



# Happy Journal

A PURPOSE FOR LIVING

BELOW PUT YOUR NAME A SLOGAN FOR YOURSELF AND THE YEAR

|

| 2021

## What is the purpose of this Journal?

I have always had a Happy Journal where I document all the good things that have happened in my life and wanted to create printables for you to do the same. This is the second part of this.

- What makes you happy right now in this moment?
- What has made you happy in the past?
- What happy things do you want in the future?

## TEN THINGS THAT MAKE YOU HAPPY

So here I want you to list ten things that make you happy, and this can be TV programme, seeing certain family members, or exercising for example:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.