



Daily Happiness Journal - **DAY 24**

Theme: *Responsibility / Moving Forward*

Date:

Question of the Day:

Day 23 was a “free day” in which you were completely responsible for your own happiness choices. How was the experience? What fears do you have going beyond the Challenge? What confidence have you built in your ability to have happiness for the rest of your life?

Three things that I am grateful for today:

- 1.
- 2.
- 3.

Progress with my daily intentions set this morning:

Here is how I worked on each of the 5 pillar

Being **Positive**

Eating **Healthy**

Living **Active**

Having **Fun**

Giving **Back**

My most important lesson of the day: