



Happiness in Motion Daily Success Checklist

Check the box and CELEBRATE when completed

Day	Movement	1 Connection Meditation Daily	Challenge	I WON the day
Monday	15 Minutes		Smile Challenge	
Tuesday	15 Minutes With a partner		Make A New Connection	
Wednesday	15 Minutes		Avoiding The Four Horseman	
Thursday	15 Minutes		Questions For Closeness	
Friday	15 Minutes		9 Steps To Forgiveness	