



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 3: The Rationalizer	
Tuesday	15 Minutes		Level 4: The Giver	
Wednesday	15 Minutes		Level 5: The Opportunist	
Thursday	15 Minutes		Level 6: The Visionary	
Friday	15 Minutes		Level 7: The Creator	