

# Habits for a Healthy Life



1

Do what you need to do to increase your happiness

2

Read or journal for 30 minutes



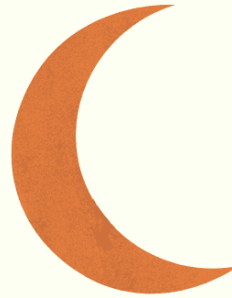
3

Drink water and incorporate fruits and vegetables in your diet



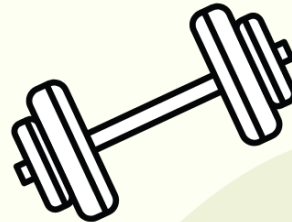
4

Get 8 hours of sleep



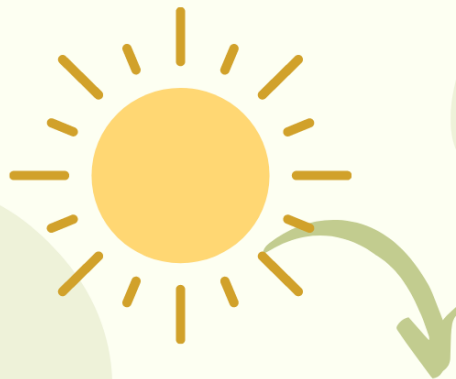
6

Workout or walk everyday



5

Get 30 minutes of sun or fresh air



ADD ANY OTHER HABITS THAT WILL INCREASE YOUR HAPPINESS BECAUSE THAT'S THE MOST IMPORTANT PART OF A HEALTHY LIFESTYLE