

HAPPY DiARY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Morning
 What will make your day amazing?.....

Morning
 What will make your day amazing?.....

Morning
 What will make your day amazing?.....

Morning
 What will make your day amazing?.....

Morning
 What will make your day amazing?.....

Morning
 What will make your day amazing?.....

Morning
 What will make your day amazing?.....

What 3 things are you grateful for today?
 1.....
 2.....
 3.....

What 3 things are you grateful for today?
 1.....
 2.....
 3.....

What 3 things are you grateful for today?
 1.....
 2.....
 3.....

What 3 things are you grateful for today?
 1.....
 2.....
 3.....

What 3 things are you grateful for today?
 1.....
 2.....
 3.....

What 3 things are you grateful for today?
 1.....
 2.....
 3.....

What 3 things are you grateful for today?
 1.....
 2.....
 3.....

Evening
 What's the best thing that happened today?

Evening
 What's the best thing that happened today?

Evening
 What's the best thing that happened today?

Evening
 What's the best thing that happened today?

Evening
 What's the best thing that happened today?

Evening
 What's the best thing that happened today?

Evening
 What's the best thing that happened today?

On a scale of 1-10, how happy did you feel today?

On a scale of 1-10, how happy did you feel today?

On a scale of 1-10, how happy did you feel today?

On a scale of 1-10, how happy did you feel today?

On a scale of 1-10, how happy did you feel today?

On a scale of 1-10, how happy did you feel today?

On a scale of 1-10, how happy did you feel today?
