



Daily Happiness Journal - **DAY 28**

Theme: *Responsibility / Moving Forward*

Date:

Question of the Day:

Focused free-write.

- 🕒 Take five minutes to write about what you imagine your life will be in ten years if you go back to the habits you had before taking part in the Happiness Challenge.
- 🕒 Take another five minutes to write about what you imagine your life will be in 10 years if you commit to adopting habits in each of the Five Pillars of Happiness.

28 Days in Review

On Day 5 of the Happiness Challenge, your “Question of the day” was this:

“What actions will you need to take in order for your life to be as you desire?”

Review your Day 5 journal response and assess which actions you integrated into your daily life for the past 28 days.

How will you carry forward each of the 5 Pillars of Happiness tomorrow and beyond?

Being **Positive**

Eating **Healthy**

Living **Active**

Having **Fun**

Giving **Back**

What are the three things about the Happiness Challenge for which you are most grateful?

What is your most important lesson of the Happiness Challenge?