

# EASY HABITS *for* DAILY HAPPINESS



Simple ways to boost your mood,  
focus, and positivity every day

Lio Ule

# Start Your Day with Gratitude

Happiness begins when we notice the blessings around us. Each morning, pause for a moment and recognize three things that make life beautiful.

Focusing on these simple joys—sunlight on your face, the rhythm of your heartbeat, or a loved one's smile—lifts your mood and brings calm energy.

Gratitude trains your mind to see positives first, sharpening focus and filling your day with quiet joy.

