



Daily Happiness Journal - **DAY 25**

Theme: *Responsibility / Moving Forward*

Date:

Question of the Day:

What do you need to believe about yourself that will give you the confidence to maintain happiness for the rest of your life?

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: