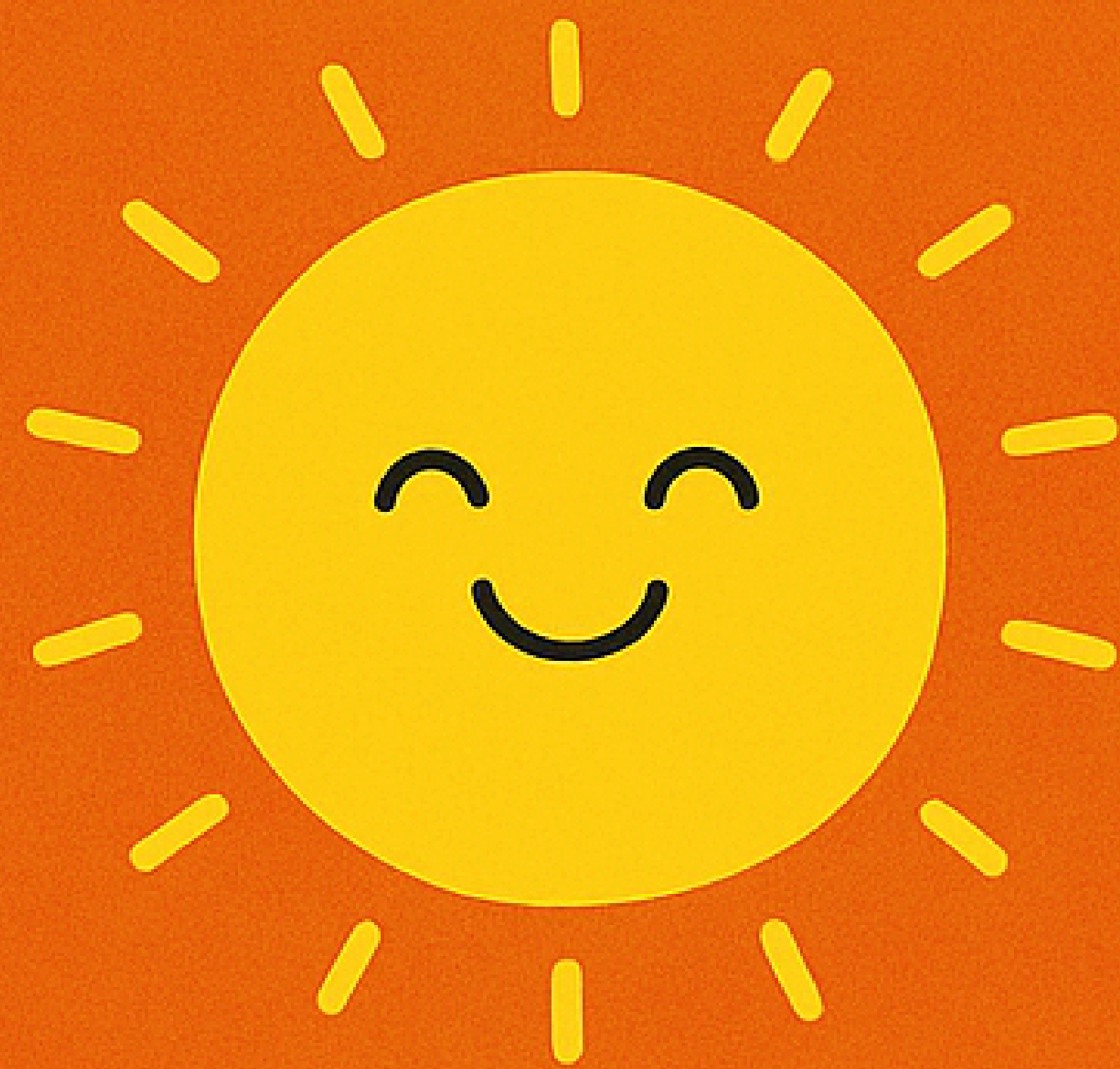


EASY HABITS *for* DAILY HAPPINESS



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.

