

# 7-Day Happiness Challenge

Based on [Action for Happiness](#) McGill's Health and Well-Being team challenges you to take these actions for 7 days during the month of July, 2019.

Document your experience and send your record [back to us](#) by July 22<sup>nd</sup> to have your name in a draw for a book on happiness!



## ACTIONS FOR HAPPINESS

### Action 1:

#### THREE GOOD THINGS

Each day reflect on and write down three good things that happened that day

**Why?** We have a natural negatively bias so we're very good at focusing on what's wrong or what might go wrong and not so good at appreciating what has gone well.

**When?** Once a day, towards the end of each day

### Action 2:

#### KINDNESS DAY

On one day this week, do as many extra acts of kindness for others as possible (try to do at least 5)

**Why?** Often we are so busy focusing on our own plans that we miss opportunities to do kind things to help others or take a moment to brighten up someone else's day.

**When?** Do as many as possible on one specific day during the week

### Action 3:

#### CALM YOUR MIND

Give your mind a breathing space by meditating. Not sure how? Check out these [resources](#) to get started

**Why?** Our minds are constantly busy and we rarely stop to tune in to what is going on in our minds.

**When?** Try for at least 10 minutes a day

### Action 4:

#### MOVE YOUR BODY

Do something physically active  
Need inspiration? Check out these [resources](#)

**Why?** We spend much of our lives either sitting or sleeping and getting active boosts our mood, improves brain function, helps alleviate stress anxiety, depression

**When?** Every day for at least 10 minutes

## CHALLENGE DIARY

Date Day 1:

Good thing 1:

Good thing 2:

Good thing 3:

10 minutes of meditation? How do you feel?

Did you do something physically active today?

Was today your act of kindness day? If so, include your 5 items:

## CHALLENGE DIARY

Date Day 2:

Good thing 1:

Good thing 2:

Good thing 3:

10 minutes of meditation? How did you feel?

Did you do something physically active today?

Was today your act of kindness day? If so, include your 5 items:

## CHALLENGE DIARY

Date Day 3:

Good thing 1:

Good thing 2:

Good thing 3:

10 minutes of meditation? How did you feel?

Did you do something physically active today?

Was today your act of kindness day? If so, include your 5 items:

## CHALLENGE DIARY

Date Day 4:

Good thing 1:

Good thing 2:

Good thing 3:

10 minutes of meditation? How did you feel?

Did you do something physically active today?

Was today your act of kindness day? If so, include your 5 items:

## CHALLENGE DIARY

Date Day 5:

Good thing 1:

Good thing 2:

Good thing 3:

10 minutes of meditation? How did you feel?

Did you do something physically active today?

Was today your act of kindness day? If so, include your 5 items:

## CHALLENGE DIARY

Date Day 6:

Good thing 1:

Good thing 2:

Good thing 3:

10 minutes of meditation? How did you feel?

Did you do something physically active today?

Was today your act of kindness day? If so, include your 5 items:

## CHALLENGE DIARY

Date Day 7:

Good thing 1:

Good thing 2:

Good thing 3:

10 minutes of meditation? How did you feel?

Did you do something physically active today?

Was today your act of kindness day? If so, include your 5 items:

To find out more, please visit [Action for Happiness 7-day happiness challenge](#)

