

# THE HAPPINESS ADVANTAGE

## CHALLENGE LOG

Once you complete a task record the date in the box provided for that day.

### DAY

MON

TUES

WED

THURS

FRI

SAT

SUN

### TASKS

**Journaling:** Write about something positive that happened in the past 24 hours.

WEEK 1

WEEK 2

WEEK 3

**Acts of Kindness:** Send an email or text thanking or praising someone in your social support network.

WEEK 1

WEEK 2

WEEK 3

**Gratitude:** Write three things you're thankful for.

WEEK 1

WEEK 2

WEEK 3

**Exercise:** Ten minutes minimum.

WEEK 1

WEEK 2

WEEK 3

**Meditate/Prayer/  
Quiet Time:** Five minutes minimum.

WEEK 1

WEEK 2

WEEK 3

**WEEK:** \_\_\_\_\_

(Make two extra copies of this page)

<b>JOURNALING</b>	MONDAY	
	TUESDAY	
	WEDNESDAY	
	THURSDAY	
	FRIDAY	
	SATURDAY	
	SUNDAY	
<b>GRATITUDE</b>	MONDAY	1. 2. 3.
	TUESDAY	1. 2. 3.
	WEDNESDAY	1. 2. 3.
	THURSDAY	1. 2. 3.
	FRIDAY	1. 2. 3.
	SATURDAY	1. 2. 3.
	SUNDAY	1. 2. 3.