

28 Day Happiness Challenge

Join us

Happiness first, then success. If you create happiness in your life you will create an easier path to new insights, opportunities and ultimately success. Train your brain over the next 28 days.

Each day for 28 consecutive days:

1. Gratitude: write down three things for which you are grateful.
2. Journaling: what positive things are going on in your life.
3. Exercise: at least 20 minutes a day.
- 4.

<http://youtu.be/fLJsdqxnZb0>

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