

**Journal**

**My Happiness**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." — J.K. Rowling

Today I am grateful for these 3 things:

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A positive experience I had today:

Today’s act of kindness:   
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Tick if completed today:  
  
Fun Fitness Learning Wellbeing activity

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“It’s not how much we have, but how much we enjoy that makes happiness.”– Unknown

Today I am grateful for these 3 things:

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A positive experience I had today:

Today’s act of kindness:   
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Tick if completed today:  
  
Fun Fitness Learning Wellbeing activity

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Be happy. It’s one way of being wise.” – Colette

Today I am grateful for these 3 things:

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A positive experience I had today:

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Tick if completed today:  
  
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Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Enjoy the little things.” - Unknown

Today I am grateful for these 3 things:

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“Plenty of people miss their share of happiness, not because they never found it, but because they didn’t stop to enjoy it.” - William Feather

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“It is not how much we have, but how much we enjoy, that makes happiness.” – Charles Spurgeon

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**“Be happy for this moment. This moment is your life.” – Omar Khayyam**

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