

# 30-Day Happiness Journaling



|  |  |   |   |   |   |  |
|--|--|---|---|---|---|--|
|  | <b>1</b> <input type="checkbox"/> The meaning of happiness to you.               | <b>2</b> <input type="checkbox"/> The ideal life for happiness.                         | <b>3</b> <input type="checkbox"/> The people in your life who make you happy.                 | <b>4</b> <input type="checkbox"/> Something that made you smile this week.                  | <b>5</b> <input type="checkbox"/> The happiest moment of your life.                             | <b>6</b> <input type="checkbox"/> The activities that bring you happiness.       |
| <b>7</b> <input type="checkbox"/> One thing that surprised you on how happy it made you.     | <b>8</b> <input type="checkbox"/> Things you are grateful for.                   | <b>9</b> <input type="checkbox"/> Goals to set that would make you happy to achieve.    | <b>10</b> <input type="checkbox"/> Hobbies and interests that make you happy.                 | <b>11</b> <input type="checkbox"/> The most inspiring uplifting quotes you've heard.        | <b>12</b> <input type="checkbox"/> The songs that make you happy while listening to them.       | <b>13</b> <input type="checkbox"/> Feel-good movies that you enjoy.              |
| <b>14</b> <input type="checkbox"/> Ten random things that make you happy.                    | <b>15</b> <input type="checkbox"/> Simple things you can do today to be happier. | <b>16</b> <input type="checkbox"/> Your happy place.                                    | <b>17</b> <input type="checkbox"/> The happiest people you know and what they have in common. | <b>18</b> <input type="checkbox"/> Events in the future that you think will make you happy. | <b>19</b> <input type="checkbox"/> Bucket list items for happiness.                             | <b>20</b> <input type="checkbox"/> Last time you felt absolute joy.              |
| <b>21</b> <input type="checkbox"/> Things you can do to bring happiness to those around you. | <b>22</b> <input type="checkbox"/> The happiest memory from the past 12 months.  | <b>23</b> <input type="checkbox"/> The last time you laughed and what you were doing.   | <b>24</b> <input type="checkbox"/> The happiest memory from last month.                       | <b>25</b> <input type="checkbox"/> Habits you could change for greater happiness.           | <b>26</b> <input type="checkbox"/> Skills you could learn that could lead to greater happiness. | <b>27</b> <input type="checkbox"/> Positive changes you could make in your life. |
| <b>28</b> <input type="checkbox"/> Changes you could make to your home to make you happier.  | <b>29</b> <input type="checkbox"/> People to spend more time with for happiness. | <b>30</b> <input type="checkbox"/> Whether the meaning of happiness changed this month. |   |   |   |  |