



**30 Days
to More
Happiness**



Enjoy 30 Days to More Happiness!

Welcome to 38 Hertz!

According to the Urban Dictionary, 38 Hz is the “Frequency Of Happiness.” The intention of 38 Hertz is to consciously and simply create more happiness!

I am not a psychiatrist or doctor of wellness, nor do I hold a degree in psychology or any such thing. I am simply an expert at being a regular person who suffered from clinical and paralyzing depression.....and now I'm happy. I'm passionate about the things that got me from D to H, and I decided to create a blog about it.

One of the basic things I learned about happiness is that it is in direct relation to how much time we spend *thinking* about happy versus sad things.

The purpose of this eBook is to get you to increase your awareness about filling up more of your time and consciousness doing happy things.

There are about 16 hours of our waking day. Fill up as much time as possible with happiness. It is simply a skill to acquire.

In 30 Days to More Happiness, first you'll rate your happiness when you wake up and then again at the end of the day. I found that it is a good idea to increase your awareness about your own happiness, to determine what is keeping you from feeling great, and then to do something to counter that.

Certainly, life happens, and sometimes it is not all rainbows and roses. However, even in the worst of times, we can train ourselves to look for the good, the blessing, the teachable moment!

Read more about that idea here: [How to Train Your Mind to See the Good in Every Situation.](#)

Next, on each page are the following categories:

- Try a New Baby Step
- List 5 Things You Are Grateful For
- Perform a Random Act of Kindness
- Read a Happy Thing
- Listen to a Happy Song
- Meditate

Under each of these categories are some specific activities for you to do that day. Now, I picked these things, and they may not translate to “happy” for you, but the idea here is to get into a habit of finding happy things to do or think about. Looking for progress, not perfection here! Some of the things might be uncomfortable for you, try them anyway! Or think up your own.

Most activities are linked to a resource to make it zippy easy for you. For instance, under the activity, “Write a Letter to a Soldier,” contains a hot link to [SoldiersAngels.Org](#) to tell you exactly how to do that.

At the end of the 30 days is a blank outline for you to fill in yourself. Use this after you finish the 38 Hertz suggestions or replace days with your own ideas. Keep it fun!

30-DAY CHECKLIST

Use this checklist to keep track of your progress. A visual diary will keep you on track and can remind you to go do a thing you might not have been able to do on the prescribed day. You could use a highlighter to mark things off as you do them.

Day	Baby Step	Grateful List	RAOK	Daily Quote	Happy Song	Meditate
1	More Water	List 5	Compliment	Read	Listen	At least 5 Mins
2	Read More	List 5	Give Away	Read	Listen	At least 5 Mins
3	Save More	List 5	Leave \$5	Read	Listen	At least 5 Mins
4	Walk More	List 5	Soldier Letter	Read	Listen	At least 5 Mins
5	More Veggies	List 5	Charity	Read	Listen	At least 5 Mins
6	Better Skin	List 5	Special Meal	Read	Listen	At least 5 Mins
7	Stand More	List 5	Homemade Gift	Read	Listen	At least 5 Mins
8	Listen Better	List 5	Greeting Card	Read	Listen	At least 5 Mins
9	Photo Book	List 5	Generous Tip	Read	Listen	At least 5 Mins
10	Declutter	List 5	Visit Elderly	Read	Listen	At least 5 Mins
11	Difficult Task	List 5	Reconnect	Read	Listen	At least 5 Mins
12	Email Cleanse	List 5	Donate to Homeless	Read	Listen	At least 5 Mins
13	Start a Puzzle	List 5	Gift the Mail Carrier	Read	Listen	At least 5 Mins
14	Park Far Away	List 5	Pick up Litter	Read	Listen	At least 5 Mins
15	Increase Vocab	List 5	Send Flowers	Read	Listen	At least 5 Mins
16	Smile More	List 5	Organ Donor	Read	Listen	At least 5 Mins
17	Learn More	List 5	Leave a Note	Read	Listen	At least 5 Mins
18	Elevate Mood	List 5	Thank You Note	Read	Listen	At least 5 Mins
19	Improve Diet	List 5	Give a Parking Spot	Read	Listen	At least 5 Mins
20	Love the Weather	List 5	Feed a Meter	Read	Listen	At least 5 Mins
21	Daily Squats	List 5	Positive Social Media	Read	Listen	At least 5 Mins
22	More Herbs	List 5	A Lovely Text	Read	Listen	At least 5 Mins
23	Try Smoothies	List 5	Positive Review	Read	Listen	At least 5 Mins
24	Try Some Yoga	List 5	Give a Gift Card	Read	Listen	At least 5 Mins
25	Have a Hike	List 5	Care to Homeless	Read	Listen	At least 5 Mins
26	Start a Journal	List 5	Gift a Coffee	Read	Listen	At least 5 Mins
27	Digital Detox	List 5	Donate Eyeglasses	Read	Listen	At least 5 Mins
28	Begin Budget	List 5	Compliment to a Boss	Read	Listen	At least 5 Mins
29	Better Sleep	List 5	Gift Basket	Read	Listen	At least 5 Mins
30	Meal Prep	List 5	Cards for Kids	Read	Listen	At least 5 Mins

MEET THE CREATOR OF 38 HERTZ



My name is Debbie Schwarm, and I am a proud native of Portland, Oregon. Here's how this thing rolled out.

It was a few days after Christmas 2019, that weird week between Christmas and New Year's, when we don't know what day it is or what we are doing. Not unusual, that sort of letdown after holidays, weddings, vacations, and other big events, right? However, this time I pondered on it and something very simple came to my mind. I thought about all of the fun things we had just been doing for many weeks, months even, and it hit me

then like a big AHA moment. I'd been doing many happy things, my niece's wedding in Cabo, a second event at home, Thanksgiving, the holiday season and the two Christmas days of food, drink, gifts, and your adult kid being around a lot. All the things I love. Now it was over, all of it, and I was wondering about it. I asked myself why I had been so happy, and now I am not.

Then BAM, it hit me.....because you've been doing things that make you happy! So, I had a not-so-very-rocket-science moment, yet a profound one, that went like this.

“FIND THINGS THAT MAKE YOU HAPPY....DO MORE OF THAT!”

I had been trying to think of a new blog to create, then all those things collided in my head, and I gave birth to this baby, 38 Hertz. I was happy again.

I hope you can find more happiness in these 30 Days of More Happiness.

www.38hertz.com

DISCLAIMER

38 Hertz does not possess any special medical and/or psychological or psychiatric training and does not consider itself a medical authority. The information included here is for entertainment purposes only. Readers are advised to conduct their own research on topics and to assume responsibility for their own wellness. We assume no liability for use of the information on this website.

30 Days to More Happiness – Day 1



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Drink More Water: <u>Start With 8 oz, increase 8 oz a week.</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Compliment someone.</u>	
➡ Read A Happy Thing	<i>“There’s no better time than now to be who you are.” Boy George</i>	
➡ Listen to a Happy Song	<u>Happy</u>	
➡ Meditate	<u>RosiYogi 3-Minute Meditation for Focus</u>	

Notes:

30 Days to More Happiness – Day 2



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Read More</u> <u>Read for at least 10 minutes a day.</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Give something away on Craigslist.</u>	
➡ Read A Happy Thing	<i>“I have found that the only thing that does bring you happiness is doing something good for somebody who is incapable of doing it for themselves.”</i> David Letterman	
➡ Listen to a Happy Song	<u>Walking on Sunshine</u>	
➡ Short Meditation	<u>5-Minute Meditation You Can Do Anywhere</u>	

Notes:

30 Days to More Happiness – Day 3



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Save More Money <u>Try the 52-Week Money Challenge</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	Leave a \$5 bill somewhere random with a happy note	
➡ Read A Happy Thing	<i>“Happiness is not something ready-made. It comes from your own actions.” Dalai Lama</i>	
➡ Listen to a Happy Song	<u>Living in the Moment</u>	
➡ Meditate	<u>Meditation is Easier Than You Think</u>	

Notes:

30 Days to More Happiness – Day 4



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Walk More <u>Walk at Home 15 Mins</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Write a letter to a soldier</u>	
➡ Read A Happy Thing	<i>“Happiness is when what you think, what you say, and what you do are in harmony.”</i> Mahatma Gandhi	
➡ Listen to a Happy Song	<u>I’m Still Standing</u>	
➡ Meditate	<u>Mindful Breathing</u>	

Notes:

30 Days to More Happiness – Day 5



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Eat More Vegetables <u>Prepare a new veggie recipe</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Donate to charity.</u>	
➡ Read A Happy Thing	<i>“Most folks are as happy as they make up their mind to be.”</i> Abraham Lincoln	
➡ Listen to a Happy Song	<u>My Wish</u>	
➡ Meditate	<u>Gratitude Meditation</u>	

Notes:

30 Days to More Happiness – Day 6



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Improve Your Skin</u> <u>100 splashes of cold water on face</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Prepare a special meal for family or friends.</u>	
➡ Read A Happy Thing	<i>"I, not events, have the power to make me happy or unhappy today. I can choose which it shall be." Groucho Marx</i>	
➡ Listen to a Happy Song	<u>Wake Me Up Before You Go-Go</u>	
➡ Meditate	<u>Meditation: Release Negative Energy</u>	

Notes:

30 Days to More Happiness – Day 7



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Get up More! <u>Stand up every 30 minutes</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Make someone a homemade gift.</u>	
➡ Read A Happy Thing	<i>"My grandmother lived to 104 years old, and part of her success was she woke up every morning to a brand new day. She said every morning is a new gift. Her favorite hobby was collecting birthdays."</i> George Takei	
➡ Listen to a Happy Song	<u>Happy Together</u>	
➡ Meditate	<u>Meditation for Beginners</u>	

Notes:

30 Days to More Happiness – Day 8



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Listen Better Today <u>Mindfully listen to one person today.</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Send someone a greeting card.</u>	
➡ Read A Happy Thing	<i>"Wealth, like happiness, is never attained when sought after directly. It comes as a by-product of providing a useful service." Henry Ford</i>	
➡ Listen to a Happy Song	<u>Beautiful Day</u>	
➡ Meditate for 3 Minutes	<u>10 Mind-Blowing Benefits of Meditation</u>	

Notes:

30 Days to More Happiness – Day 9



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Create a Photo Book</u> <u>Add One Page a Day</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Leave a generous tip</u>	
➡ Read A Happy Thing	<i>"I believe happiness is a choice. Some days it is a very difficult choice." Steve Gleason</i>	
➡ Listen to a Happy Song	<u>Don't Stop Me Now</u>	
➡ Meditate	<u>Short Meditation Music</u>	

Notes:

30 Days to More Happiness – Day 10



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Declutter <u>Spend 5 minutes cleaning a box, drawer, or purse.</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Visit an elderly friend or relative</u>	
➡ Read A Happy Thing	<i>"Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose." Helen Keller</i>	
➡ Listen to a Happy Song	<u>Don't Worry, Be Happy</u>	
➡ Meditate for 3 Minutes	<u>Positive Morning Breathing Meditation</u>	

Notes:

30 Days to More Happiness – Day 11



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Do One Difficult Task</u> <u>Complete your hardest task first today.</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Reconnect With an Old Friend</u>	
➡ Read A Happy Thing	<i>"But O, how bitter it is to look into happiness through another man's eyes."</i> William Shakespeare	
➡ Listen to a Happy Song	<u>Somewhere Over the Rainbow</u>	
➡ Meditate for 3 Minutes	<u>Pure Binaural Beats 38 Hz</u>	

Notes:

30 Days to More Happiness – Day 12



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Email Cleanse <u>Unsubscribe to 5 emails.</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Donate to a Homeless Shelter</u>	
➡ Read A Happy Thing	<i>"The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things." Epictetus</i>	
➡ Listen to a Happy Song	<u>Celebration</u>	
➡ Meditate for 3 Minutes	<u>10-Minute Meditation for Sleep</u>	

Notes:

30 Days to More Happiness – Day 13



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Start a Puzzle <u>Spend 15 Minutes a Day on a Puzzle</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Gift Your Mail Carrier</u>	
➡ Read A Happy Thing	<i>"When you relinquish the desire to control your future, you can have more happiness."</i> Nicole Kidman	
➡ Listen to a Happy Song	<u>Shallow</u>	
➡ Meditate for 3 Minutes	<u>5-Minute Meditation for Anger</u>	

Notes:

30 Days to More Happiness – Day 14



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Add Some Steps <u>Grab the farthest parking spot today.</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Go for a 10-minute walk and pick up any litter you find.</u>	
➡ Read A Happy Thing	<i>"It's the most beautiful job in the world to give happiness to people." Hubert de Givenchy</i>	
➡ Listen to a Happy Song	<u>When You Love Someone</u>	
➡ Meditate for 3 Minutes	<u>Meditation to Start the Day</u>	

Notes:

30 Days to More Happiness – Day 15



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Improve Your Vocabulary <u>Join Word of the Day.</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Send anonymous flowers</u>	
➡ Read A Happy Thing	<i>"It's the most beautiful job in the world to give happiness to people." Hubert de Givenchy</i>	
➡ Listen to a Happy Song	<u>The Prayer</u>	
➡ Meditate	<u>The Most Hilarious Meditation</u>	

Notes:

30 Days to More Happiness – Day 16



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Smile More <u>Consciously smile 5 times today</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Become an Organ Donor</u>	
➡ Read A Happy Thing	<i>"If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him." Buddha</i>	
➡ Listen to a Happy Song	<u>Colour My World</u>	
➡ Meditate	<u>Bone-Deep Meditation</u>	

Notes:

30 Days to More Happiness – Day 17



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Learn Something New</u> <u>Just Start an Online</u> <u>Course</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Leave a Happy Note for</u> <u>Someone</u>	
➡ Read A Happy Thing	<i>"It is the ultimate luxury to combine passion and contribution. It's also a very clear path to happiness."</i> Sheryl Sandberg	
➡ Listen to a Happy Song	<u>Take it Easy</u>	
➡ Meditate for 3 Minutes	<u>Meditation for Anger</u>	

Notes:

30 Days to More Happiness – Day 18



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Elevate Your Mood <u>Learn About EFT</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Send a Thank-You Note</u>	
➡ Read A Happy Thing	<i>"My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations." Michael J. Fox</i>	
➡ Listen to a Happy Song	<u>In a Daydream</u>	
➡ Meditate for 3 Minutes	<u>Anxiety Panic Attack Meditation</u>	

Notes:

30 Days to More Happiness – Day 19



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Improve your Diet <u>Eliminate Sugar for One Day</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	Let another driver have the good parking spot.	
➡ Read A Happy Thing	<i>“We are looking for happiness and running after it in such a way that creates anger, fear and discrimination. So when you attend a retreat, you have a chance to look at the deep roots of this pollution of the collective energy that is unwholesome.”</i> Thich Nhat Hanh	
➡ Listen to a Happy song	<u>You’re Beautiful</u>	
➡ Meditate for 3 Minutes	<u>Meditate for Wealth</u>	

Notes:

30 Days to More Happiness – Day 20



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Love the Weather <u>Read this Great Article</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	Feed someone's parking meter.	
➡ Read A Happy Thing	<i>"It's not possible to experience constant euphoria, but if you're grateful, you can find happiness in everything."</i> Pharrell Williams	
➡ Listen to a Happy Song	<u>My Love</u>	
➡ Meditate	<u>Midday Recharge Meditation</u>	

Notes:

30 Days to More Happiness – Day 21



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Do Daily Squats <u>Start with 20 a day</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Write something positive on social media.</u>	
➡ Read A Happy Thing	<i>"People say that money is not the key to happiness, but I always figured if you have enough money, you can have a key made." Joan Rivers</i>	
➡ Listen to a Happy Song	<u>Earth Song</u>	
➡ Meditate for 3 Minutes	<u>5-Minute Positive Energy Meditation</u>	

Notes:

30 Days to More Happiness – Day 22



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Get More Herbs</u> <u>Utilize a new healthy herb into your diet</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Send a Touching Love Text</u>	
➡ Read A Happy Thing	<i>"Happiness isn't getting what you want; it's wanting what you got." Garth Brooks</i>	
➡ Listen to a Happy Song	<u>Glitter in the Air</u>	
➡ Meditate	<u>Today Will Be the Best Day Ever Meditation</u>	

Notes:

30 Days to More Happiness – Day 23



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Try Smoothies <u>Make a new smoothie</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Write a positive online review.</u>	
➡ Read A Happy Thing	<i>"The drive for happiness is vital; it's what keeps us in motion."</i> Richard Gere	
➡ Listen to a Happy Song	<u>Groovy Kind of Love</u>	
➡ Meditate	<u>Ignite Your Healing Power Meditation</u>	

Notes:

30 Days to More Happiness – Day 24



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Try Some Yoga</u> <u>A Beginner Yoga</u> <u>Sequence</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Buy a gift card for someone.</u>	
➡ Read A Happy Thing	<i>"You might not make it to the top, but if you are doing what you love, there is much more happiness there than being rich or famous."</i> Tony Hawk	
➡ Listen to a Happy Song	<u>These Are the Days of Our Lives</u>	
➡ Meditate	<u>Singing Bowl Meditation</u>	

Notes:

30 Days to More Happiness – Day 25



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Increase Exercise and Get Outside <u>Go for a Hike</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Give a care package to a homeless person.</u>	
➡ Read A Happy Thing	<i>"The objective of cleaning is not just to clean, but to feel happiness living within that environment." Marie Kondo</i>	
➡ Listen to a Happy Song	<u>Walk on the Ocean</u>	
➡ Meditate	<u>Meditate with White Noise: Rain</u>	

Notes:

30 Days to More Happiness – Day 26



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Start Journaling <u>Journal 5 Minutes Today</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	Buy a gift card at the coffee shop and give it to someone on your way out.	
➡ Read A Happy Thing	<i>"The Constitution only gives people the right to pursue happiness. You have to catch it yourself."</i> Benjamin Franklin	
➡ Listen to a Happy Song	<u>Someone Like You</u>	
➡ Meditate	<u>Meditation Humor with Kevin Hart</u>	

Notes:

30 Days to More Happiness – Day 27



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Do a Digital Detox Stay away from all devices for 5 hours today.	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Donate your old eyeglasses.</u>	
➡ Read A Happy Thing	<i>"Nothing brings me more happiness than trying to help the most vulnerable people in society." Princess Diana</i>	
➡ Listen to a Happy Song	<u>How Do I Live</u>	
➡ Meditate	<u>Meditate for Miracles</u>	

Notes:

30 Days to More Happiness – Day 28



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Begin a Budget</u> <u>Start with 6 Easy Budget Steps</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Write a complimentary letter to someone's boss.</u>	
➡ Read A Happy Thing	<i>Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it."</i> Andy Rooney	
➡ Listen to a Happy Song	<u>All of Me</u>	
➡ Meditate for 3 Minutes	<u>Meditation for Work Stress</u>	

Notes:

30 Days to More Happiness – Day 29



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	<u>Get More Sleep</u> <u>Find Out How Much Sleep You Need</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	<u>Make someone a gift basket for no reason.</u>	
➡ Read A Happy Thing	<i>"Success is getting what you want. Happiness is wanting what you get."</i> Dale Carnegie	
➡ Listen to a Happy Song	<u>Easy on Me</u>	
➡ Meditate for 3 Minutes	<u>Meditation for A Busy Mind</u>	

Notes:

30 Days to More Happiness – Day 30



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step	Meal Prep <u>Prepare 3 Days' Meals</u>	
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness	Participate in Cards for Hospitalized Kids	
➡ Read A Happy Thing	<i>"Happiness lies in the joy of achievement and the thrill of creative effort."</i> Franklin D. Roosevelt	
➡ Listen to a Happy Song	<u>Speechless</u>	
➡ Meditate for 3 Minutes	<u>The 7 Types of Meditation</u>	

Notes:

30 Days to More Happiness – Your Choice



How Happy Are You Today?

Rate Your Happiness in the A.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Rate Your Happiness in the P.M. 1 2 3 4 5 6 7 8 9 10
(Scale of 1(low)-10(high))

Reasons for Your Scores:

Topic	Idea	Did You Do It?
➡ Try a New Baby Step		
➡ List 5 Things You Are Grateful For	1. 2. 3. 4. 5.	
➡ Perform a Random Act of Kindness		
➡ Read A Happy Thing		
➡ Listen to a Happy Song		
➡ Meditate		

Notes:

**FIND THINGS
THAT MAKE
YOU
HAPPY.....**

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