

Collins

365  
Days  
of  
Happy

Becky Goddard-Hill





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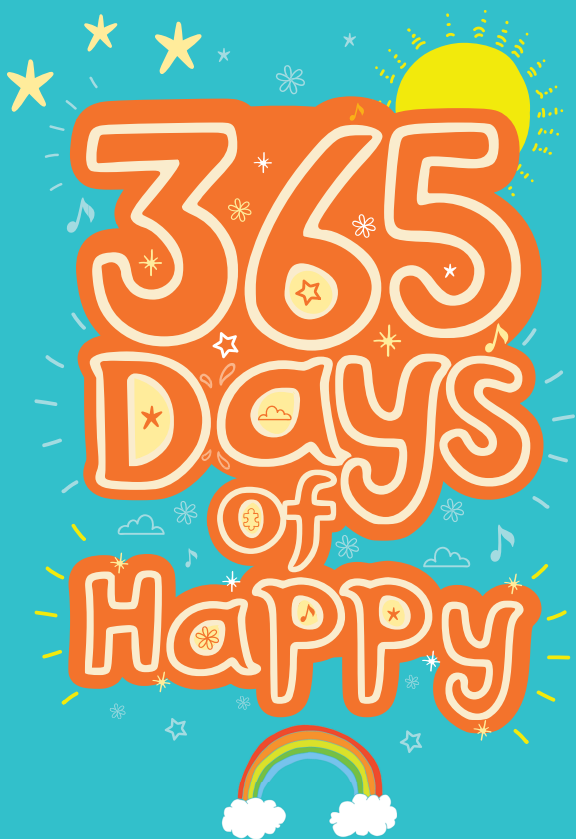
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I dedicate this book  
to my gorgeous Dad  
who made the world  
laugh every day.

Collins



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Happy



It is in your **POWER** to make  
**YOURSELF**, other **PEOPLE**, and the  
planet **HAPPIER** each and every day.

**YOUR THOUGHTS**, your **ACTIONS**  
and **YOUR CHOICES** can make all  
the difference when it comes to

(**HAPPINESS.**)







**Are you ready to boost your happiness every day of the year?**

**Try out the simple activities throughout your day or the whole week through and read the inspirational quotes all about being happy. The affirmations are positive statements that you might want to repeat to yourself or say aloud to strengthen your belief in them.**

**The book is perfect for opening at the beginning of your day, before you go to bed or anytime!**



# A New Start

1

This book is about to send you off on a journey to greater happiness. Start it off well by thinking of something amazing you are going to make happen during the year ahead of you.

State it out loud and write it down as well to give it a better chance of success.





2

**“ Whatever YOU CAN DO, or DREAM YOU CAN, begin it. Boldness has genius, power, and magic in it. ”**

Goethe



3

**“ The big question is whether you are going to be able to say a hearty yes to your adventure. ”**

Joseph Campbell





4 “Each **NEW DAY** is a **blank page** in the **diary** of **your life**. The **secret of success** is in turning that **diary** into the **best story** you **possibly can.**”

Douglas Pagels



“Every moment is **5**  
a fresh beginning.”

T.S. Eliot

**6** I will fill the year ahead with  
**ADVENTURES.**

**7** I am on a  
**JOURNEY**  
to happiness.