

MONTHLY HAPPINESS AUDIT

TOP 3 SUCCESSES

1 _____

2 _____

3 _____

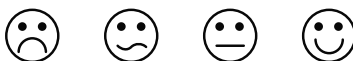
WHAT MADE YOU LAUGH?

WHAT PUT YOU IN THE BEST MOOD?

YOUR EXERCISE



YOUR EATING



WHAT WAS YOUR HAPPIEST MOMENT?

RECALL

1 _____

YOUR FAVORITE SMELL

2 _____

YOUR FAVORITE SOUND

3 _____

YOUR FAVORITE SIGHT/TOUCH

1 THING YOU COULD HAVE
DONE BETTER.