

MULTIPLY YOUR HAPPY

The Game of Daily Resilient Power

Resilience, the power to bounce back to happiness, is a real life-preserver as we flow along the winding river of time and experience.

Building resilient power is fun so put on your life-preserver every day and Multiply Your Happy.

Do it solo or with your family, who can become the happiest and most powerful?

START

Day 1

Adults

Teens

Kids

Preschoolers

Name your best strengths

Take a 5 minute vacation in your mind

Use "and" instead of "but" today

2

Say "I can" to something new

Listen to a story

3

What are you doing to de-stress?

Savor a happy memory

Visualize success

Laugh at some new jokes

Tell or write a story

12

Get active today

Draw pictures of what makes you happy

Try a meditation exercise

Tell what makes you happy

Make a playlist of happy songs

Help cook a healthy new food

Help a friend

Tell ways you stay safe

Start a gratitude list at home or work

Draw happy faces

Build a fort inside or outside

Skip, crawl, run and jump

4

Schedule a coffee date with a friend

Slither like a snake

Try something new

Who can you thank today?

13

Surprise someone with a thank you text

Practice using your "walking feet"

Break down a big goal into smaller steps

5

Write 3 things you are grateful for

Watch a funny YouTube video

Schedule a coffee date with a friend

Teach something to a child

10

Do something nice for someone without their knowledge

Re-read a favorite book

Blow bubbles

Schedule a yearly check-up

Teach or learn a new skill

6

Practice restful sleep habits

9

Make funny faces in the mirror

Do something nice for someone without their knowledge

14

Name 3 things you can do when feeling sad

Dress up and make believe

Who can you talk to when you're feeling down?

Think of 3 things you can do now that you couldn't do before

Play some brain teasers

7

Plan a screen-free hour, afternoon or day

Count as high as you can

Everybody participate in a family Olympics

What are you grateful for about your body?

9

Make funny faces in the mirror

Score: 1 point for each activity you do this month.

1-8: Challenge yourself to score higher next month

9-16: Pat yourself on the back!

17-24: Tell someone how well you did!

25-31: Nice job! Try activities from a different colored path next month!

15

Take a family nature hike all together

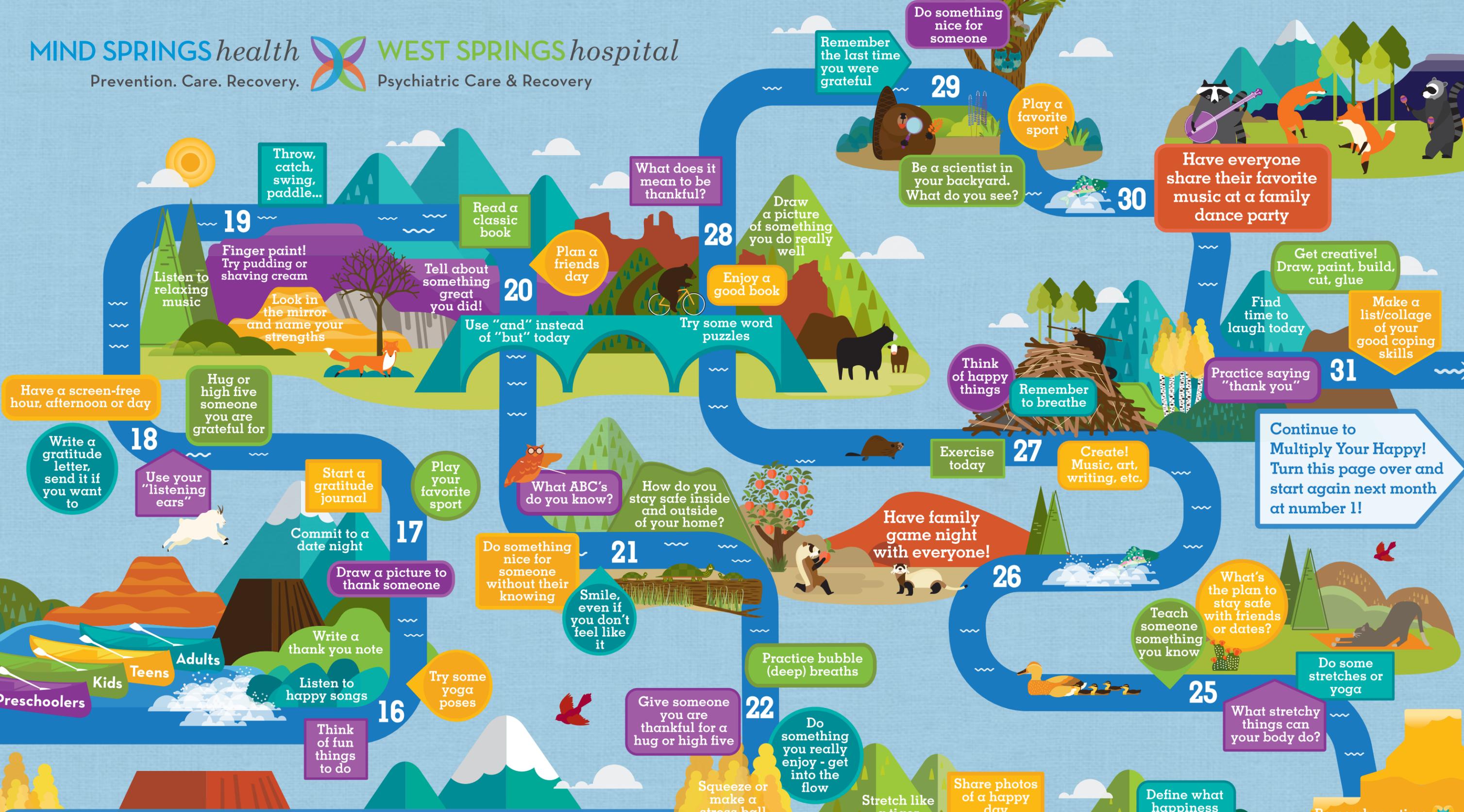
Do something creative today!

8

Play your favorite game

Play hop scotch or jump rope

Celebrate a personal success



Serving Colorado's Western Slope with office locations in
Aspen, Craig, Eagle, Frisco, Glenwood Springs, Granby, Grand Junction, Meeker, Rangely, Rifle, Steamboat Springs, Vail & Walden

24/7/365 Crisis Hotline
888.207.4004 or Text TALK to 38255

MindSpringsHealth.org

