

# Happy Vibes Only!

“Happiness is contagious—thank you for spreading it!”

## 1. What's Making You Smile Today?

Write it, draw it, or doodle it right here!

## 2. Things I Love About Life Right Now:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 3. Your Happy Playlist:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 4. Happy Acts Challenge:

- Compliment someone
- Dance to your favorite song
- Send a funny meme to a friend
- Write down 3 things you're grateful for
- Smile at yourself in the mirror

## 5. Your Superpower When You're Happy:

You spread joy. You inspire others. You remind people that it's okay to feel good.  
Keep shining!

## 6. Notes from Friends:

Let your friends write something kind here!

From your friends at Inclusion Together Media — You matter. Always.