HOW DO YOU USE A HAPPY SPOT?

Print this page. Cut out the Happy Spots. When you run out, print more.

Set card on floor. Stand on Spot. Feel happy. *Mark happy places.*
Stick on mirror, computer, or dashboard for daily happiness.
Carry in pocket for secret happiness. *Thank someone who makes you happy.*
Give to anyone to increase happiness in the world.

A little gift to you from Meps at 1meps.com