

Happiness program

PLAN READY

Campaign Dashboard

Export Plan

Launch Campaign

Overview

Emails 10

WhatsApp 16

Instagram 10

Person smiling while doing meditation in a sunny garden

Day 1

Ready to level up your happiness? 🌟 Our Happiness Program is here to help you discover joy in the little things. Start your journey today! ✨



Infographic showing happiness statistics with cheerful colors

Day 3

Did you know? People who practice gratitude are 25% happier! 📈 Join our Happiness Program and learn the science-backed techniques to boost your joy. 🎯

[#happinesjourney](#) [#gratitude](#) [#mentalhealth](#) [#positivemindset](#) [#wellbeing](#)



Split image of before/after transformation photos of a smiling person

Day 5

Meet Sarah, who transformed her daily routine with our Happiness Program! 'I've never felt more aligned with my true self' 🦋 Ready to write your success story?

[#testimonial](#) [#transformation](#) [#happiness](#) [#lifecoaching](#) [#personaldevelopment](#)

Person journaling at sunrise with a cup of coffee

**Day 7**

Quick happiness hack: Start your day with a 5-minute gratitude practice! 🌅 Want more life-changing tips? Check out our Happiness Program link in bio! 📌

#morningroutine #happylife #mindfulnessmatters #gratitudeattitude #positivevibes

Vibrant sale announcement graphic with happy emoji elements

Day 9

🎉 FLASH SALE ALERT! 48 hours only - 30% off our Happiness Program! Don't miss out on this chance to invest in your joy. 💖

#specialoffer #sale #selfimprovement #happiness #investinyourself

Clean infographic showing the three pillars with icons

Day 11

The 3 pillars of lasting happiness: **1** Mindfulness **2** Connection **3** Purpose. Discover how to master all three in our comprehensive program! 🎯

[#happinessgoals](#) [#personalgrowth](#) [#mindfulnessjourney](#) [#purposedriven](#) [#connection](#)

Diverse group of happy people in a community setting

**Day 13**

Sunday reminder: Your happiness matters! 🌈 Join thousands of others who've already started their journey to joy with our proven program. 🙌

[#sundaymotivation](#) [#happinesismatters](#) [#selflove](#) [#joyjourney](#) [#positivity](#)

Thoughtful question design with engaging visuals



program helps tackle all these common obstacles! 💪

[#engagement](#) [#conversation](#) [#growthmindset](#) [#happiness](#) [#community](#)

Chart showing happiness improvement with happy customer photos

Day 17

Fun fact: Our Happiness Program participants report 70% more daily joy after just 30 days! 🎉 Ready to join them? Limited spots available! ✨

[#results](#) [#happinessproject](#) [#transformation](#) [#joyfullife](#) [#achievemore](#)



Inspiring path or stairway leading towards a bright horizon

Day 19

Your happiness journey begins with a single step 🚶 Take that step today with our proven program! Link in bio to get started! ✨

[#startyourjourney](#) [#happiness](#) [#personaldevelopment](#) [#transformation](#) [#newbeginnings](#)

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