



HAPPINESS

Much happiness comes from connection and flowing with the friendship and resources that your tribe gives you.

Find your tribe in the following pages, be they friends, pets, turtles or whatever else helps you find daily joy.

Share your coloring with others to increase your daily joy and happiness!





G.L.A.D.

— **daily** —

SNAPSHOTS



G.L.A.D. mental snapshots retrain your attention for feeling alive, joyful, and grateful.

GratITUDE snapshot of one thing you appreciate.

Learning snapshot of a new insight about yourself or another, or learning something new.

Accomplishment snapshot of self-care (getting enough sleep and food) or any small step toward a goal.

Delight snapshot of one thing that made you smile, laugh, or feel joyful.

Journal your G.L.A.D. snapshots and share them with others.



LOCATE AND SHARE YOUR SPECIAL GIFT



Everyone has a special gift that they can unwrap and share with others.

- ⇒ Name your gift. What do you enjoy? What's your passion? Do you have a hobby, ability, or expertise that could be your gift?
- ⇒ Accept that there is no small gift. Even your daily work requires skill, which can be a gift.
- ⇒ Express or share your gift once a day. Notice how nice this feels.
- ⇒ Don't forget to compliment others on their gifts.

