



Happiness in Motion Daily Success Checklist

Check the box and CELEBRATE when completed

Day	Movement	Mindfulness Meditation	Journal Prompt & Reflection	I WON the day
Monday	15 Minutes	“What is Mindfulness?”	“What I like a meditation is...”	
Tuesday	15 Minutes	“Open Awareness”	“When I meditate I struggle with...”	
Wednesday	15 Minutes	“Cultivating Attention and Intention”	“I judge myself most when...”	
Thursday	15 Minutes	“Focused Attention”	“When my mind wanders I feel...”	
Friday	15 Minutes	“Awareness of Body and Physical Sensations”	“The word that describes me at my best is...”	
Saturday		“Brief Body Scan”	“ What I noticed about my body during meditation was..”	