



Daily Happiness Journal - **DAY 19**

Theme: *Authenticity*

Date:

Question of the Day:

How does it feel when you are doing things only out of obligation and to meet someone else's expectations?

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: