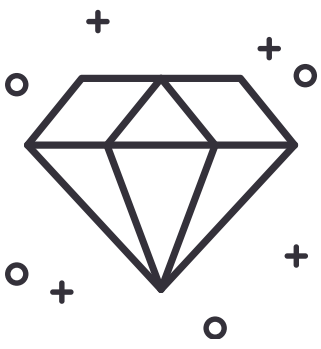
HAPPY ON PURPOSE!

BY: ROCHELLE GAPERE, ATTORNEY, HAPPINESS COACH,
AMAZON BEST-SELLING AUTHOR



EXPRESS GRATITUDE

Write down three new things you are grateful for each day. Studies have shown that grateful people are more satisfied with their lives, have more positive moods, and get better-quality sleep.



EXERCISE

Physically active people are happier and more satisfied with their lives. Exercise increases endorphins and other feel-good brain chemicals. It's a proven remedy for both depression and anxiety.



HAPPINESS AUDIT

Are you happy? On a scale of 1-10, how happy are you? Remember, happiness lies in truth. We can't fix what we don't confront.



TAKE A DAILY VACATION

Remember happiness is YOUR choice. Rather than postpone your happiness for future events, such as a 2-week vacation that happens once a year, commit to taking a 'daily vacation'. A daily vacation is time planned for enjoying yourself. Make your happiness your top priority and spend 30 minutes a day doing something that invigorates you such as reading a book, dancing like no one is watching, or going to the beach to watch the sunset.



BE BRAVE!

- Tell me what is it you plan to do with your ONE wild and precious life? - Mary Oliver
- You can refuse to live the life you're living if it does not truly reflect who you are!
- "Your happiness requires your courage!" - Rochelle Gapere

