

# 6 steps to a Happier You!

## The 30-Day Challenge

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
 <b>1. Be vigilant for chimp talk!</b>															
 <b>2. Interrupt the pattern.</b> Stamp on those ANT's.															
 <b>3. Replace your unhelpful thoughts.</b> Listen to the HappiMe app or write your helpful thoughts on paper.															
 <b>4. Get out of your thinking mind.</b> Practice mindfulness															
 <b>5. Practice gratitude every night.</b> Visualise yourself happier as you go to sleep.															
 <b>6. Do something nice</b> for yourself or others every day.															
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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