



Happiness in Motion Daily Success Checklist

Check the box and CELEBRATE when completed

Day	Movement	1 Energy Meditation Daily	Challenges	I WON the day
Monday	15 Minutes		Level 1: The Victim	
Tuesday	15 Minutes		Level 1: What's Controlling you?	
Wednesday	15 Minutes		Level 2: The Fighter	
Thursday	15 Minutes		Level 2: Your Anger Triggers	
Friday	15 Minutes			