

30-DAY HAPPIEST MOMENTS CHALLENGE

The Power to be Happy.com



Take a moment at the end of each day for the next **30 days**, to write down what your **“happy moment”** was for the day. ~The Power to be Happy

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____



Take a moment at the end of each day for the next **30 days**, to write down what your “**happy moment**” was for the day. ~**The Power to be Happy**

DAY 6 _____

DAY 7 _____

DAY 8 _____

DAY 9 _____

DAY 10 _____

DAY 11 _____

DAY 12 _____



Take a moment at the end of each day for the next **30 days**, to write down what your “**happy moment**” was for the day. ~**The Power to be Happy**

DAY 13 _____

DAY 14 _____

DAY 15 _____

DAY 16 _____

DAY 17 _____

DAY 18 _____



Take a moment at the end of each day for the next **30 days**, to write down what your “**happy moment**” was for the day. ~**The Power to be Happy**

DAY 19 _____

DAY 20 _____

DAY 21 _____

DAY 22 _____

DAY 23 _____

DAY 24 _____



Take a moment at the end of each day for the next **30 days**, to write down what your “**happy moment**” was for the day. ~**The Power to be Happy**

DAY 25 _____

DAY 26 _____

DAY 27 _____

DAY 28 _____

DAY 29 _____

DAY 30 _____

Congratulations! You reached your **30-day “Happiest Moments” Challenge**. Stop by and visit **The Power to be Happy** on Facebook and share what you learned from your challenge.

<https://www.facebook.com/thepowertobehappy>