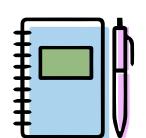
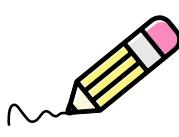
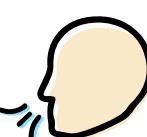
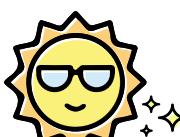


30 DAY Happiness CHALLENGE

START 2021 MINDFULLY WITH THESE DAILY WELLBEING CHALLENGES

MIND	BODY	SPRIT	MIND	BODY	SPRIT
					
1. Find something to make you laugh	2. Add a fruit to your meal today	3. Reconnect with a friend	4. Take 15 min to read something that interests you	5. Take a warm bath	6. Buy yourself some fresh flowers or plant
					
7. Give someone a compliment	8. Take a walk around your block	9. Listen to your favorite uplifting song	10. Challenge your brain with trivia or a brainteaser	11. Practice five minutes of stretching	12. Start a journal
					
13. Practice yoga or meditation	14. Dance to your favorite song	15. Write down three things you are thankful for	16. Write down a favorite memory from the last year and share it with a loved one	17. Take 5 minutes to listen to the birds or focus on something in nature	18. Watch the sunrise or sunset
					
19. Learn something new	20. Cook a healthy meal for yourself or a loved one	21. Get out tonight and go stargazing	22. Find a creative outlet today - read, draw, write	23. Add a vegetable to your meal today	24. Visit a new place in person or virtually
					
25. Send a note to someone you love	26. Pamper yourself with some me time	27. Donate some time or energy to a charity or someone you love	28. Practice five deep breaths	29. Get out in the sunshine to boost your mood	30. Listen to an uplifting story, song or podcast

Complete 20 of these 30 different Happiness Challenge actions for a chance to win on the WellnessWorks Prize Wheel during a live Zoom meeting at 1 p.m. on Wednesday, March 10, 2021. Prize list will be posted at <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>. To enter the drawing complete the Healthy Roads attestation form before February 24, 2021. Additionally, all attestations completed before March 31, 2021 will earn 25 WellnessWorks points for the first quarter. Please note the timeframe for the prize drawing is sooner. Attestations completed on February 24 and later, will not be included in the prize drawing.

Contact WellnessWorks@miamidade.gov with any questions.