

DAY 29

Are you noticing a difference?

Share your journey towards happiness so far...



Changes in my life

Happiness Nugget:

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us

DAY 30

Happiness Challenge Wrap Up

MY HAPPINESS HABITS

Happiness Nugget:

When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened.





Other
Pages



MY JOURNAL

Daily Affirmations

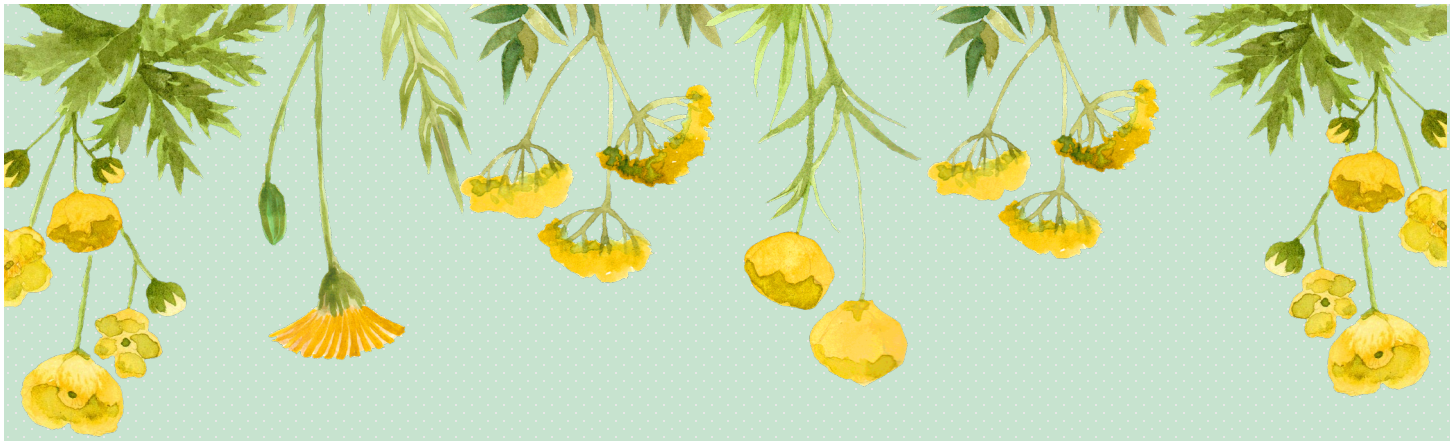
A large, empty, rounded rectangular box with a thin yellow border, intended for writing daily affirmations.

Reflections

A large, empty, rounded rectangular box with a white background and a thin white border, intended for writing reflections.

My Random Acts of Kindness

A large, empty, rounded rectangular box with a light pink background and a thin white border, intended for recording random acts of kindness. The background is decorated with various faint, light-colored icons including hearts, smiley faces, and cat faces.



Health Goals



Gratitude





Positive People / Things
Around Me



Efforts to Exercise

Health Notes

Sleep Journal



Nutritious Meal Plan



Health
Notes

Eating Habits



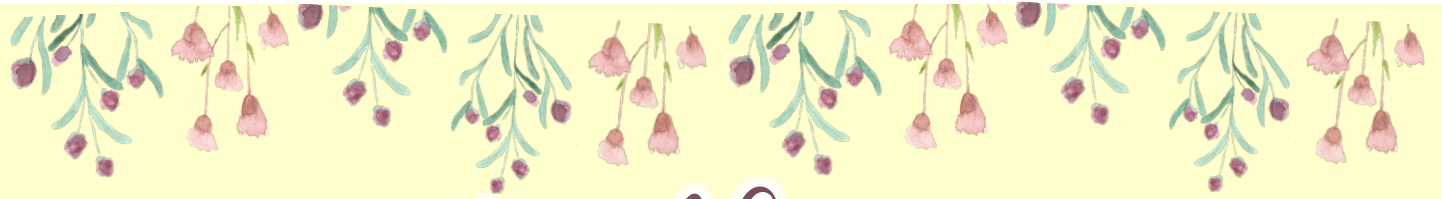
Notes





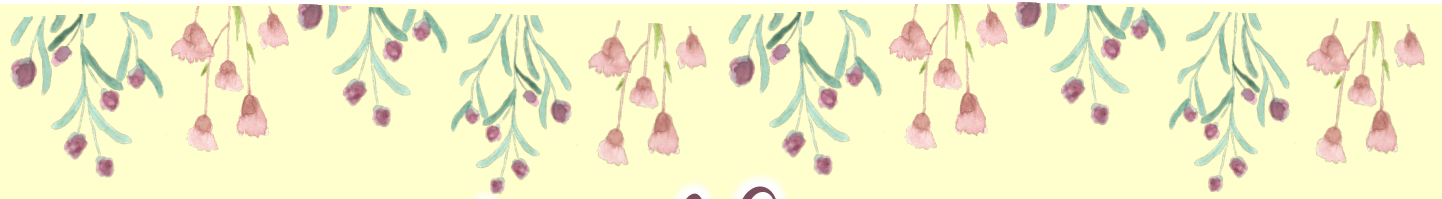
Notes



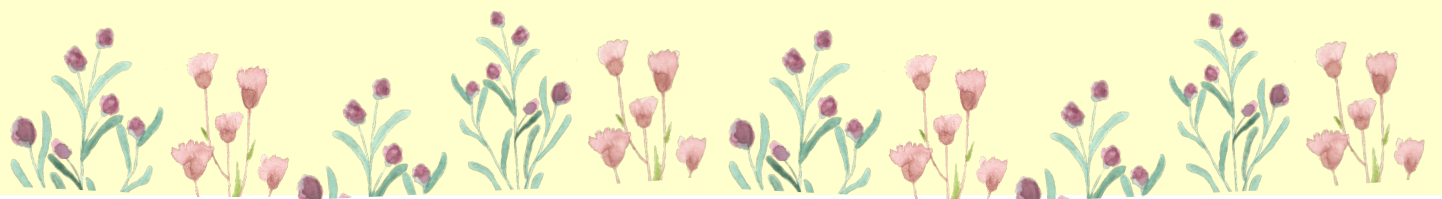


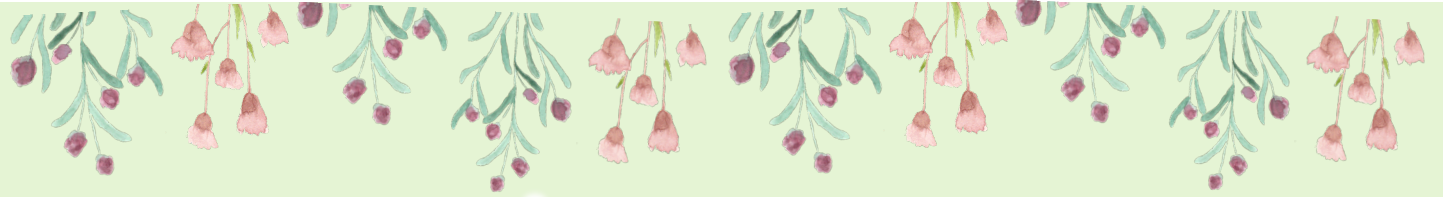
Doodles



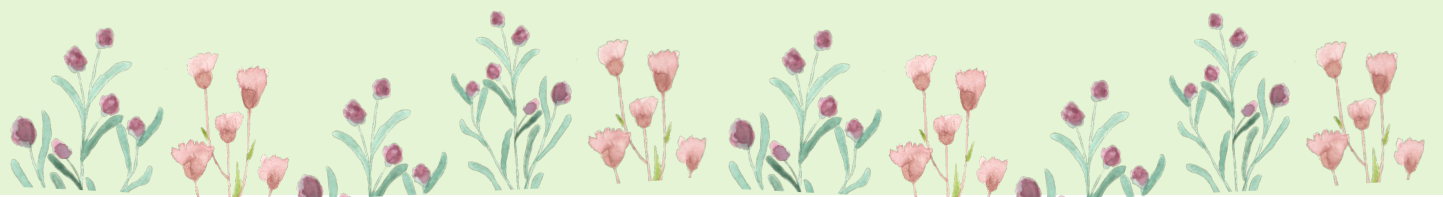


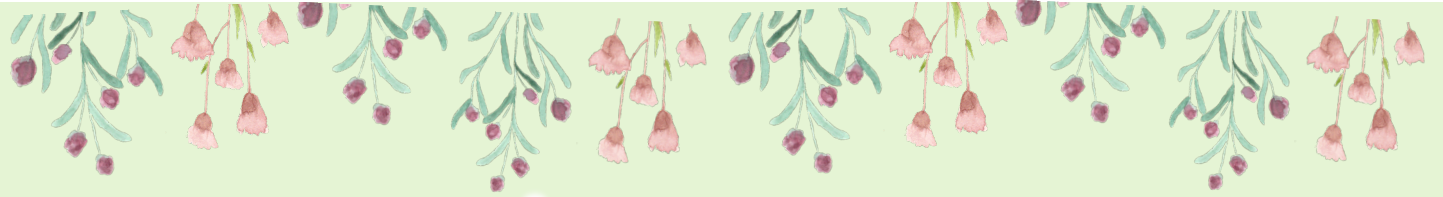
Doodles





Images





Images

