



CHOSE A HAPPINESS 911 SONG	WENT ON A "ERRAND DATE" WITH SOMEONE	TURNED AN ACQUAINTANCE INTO A FRIEND	STORED SOMETHING AT THE STORE	SET AN ALARM AS A BEDTIME REMINDER
STOPPED READING A BOOK YOU DIDN'T ENJOY	USED PACKING CUBES	WORKED ON YOUR GRIP STRENGTH	CREATED A SEASONAL PHOTO GALLERY	PUT THE WORD "MEDITATION" AFTER A DULL ACTIVITY
MADE A WISH ON FLYING WISH PAPER	MADE A "TA-DA" LIST	Gretchen Rubin <i>(Free space)</i>	SCHEDULED A "LOOSE-ENDS" DAY	CELEBRATED A MINOR HOLIDAY
USED OR LAUGHED AT THE THOUGHT OF A PED-EGG	WRITTEN YOUR WILL	MADE A "FACTS OF LIFE" BOOK	MADE THE MOST OF THE FIRST 3 WEEKS OF AN EXPERIENCE	STARTED A "FAMILY UPDATE" BY EMAIL OR TEXT
BECAME A MINOR EXPERT IN SOMETHING	WROTE AN AUTOBIOGRAPHY IN 24 SENSATIONS	USED THE FOUR TENDENCIES FRAMEWORK WITH FAMILY OR COWORKERS	ADDED "GARBAGE EVE" AS A REMINDER ON YOUR CALENDAR	USED THE ONE-MINUTE RULE