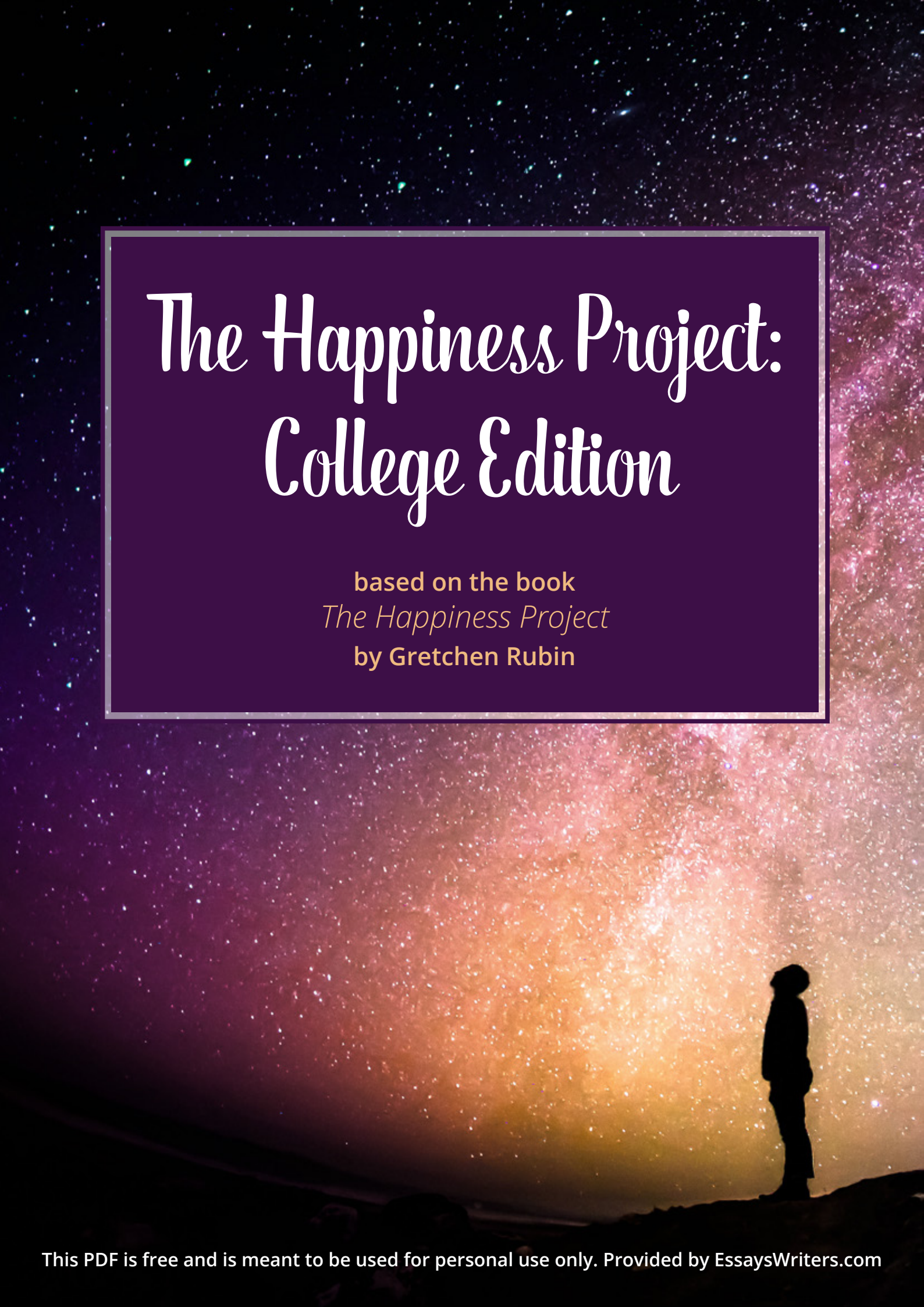

The Happiness Project: College Edition

based on the book

The Happiness Project

by Gretchen Rubin

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12 commandments of happiness for every student:

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1 focus of the month

Things I will do:

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2 focus of the month

Things I will do:

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3 focus of the month

Things I will do:

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4 focus of the month

Things I will do:

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5 focus of the month

Things I will do:

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6 focus of the month

Things I will do:

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7 focus of the month

Things I will do:

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8 focus of the month

Things I will do:

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9 focus of the month

Things I will do:

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10 focus of the month

Things I will do:

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11 focus of the month

Things I will do:

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12 focus of the month

Things I will do:

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