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	DAY ONE
Journal your day	

Journal your day	
5 Things you are grateful for	
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3. 4. 5.	
Who did you make happy and what did you do?	
Who made you happy & what did they do to make you happy?	
What did you loarn today?	
What did you learn today?	_
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What random act of kindness did you complete today?	
Bonus Activity - Did you do it and what was the outcome?	

DAY TWO
Journal your day
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Who made you happy & what did they do to make you happy?
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What did you learn today?
What random act of kindness did you complete today?
Bonus Activity - Did you do it and what was the outcome?
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	DAY THREE
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What did you learn today?	
What random act of kindness did you comple	ete today?
Bonus Activity - Did you do it and what was th	e outcome?

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What random act of kindness did you complete today	•
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What did you learn today?					
What random act of kindness did you complete today?					
Bonus Activity - Did you do it and what was the outcome?					

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What random act of kindness did you complete today?
Bonus Activity - Did you do it and what was the outcome?

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	What did you leave to day?
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