

# THE HAPPINESS *Boomerang*



# The Happiness Boomerang

## Instructions

### Objective:

To enhance personal connections and spread joy by expressing heartfelt sentiments to people in your life over ten days.

### Players:

Individuals seeking to deepen their relationships and share positivity.

### Materials:

- Writing materials or digital devices for composing messages.

### Setup:

No physical setup is required. Prepare to dedicate some time each day to compose thoughtful messages.

### Gameplay:


- Each day for ten days, select a different person in your life.
- Send them a message explaining why you're proud of them, what you admire about them, and your love or respect for them.
- The focus is on expressing genuine feelings and appreciation without expecting a response.
- Prepare for a range of emotional reactions and embrace the vulnerability this challenge brings.



## Winning the Game:

The aim is to create a ripple effect of positivity, enhancing your relationships and well-being.

## Variations:

- Adapt the frequency or duration to suit your comfort level and schedule.
  - Choose themes for each day to guide your messages.
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## Additional Notes:

The Happiness Boomerang is a powerful exercise in vulnerability and kindness, aiming to bring more sincerity and warmth into our interactions.

Download the video to share [HERE](#).

