



## Marbella Bro: Happiness Quickstart Guide

Simple, daily practices to build lasting happiness and self-respect. Pick one or two and commit for 21 days.

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### Morning Routine (5-10 Minutes)

- **1. Daily Gratitude:**
  - **Action:** Write down **3 specific things** you are grateful for.
  - **Example:** Instead of "my family," try "the funny text my sister sent me."
  - **Tool:** A simple notebook or the Day One app.
- **2. Honesty Journal:**
  - **Action:** Write down **one truth** you've been avoiding or holding back. Plan one small step to address it.
  - **Prompt:** *"What conversation am I avoiding?" or "What fear is holding me back?"*

### Daily Practices

- **3. Self-Respect Rule:**
  - **Action:** Set **one small, achievable promise** to yourself for the day and keep it.
  - **Example:** "I will not check my phone during breakfast," or "I will go for a 10-minute walk at lunch."
  - **Tool:** Track your streak with apps like Habitica or Streaks.
- **4. Mindfulness Break:**
  - **Action:** Practice **5-10 minutes** of mindfulness or meditation.
  - **Technique:** Try **Box Breathing**: Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat.
  - **Tool:** Use apps like Headspace or Calm for guided sessions.
- **5. Weekly Act of Kindness:**

- **Action:** Do **one small, kind thing** for someone else each week, expecting nothing in return.
- **Example:** Buy a coffee for the person behind you, send a genuine compliment, or leave a positive online comment.

### **Evening Reflection (2 Minutes)**

- **6. Daily Win & Lesson:**

- **Action:** Before bed, write down:
  - **One win** from your day (something that went well).
  - **One lesson** you learned (an area for improvement).

***Disclaimer:*** This guide provides tools for personal growth and is not a substitute for professional mental health treatment. If you are struggling, please seek help from a qualified therapist or counselor.