



Happiness in Motion Daily Success Checklist

Check the box and CELEBRATE when completed

Day	Movement	1 KINDNESS Meditation Daily	Challenges	I WON the day
Monday	15 Minutes		Be Kind To A Stranger	
Tuesday	15 Minutes		Be Kind To Your World/Community	
Wednesday	15 Minutes		Be Kind To Yourself	
Thursday	15 Minutes		Be Kind To Your Friend/Family	
Friday	15 Minutes		Be Kind To Someone Who Has Wrong/Upset You	