

FINDING HAPPINESS

1

ON A SCALE OF 0-10, HOW HAPPY ARE YOU?

WHAT MAKES YOUR HAPPINESS A PRIORITY RIGHT NOW?

2

3

HOW DO YOU DEFINE HAPPINESS?

LIST OUT YOUR CRITERIA FOR HAPPINESS.

4

5

WHAT'S THE #1 THING YOU NEED TO REMEMBER?

DAILY

HAPPINESS PRACTICE

MORNING



TODAY'S MANTRA:

.....
.....

LOOKING FORWARD TO:

.....
.....
.....

TO MAKE TODAY GREAT, I WILL:

.....
.....
.....

EVENING



I AM GRATEFUL FOR:

.....
.....

PEOPLE I APPRECIATE:

.....
.....
.....

THREE GOOD THINGS TODAY:

.....
.....
.....

OTHER THOUGHTS



MOMENT TO REMEMBER

