

H	A	P	P	Y
Sober Support	Appreciation	Fearing Change	Practice Gratitude	Lower Heart Rate
Combats Stress	Small Wins	Movement	Better Sleep	Positivity
Rest	Sunshine	FREE	Boost Mood	Living in the Past
Longer Life Span	Putting Yourself Down	Love	Joy	Mindfulness
Forgiveness	Cleanliness	Overthinking	Worried Sick	Excitement

H	A	P	P	Y
Sunshine	Better Sleep	Practice Gratitude	Combats Stress	Movement
Fearing Change	Worried Sick	Lower Heart Rate	Cleanliness	Positivity
Longer Life Span	Boost Mood	FREE	Living in the Past	Appreciation
Joy	Overthinking	Sober Support	Excitement	Putting Yourself Down
Love	Mindfulness	Rest	Small Wins	Forgiveness

H	A	P	P	Y
Cleanliness	Overthinking	Better Sleep	Mindfulness	Boost Mood
Sober Support	Longer Life Span	Love	Small Wins	Lower Heart Rate
Rest	Excitement	FREE	Putting Yourself Down	Joy
Sunshine	Positivity	Practice Gratitude	Worried Sick	Fearing Change
Living in the Past	Appreciation	Movement	Combats Stress	Forgiveness