



Today's Gift of Happiness

**Write yourself a note
of appreciation today...**

Include in it:

- **10 things that tickle your tibia about you!**
(What are your good points/skills/traits/ideals/dreams)
- **10 things you are grateful for in your life now!**
(People/places/things/occasions/all the little miracles of your life)
 - **10 things that put a smile on your dial!**
(Loved ones, ice-cream, hugs, babies, flowers, favourite music)

THEN POST IT!

ARE YOU LISTENING?

**I mean REALLY post it...put it in an envelope...find a
stamp, address it to you and POST IT KIDDO!**

Tell someone who matter how special they are...YOU!

Go on...Be Wildly Happy®

For lots of free downloads, ideas, laughter and fun go to:

www.wildlyhappy.com

