HAPPY HYUR



- 1. Showered, Brushed Teeth & put on REAL clothes
- 2. Have 3 healthy meals throughout the day
- 3. Chose a goal to focus on & complete it
- 4. Stay hydrated throughout the day
- 5. Do 30 minutes of exercise
- 6. Do 3 things that do NOT involve social media
- 7. Journal; write down your thoughts
- 8. Get a healthy amount of sleep!

