

Things You Can Start Doing *Today*

..... Ordinary & *Happy*

- Taking photos with loved ones; there's no such thing as 'too many'.
- Picking up the phone and checking in on loved ones.
- Stop saying 'I'll do it when...' and just start.
- Finding time every day, no matter how little, just for you.
- Being the person who makes the plans happen.
- Telling family that you love them.
- Owning, embracing, and loving your true self.
- Making the move, messaging the person, applying for the job, or asking the question.