

Live Life *in* Full Color



MONTHLY PLANNER

✦ *Colorful Minds, Sustainably Happy Lives* ✦

Live Life *in* Full Color

Being Colorful is a mindset. It means embracing all emotions, celebrating the joys, and learning from challenges. This balance and resilience lead to a sustainably happy life lived in full color.

✦ **To Be Colorful, Keep Your Jars Full!** ✦



Think of having five jars in your mind. These jars are the ingredients your mind uses to build happiness. To stay sustainably happy, you need to keep these jars full.

In my calendar, today is:

Use LITTLE JOYS AGENDA app for inspiration

Today's top 3 priorities:

- _____
- _____
- _____

Best thing that happened today:

Today's random act of kindness: _____

How full are my jars today



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