PEPPER TIME 1: YOUR HAPPY LIST

Timing: 3 minutes, anytime today.

What you'll need: Your journal and a pen.

What it's about: Happiness isn't something to chase—it's your default. This exercise makes it visible by surfacing everyday moments that already light you up.

How to do it:

- Write the starter sentence: "I feel happy when..."
- Complete it as many times as you can. Don't censor yourself—small things count. (For example: "I feel happy when I sip coffee in silence," "when my child laughs," "when the sun hits my face.")
- Keep writing until you feel you've emptied your mind for now.

What to expect: You'll create your personal Happiness Map—a list you can return to when life feels heavy. You'll notice that joy often hides in ordinary moments, and writing them down trains your brain