



Daily Happiness Journal - **DAY 7**

Theme: *Change*

Date:

Question of the Day:

List three changes you have intentionally made in your life. Describe the skills, strengths, and characteristics you possess that helped you make those changes.

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: