

22 Ways to increase happiness for 2022

What would you like for 2022? Consider setting 22 things you want to do for 2022 – make sure to include fun, professional, relationship and all kinds of goals. (Thanks to Gretchen Rubin and The Happiness Project for this idea!)

- 1. Extend light and love to those who are struggling. <https://bridgeofhopeinc.org/>
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.