

Happy Tracker

This is a table where you can go through each day or week to measure your happiness, 1 Not good at all to 10 Extremely happy

How Happy are you? 1– 10							
Have I had a good day? 1 Being bad to 10 extremely good							
Do I feel I accomplished anything this week or day ? 1 not at all 10 hell yeah							
Was this week productive and did I take enough breaks? 1 No I am shattered - 10 Absolutely							
Did I give myself enough credit and stopped criticizing myself? 1 no I felt I achieved and did nothing - 10 Yes I loved getting out of bed each day							
Did I practice any self care this week? 1 no too busy - 10 Yes and ready for the next day or week ahead.							