



Daily Happiness Journal - **DAY 8**

Theme: *Change*

Date:

**Question of the Day:**

What support do you need from other people to make your desired changes happen? How can you ask for this support?

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:**