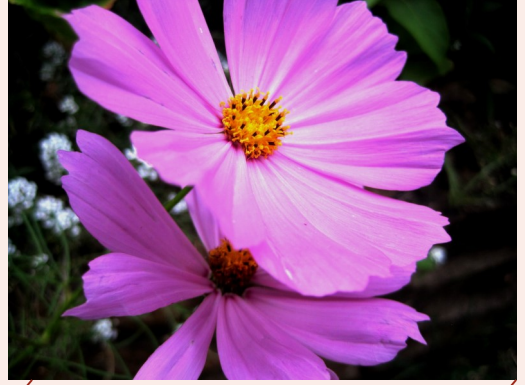


Notes for today

The Night before list for today:



My one goal for today:

What needs to be done today:

What will make me happy today?

Date: _____

How happy are you from 1 to 10?

1 Being not good at all

10 feel of top of the world

Date: _____

How happy are you from 1 to 10?

1 Being not good at all

10 feel of top of the world

Date: _____

How happy are you from 1 to 10?

1 Being not good at all

10 feel of top of the world

Date: _____

How happy are you from 1 to 10?

1 Being not good at all

10 feel of top of the world

What kinds of act of kindness can I do today

Date: __/__/__

Date: __/__/__

Date: __/__/__

Date: __/__/__

Date: __/__/__

6 ways to a better life



1. Goal setting and having targets each day, week, month and year
2. Daily self care routine
3. Learning a new skill and creating more challenges for yourself
4. Be present with yourself and practice affirmations and put into a notepad or on the wall and read them out each day
5. Try a new site a day that will give you positivity and happiness
6. Find another route. I love walking and discovering new places and shops so go and explore. You'd be amazed of what is there that you've never seen before