**🗨 Happiness Boosters and Contributors**

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The contributors to happiness are unique to every individual. Kindness, exercise and meditation are things that have been proven to improve mood.

Take time to make your own list of 50 things that bring you happiness. You will most likely find the first 10/15 come easily. Preserver and see how many you can establish over 20 minutes. Add to the list as you remind yourself or you encounter a new situation and things that enhance your joy.

This list is created to serve as an emotional boost. It will easily remind you of things quickly and effectively to put a smile back on your face.