The greatest joys can come from the littlest things

Take the 30 days challenge for a happier you!

Day 3





Day 12

Cook a healthy

meal

Day 17

Be yourself

All Day

Day 22

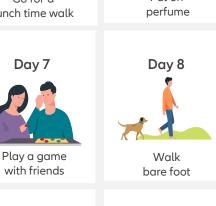
Help

someone

Day 27

Donate 5 things

you don't need

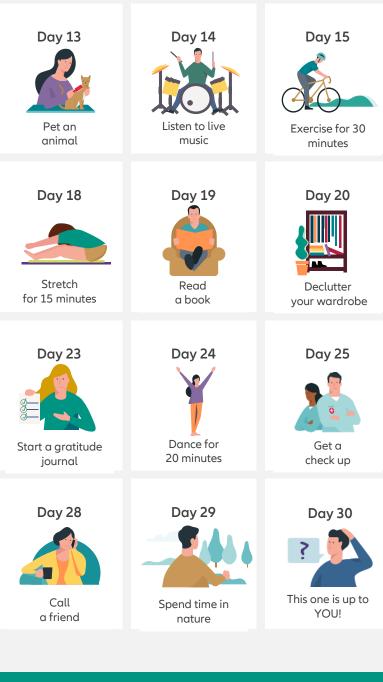




Day 4

Day 5





Meditate