

Self-Love & Happiness

with Debbie Gisonni



Happiness is an inside job.

#wakeuphappy

1. List 3 things I'm grateful for before bed.

Self-love is one of the biggest life lessons to learn. Start with your ear if you need.

2. Let the sunshine in.

3. Sing

WRITE A NOTE to YOU! 1 sentence.

A B C D E
H U M O R
L A U G H

A hammer with a wooden handle and a metal head, with several nails scattered around it, positioned to the right of the notepad.

BUILD THAT LIST.



livehappy.com

sketchnote by minhngo.ca

