

THE HAPPINESS DARE

Where can you find happiness today?
Snap a photo and include #TheHappinessDare.

DARE TO . . .

1. Watch a sunset.
2. Find happiness in a surprising place.
3. Commit a random act of kindness.
4. Make a child laugh.
5. Eat dessert first.
6. Hold the door open.
7. Look for God's hand on a hard day.
8. Be grateful for the little things.
9. Avoid comparison.
10. Eat dinner by candlelight.
11. Make a call you've put off.
12. Count a blessing you didn't ask for.
13. Forgive somebody.
14. Look around in wonder.
15. Make a list of three things that make you smile.
16. Wear the pants with the elastic waistband.
17. Wear a feather boa.
18. Buy a fresh bouquet for your table.
19. Buy a second one for someone else.
20. "Clap along if you feel like happiness is the truth."
21. Take the scenic route.
22. Say yes, even if you're scared.
23. Say no, because sometimes you need to.
24. If you can't find happiness anywhere, create it.
25. Use the good china.
26. Take five minutes for you.
27. Be silly on purpose.
28. Send the janitor a thank-you note.
29. Fill a parking meter.
30. Stop waiting for the invitation, and be the one who invites.

#THEHAPPINESSDARE

JenniferDukesLee.com