



**BREATHE**



**EXERCISE**



**MEDITATE**



**EMOTIONALLY AWARE**



**ASPIRE**



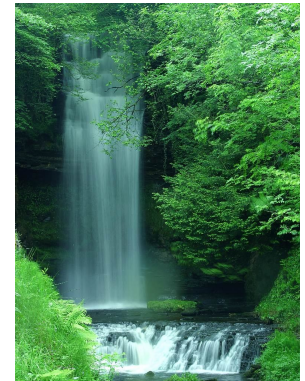
**SHARE**



**UPLIFT**



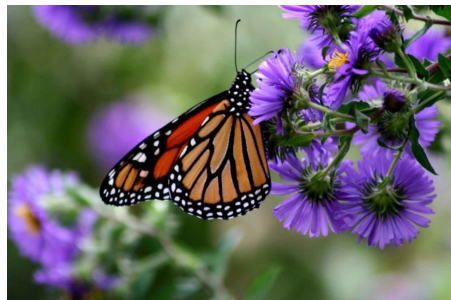
**RELATE**



**IN FLOW**



**NOTICE**



**GRATITUDE**



**HAPPINESS HABITS**