



Daily Happiness Journal - **DAY 21**

Theme: *Authenticity*

Date:

### Question of the Day:

#### Focused free-write

For each question listed below, write for two minutes.

- Write about a favourite game you played as a child. Who did you play with and what did playing feel like?
- Write about a special hiding place you went to be by yourself as a teenager. What was this place? When and why did you go there?
- Write about your greatest loss? How did you manage this time? Where did you feel the hurt in your body?
- Write about your greatest success? What did it take for you to achieve this?

Now go back and read everything you have written. Your life story and you're experiences are unique; just like every other person in the world. Our thoughts and our actions are shaped by our past. By recognizing that all of us are complex, with many layers and influences, we become less judgemental of those around us. All people have their own authentic being. By understanding our own true selves, we can better look for the best in others.

### 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: