

# 10 Cards to Happiness

Happiness  
Challenge

10 CARDS, 20 DAYS, \$20  
CHANGING 10 PEOPLES' DAY...  
PRICELESS  
(LANAWYNN.COM)





# 10 CARDS TO HAPPINESS

## Brainstorm

Here are some questions to help you brainstorm for the card challenge. Feel free to answer one question a day and continue the brainstorming process.

What is something or someone you are grateful for in your life today?

What positive experiences or achievements have you had recently that you are grateful for?

Who has made a positive impact on your life, and why are you grateful for them?

What are some simple pleasures in your life that you appreciate?

What aspects of your physical health or well-being are you thankful for?



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## Brainstorm

Here are some questions to help you brainstorm for the card challenge. Feel free to answer one question a day and continue the brainstorming process.

Which skills or talents do you possess that you are grateful for?

What opportunities or doors have opened up for you recently that you feel grateful for?

What are some things about your job or career that you are grateful for?

What lessons have you learned from challenging situations that you now see as blessings in disguise?

How has nature or the natural world brought you joy and gratitude?



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These questions can help you identify individuals who have had a positive impact on your life and who would appreciate receiving a heartfelt card. Happy brainstorming!

### Card 1

Who is a close friend that has been there for you during both the good and challenging times?

### Card 2

Is there a family member who has shown unwavering support and love for you?

### Card 3

Who is a mentor or teacher who has made a positive impact on your life?

### Card 4

Do you have a colleague or coworker who deserves appreciation for their hard work or collaboration?

### Card 5

Is there a neighbor who has shown kindness or helped you in some way?

### Card 6

Who is a healthcare professional or caregiver who has provided exceptional care or support to you or a loved one?

### Card 7

Is there a volunteer or someone involved in a charity or non-profit organization who you admire for their dedication?

### Card 8

Who is a teacher or professor who has inspired you or helped shape your educational journey?

### Card 9

Is there a coach or trainer who has motivated and pushed you to achieve your goals?

### Card 10

Who is a worker or essential service provider who deserves recognition for their contributions during challenging times?





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### Reflection Worksheet

Feel free to use these questions to help with reflecting on doing the 10 Card Challenge.

How did the act of expressing gratitude through cards make you feel?

Which individuals did you choose to send cards to, and why?

How did you feel while writing each card? Did any specific memories or moments come to mind?

Did participating in the card challenge change your perspective on gratitude or the importance of expressing appreciation? If so, how?

Moving forward, how will you incorporate gratitude and expressing appreciation into your daily life?

A large, empty rectangular area with a light blue background, intended for the user to write their reflections and answers to the questions above.



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## How to Get Started

### The Power of 10 Cards in 20 Days!

Join us and start sending cards today, and you'll be making someone's day! It's easy and fast, no matter how busy life gets. With our 10-card challenge, you'll easily be able to reconnect with family and friends and share your love.

If you're thinking, I tried that before "I don't want to spend money on postage to send cards." You need a way to express your love and appreciation quickly and easily.

Make sending cards a habit with our 10-Card Challenge Guide.

Now, imagine this scenario: for the next 20 days, you get to send out 10 fabulous cards to anyone you choose. That moment when your loved one opens that unexpected envelope and find a heartfelt message from you—it's pure gold.

These are the moments that truly become priceless.

### Act on Your Promptings with the 10 Card Challenge

[Purchase 10 Cards Now](#)