

## 30 Day Happiness Challenge

Published on Office of International Students & Scholars (<https://oiss.yale.edu>)

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## 30 Day Happiness Challenge



New Haven , CT

February is always one of the toughest months of winter. It's still cold. It's still dark. And there are new stressors with starting the new year.

That's why we are challenging you to a 30 Day Happiness Challenge! Find some examples of pre-made Happiness Challenge charts on our [Pinterest page](#) [1], or create your own. The goal is to simply do one thing that makes you happy every single day – and do it intentionally!

If you participate in this challenge, tag us in your journey with the hashtag #oiss-happiness-challenge. We look forward to doing this together with you.

*Graphic credit:* [blog.journey.cloud](#) [2]

[Register Here](#) [3]

**Visibility:** 0.00

**On Demand?:** On Demand

**Sort Date:** Monday, August 16, 2021

**End date:** Monday, August 16, 2021

**Audience:** Students

Scholars

Families

Departments

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**Source URL:** <https://oiss.yale.edu/calendar/events/30-day-happiness-challenge>

### Links

[1] <https://pin.it/O9LiqBL> [2] <https://blog.journey.cloud/50-things-to-be-thankful-today/> [3] <https://yaleconnect.yale.edu/OISS/rsvp?id=991398>