Happiness Bucket List

2026

A Happiness Bucket List is a list of fun activities and simple pleasures you want to experience over the next year.

Some ideas to get you started

• Take a scenic nature hike • Schedule a game night with friends • Learn how to make your favorite comfort food • Plan a trip

The list should reflect what brings YOU joy and makes your heart happy. Big and small ideas count!

Once written post it where you'll see it as a daily reminder – phone screensaver, bedroom, fridge.

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