



# Happiness in Motion Daily Success Checklist

Check the box and CELEBRATE when completed

Day	Movement	1 Compassion Meditation Daily	Challenge	I WON the day
Monday	15 Minutes		Find The Silver Lining	
Tuesday	15 Minutes		Self Compassion Letter	
Wednesday	15 Minutes		Self Compassion Break	
Thursday	15 Minutes		Start Your Day With Love	
Friday	15 Minutes			