



Daily Happiness Journal - **DAY 22**

Theme: *Authenticity*

Date:

Question of the Day:

Focused free-write

- 🕒 For four minutes write a description of yourself.
- 🕒 Stop. Cross that out.
- 🕒 For three more minutes, write a new description of yourself without repeating anything from the first description.
- 🕒 Cross that description out.
- 🕒 Write one last time for three minutes, again with a whole new description of yourself.

Now you're actually getting to the real you and deeper than the surface stuff you show to others. Review the last description and think about the ways you could let this self show up more in daily 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:

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