

Grow Your Happiness

For the next week, 3 times per day, pause & practice appreciating the small but beautiful moments in your life that bring you a sense of joy. Soak in the experience - notice how your body feels, connect with the physical sensations, & like a sponge let your whole being be absorbed by happiness. In the boxes below write the 3 moments you appreciate each day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

At the end of the week take time to journal. Reflect on what it was like to pause three times per day for an entire week, bringing your attention to the small but beautiful moments of daily living. How did this exercise shift your focus? What aspects of this practice, if any, will you continue to apply to your daily life?