#wakeup happy

Change Your Habits, Increase Your Happiness

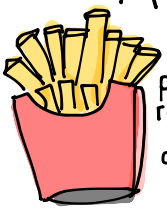
with Gretchen Rubin!

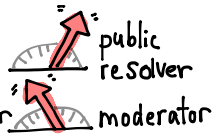
Relationships are key to HAPPINESS

UNDERSTAND who you are to form habits that stick.

Start Here

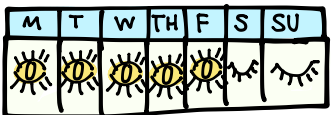
ENERGY





sleep

- [x] regulates mood
- [x] affects memory + performance



"social jetleg"

EXERCISE for SANITY not VANITY

you can't make people happy...

...but know that happiness is contagious.

...so work on you!

livehappy.com

sketchnote by minhngo.ca