HappinessChallenge

Be Positive | Eat Healthy | Live Active | Have Fun | Give Back

Daily Happiness Journal - **DAY 16**

Theme: ***Contribution***

Date:

Question of the Day:

Complete the exercise on the next page and then answer the following question.

What are three things you will do for yourself from the list you created in the attached exercise?

Progress with my daily intentions set this morning:

Three things that I am grateful for today:

1.

2.

3.

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:

My guess is that the most difficult question regarding contribution over the last five days was the one yesterday, asking you to write about how you contribute to yourself. For many people, women in particular, there is discomfort and guilt attached to doing things for oneself. This will be explored in today's journaling.

Focused Free-write

Get a blank piece of paper and write continuously for the specified amount of time without regard to spelling, grammar, etc., and makes no corrections. If you reach a point where you can't think of anything to write, then write "I can't think of anything", until you find another line of thought.

- For 4 minutes, write a response to this question: "What does a person who is selfish behave like?"
- Stop and read what you have written. As you read, try to think of the selfish behaviors you have identified as self-care. Open up to the possibility that by the person taking care of herself first, she is better able to contribute to others.
- Return to your writing and for three minutes reframe the behaviors you initially identified as selfish as self-care. Push yourself to reinterpret the so-called selfish actions with a more positive spin.
- For the last 3 minutes, list some things you could do to take care of yourself **first**. It could be as simple as going to bed earlier or going on a week-end personal development retreat. Or, it could be many of the things you are doing during this Happiness Challenge.