



Daily Happiness Journal - **DAY 9**

Theme: *Change*

Date:

Question of the Day:

On a scale from 1-10 . . .

How important is it for you to make change?

How confident are you that you can make change?

How much effort have you put into making change, up to this point?

How much support do you have to make change?

How committed are you to making change?

What do you conclude from your ratings?

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 challenges today:

Being **Positive**

Eating **Healthy**

Living **Active**

Having **Fun**

Giving **Back**

My most important lesson of the day: