

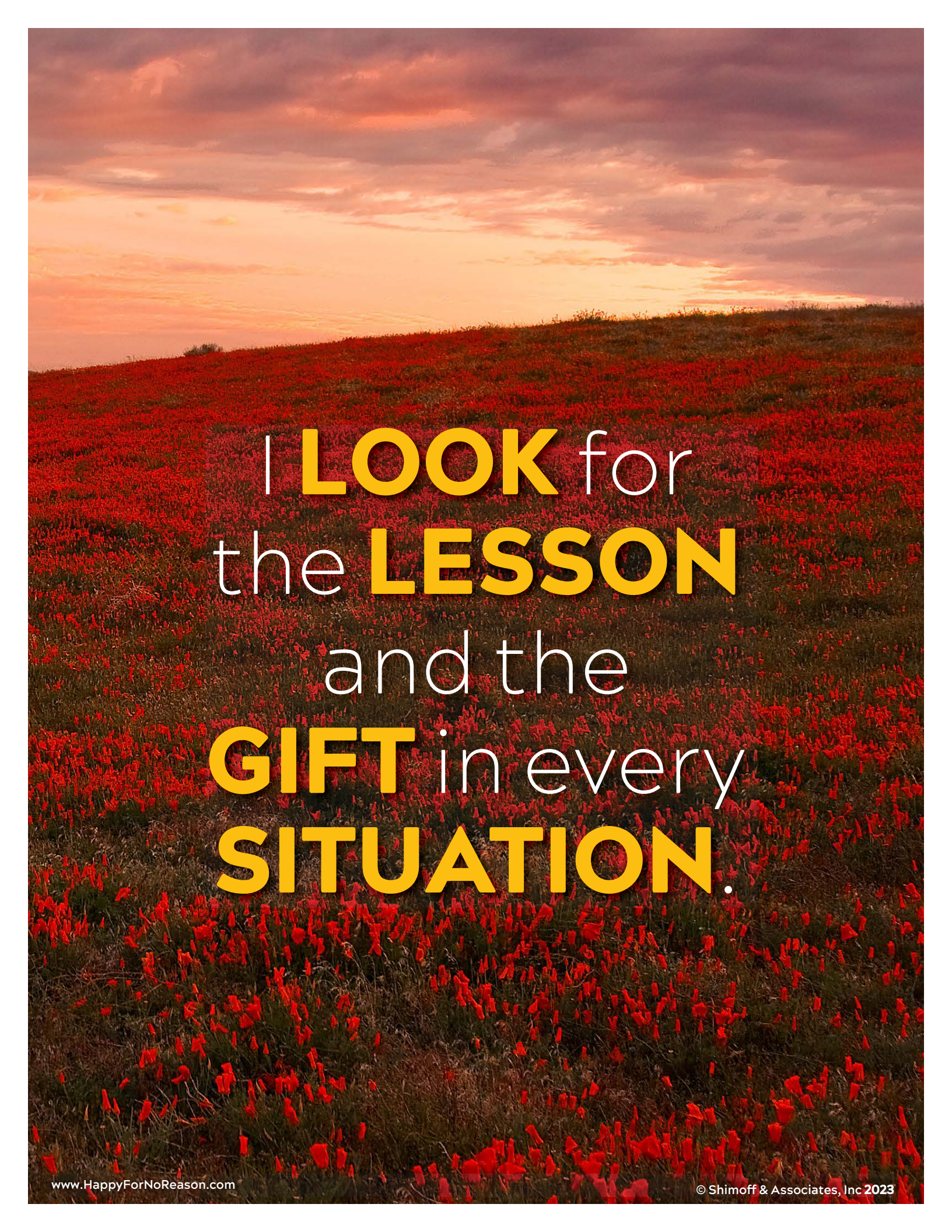


The
Happy for
No Reason
Intention Cards

Based on the 21 Happiness Habits

I am
HAPPY
for
NO REASON.



A field of red poppies under a sunset sky. The text is overlaid on the image.

I **LOOK** for
the **LESSON**
and the
GIFT in every
SITUATION.

I experience
PEACE and
HARMONY
within
MYSELF.

A sunset over the ocean with waves in the foreground. The sun is low on the horizon, creating a bright glow and reflecting on the water. The sky is a mix of orange, yellow, and purple.

**I DON'T
BELIEVE**
everything I
THINK.

A scenic landscape featuring a wide river in the foreground, a kayaker in a yellow and black kayak on the left, and lush green hills and forests in the background under a blue sky with scattered white clouds. The water reflects the sky and the surrounding greenery.

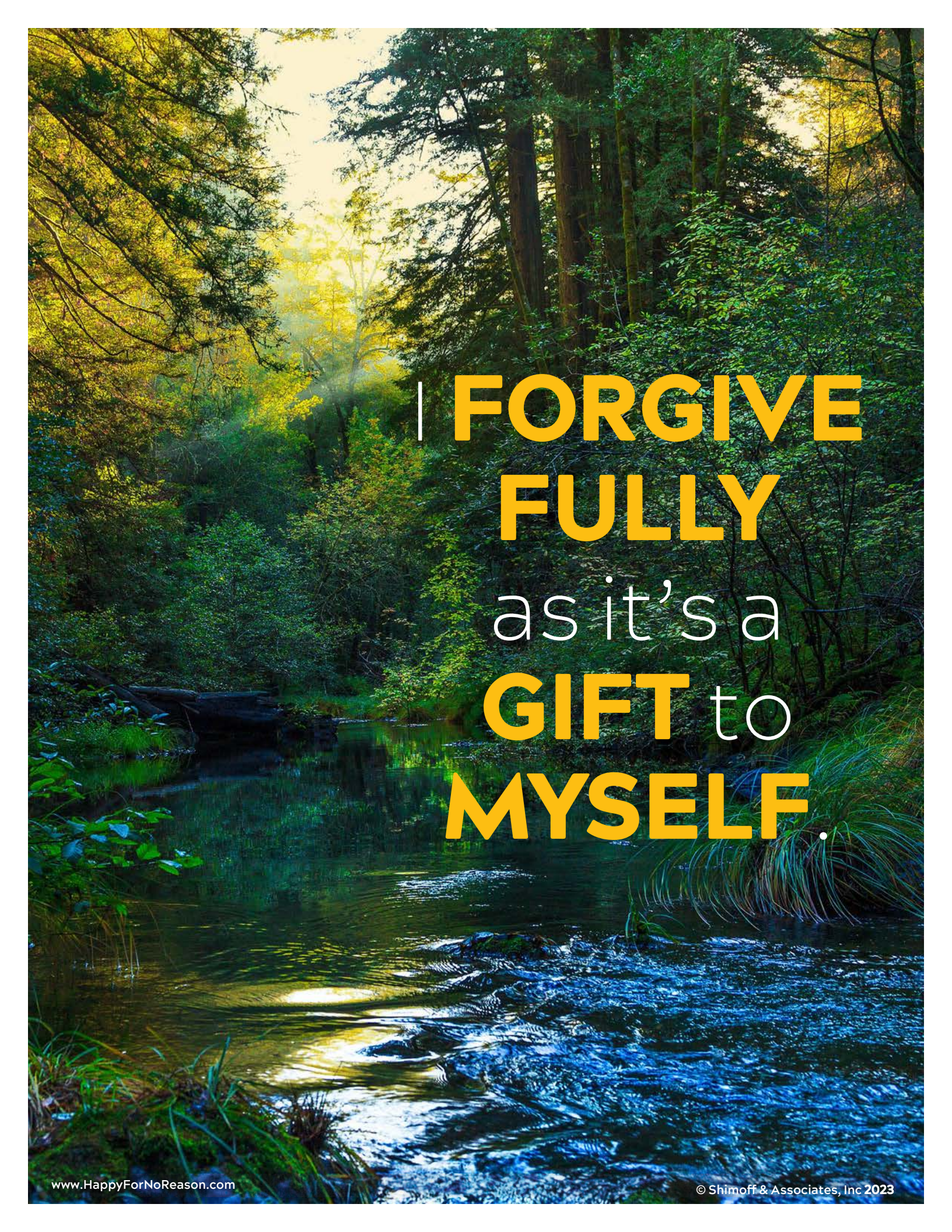
I **LET GO** of what
DOESN'T SERVE me
and **OPEN** to
greater **HAPPINESS.**

I **LEAN**
into and
SAVOR
JOY.





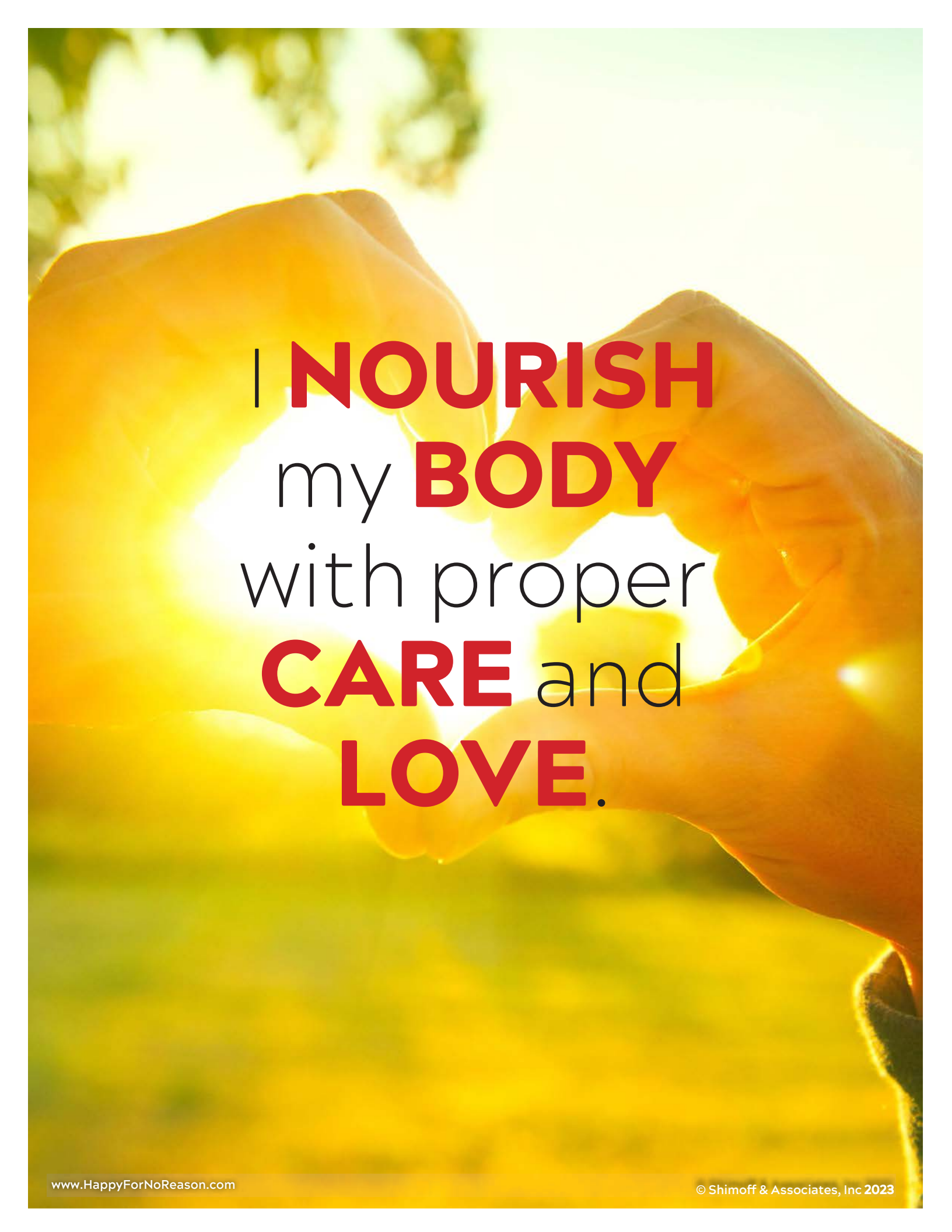
I **FOCUS** on
GRATITUDE, a
fast track to my
HAPPINESS.



| **FORGIVE
FULLY**
as it's a
GIFT to
MYSELF.

I spread
**LOVING-
KINDNESS**
wherever
I AM.





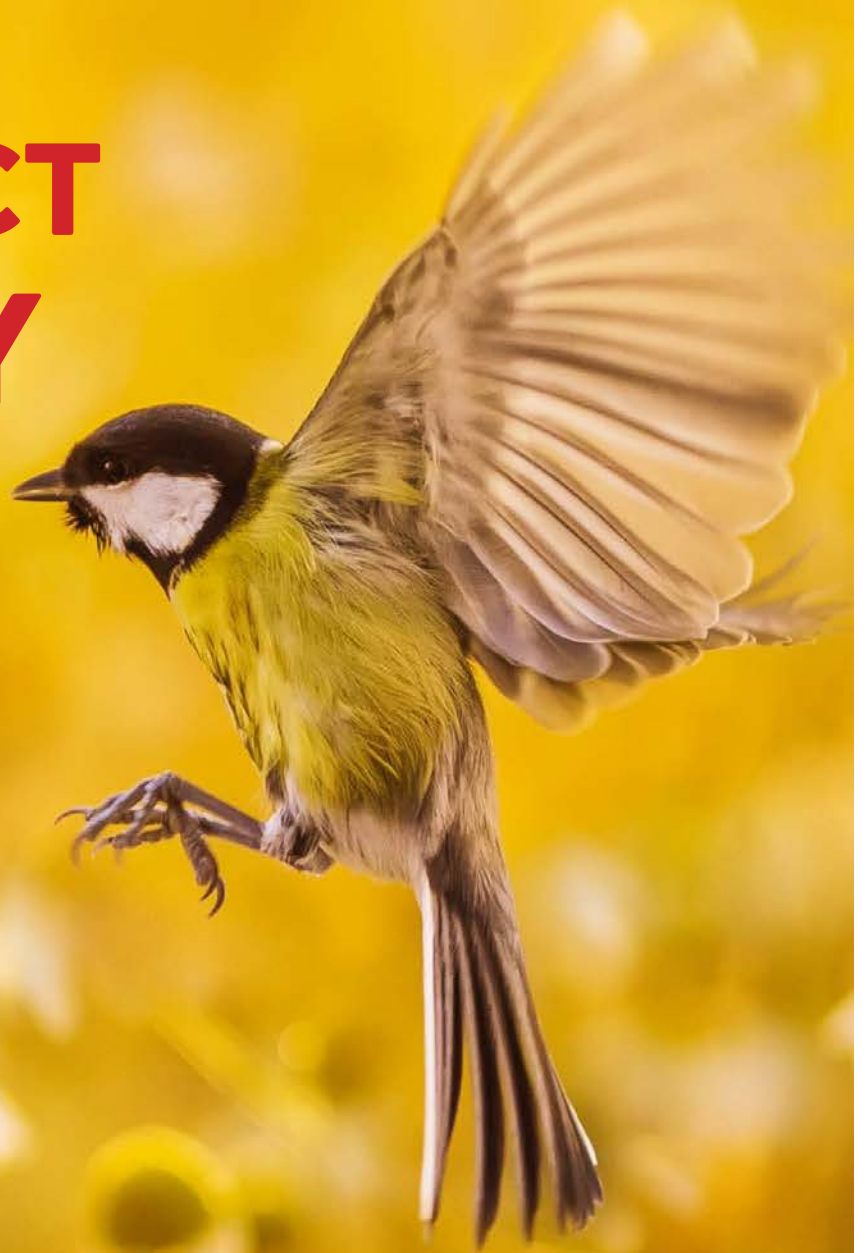
I **NOURISH**
my **BODY**
with proper
CARE and
LOVE.

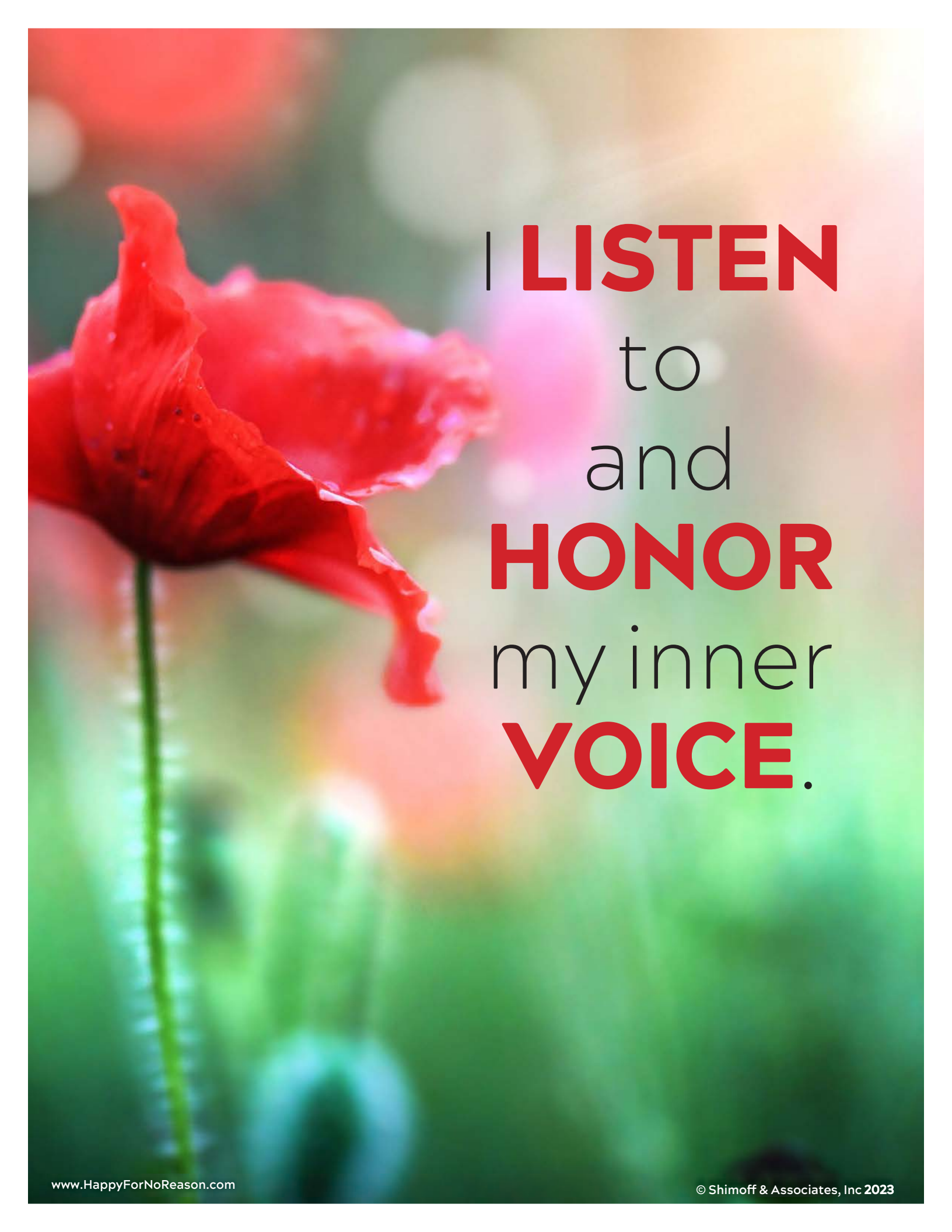
I **FOCUS**
on what
ENERGIZES
and **SUPPORTS**
my **WELL-BEING.**



I **TUNE**
into my
BODY'S
WISDOM.

| **CONNECT**
DEEPLY
with
SPIRIT.

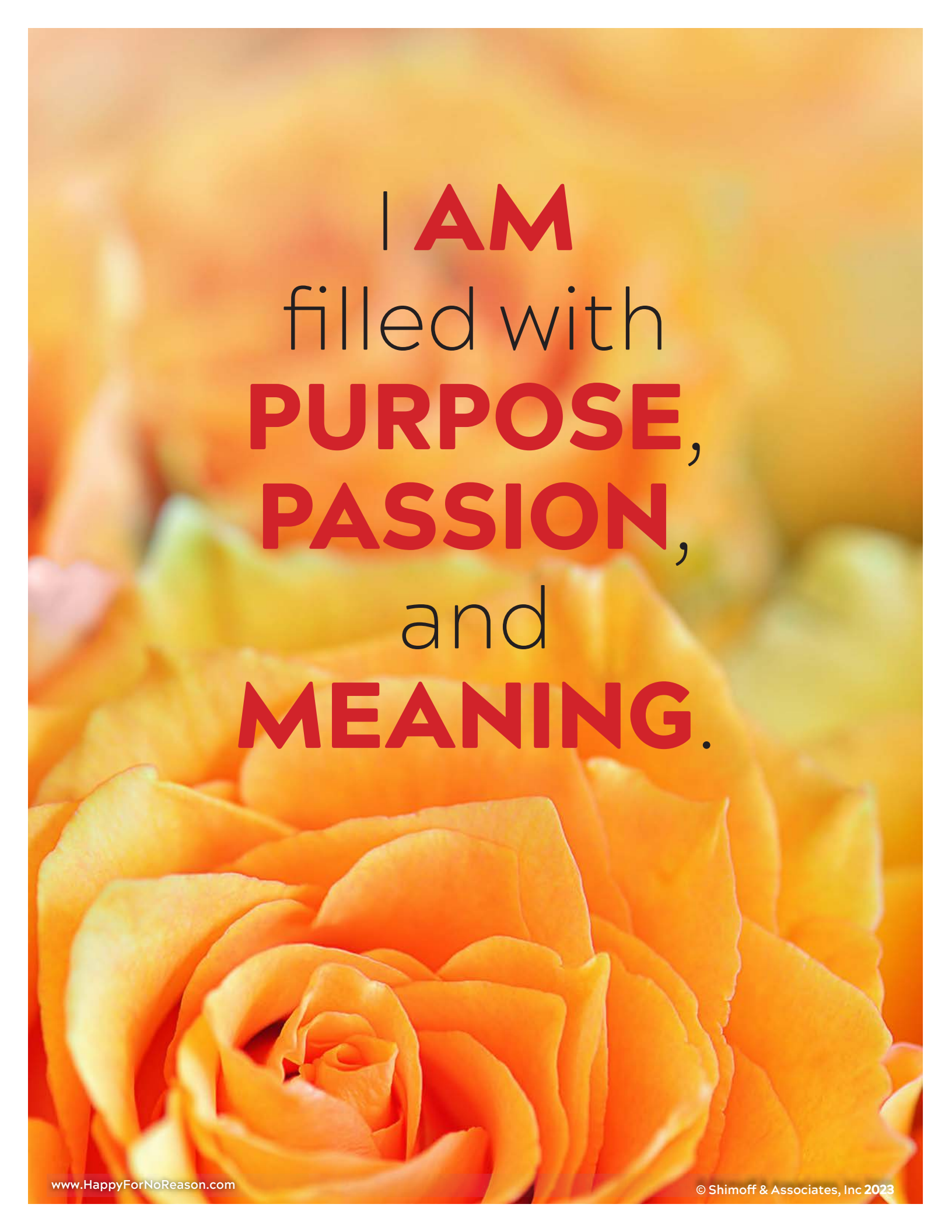




| **LISTEN**
to
and
HONOR
my inner
VOICE.



I **TRUST**
in a
BENEVOLENT
UNIVERSE.



I **AM**
filled with
PURPOSE,
PASSION,
and
MEANING.



| **FOLLOW**
the
INSPIRATION
of the
MOMENT.

A night sky with the Milky Way galaxy and a mountain range reflected in a lake. The text is centered in the upper half of the image.

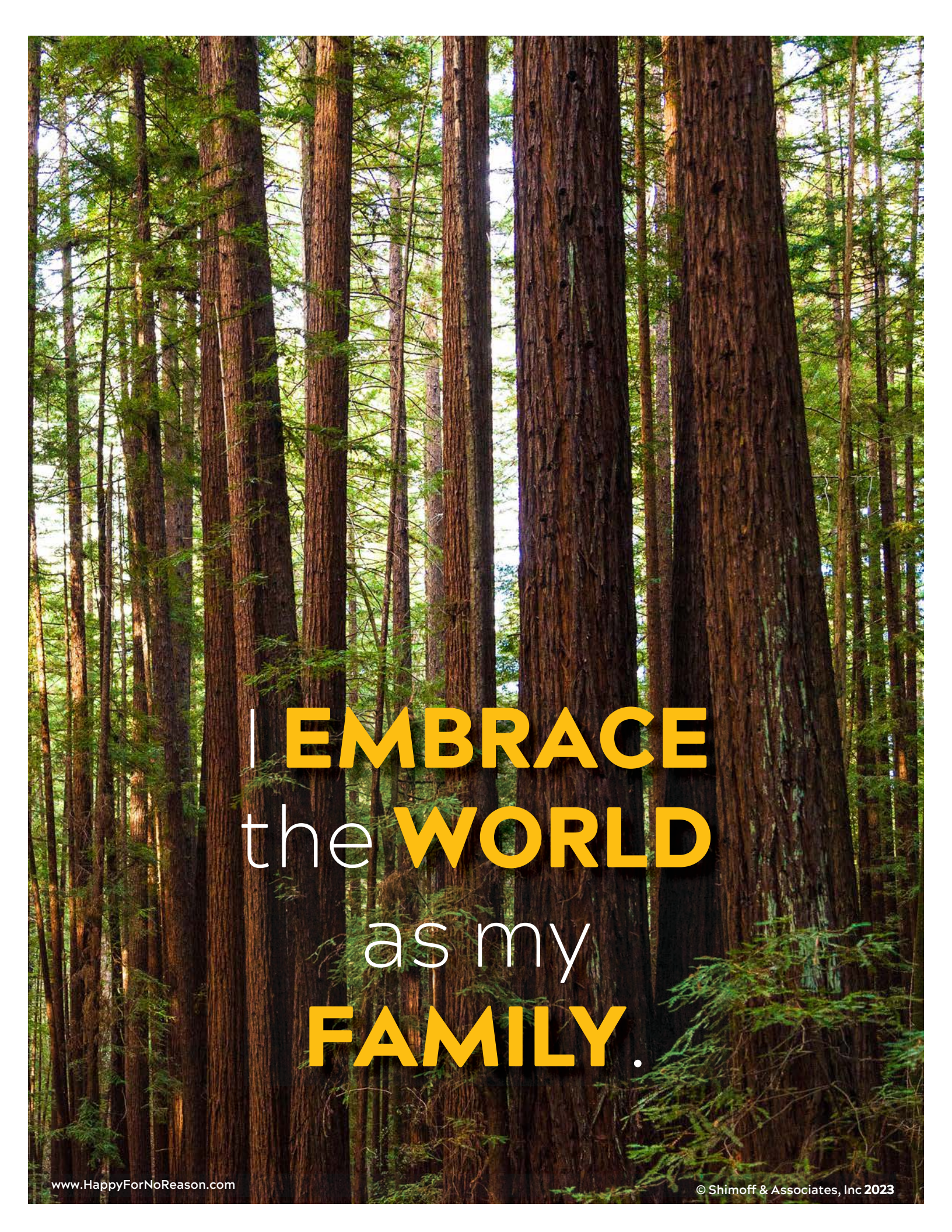
I make a
DIFFERENCE
in the
WORLD.



I **NURTURE** and
NOURISH my
RELATIONSHIPS.

A vertical photograph of a sunset over a body of water. The sun is a bright, glowing orb in the center, with its light reflecting down the water's surface. The sky is a mix of soft orange, yellow, and light blue. The water in the foreground shows gentle ripples and a darker blue hue.

| **SURROUND**
myself with
SUPPORT.



I **EMBRACE**
the **WORLD**
as my
FAMILY.