



Happiness in Motion Daily Success Checklist

Check the box and CELEBRATE when completed

Day	Movement	1 GRATITUDE Meditation Daily	Challenges	I WON the day
Monday	15 Minutes		Gratitude Journal (do daily)	
Tuesday	15 Minutes		3 Good Things	
Wednesday	15 Minutes		Mental Subtraction	
Thursday	15 Minutes		Give It Up	
Friday	15 Minutes		Gratitude Letter	