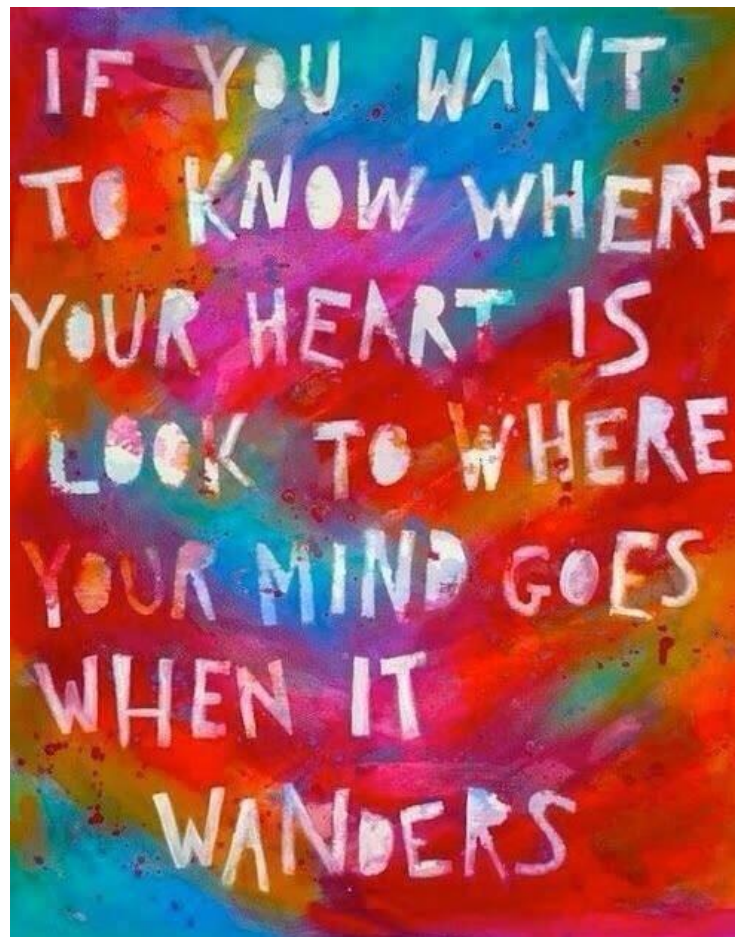




THE 21 DAY CHALLENGE

i think it's time to
be happy again.

- ✎ For 21 days you are to write down 3 things that you are grateful for or that make you happy, each item must be a new item
- ✎ For 21 days you are to do a random act of kindness (RAK) and write it down the following day
- ✎ For 21 days you are to spend at least 3 minutes alone with your thoughts, thinking, reflecting, daydreaming whatever you want to call it.... just calming your mind.
- ✎ For 21 days you are to recall and record a success you have achieved that day (something you did right, particularly if it was a struggle) think about how it felt and acknowledge your success the same way you would if it was a dear friend or someone you care for. Enjoy thinking about it, recall as much detail as you can. Linger in the feeling of how you felt achieving this success. Write it down.



MY 21 DAY HAPPINESS CHALLENGE

DAY 1



1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	
S	Write about one thing you did successfully today, recall the success and how it made you feel...



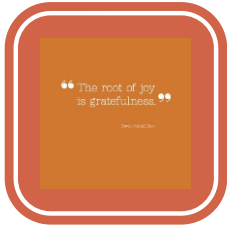
DAY 2

1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	



DAY 3

1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	
S	Write about one thing you did successfully today, recall the success and how it made you feel...



DAY 4

1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	
S	Write about one thing you did successfully today, recall the success and how it made you feel...



DAY 5

1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	
S	Write about one thing you did successfully today, recall the success and how it made you feel...

	DAY 6	
	1	
	2	
	3	
	P	Pressed the Pause Button for.....mins/secs
	RAK	
S	Write about one thing you did successfully today, recall the success and how it made you feel...	

DAY 7

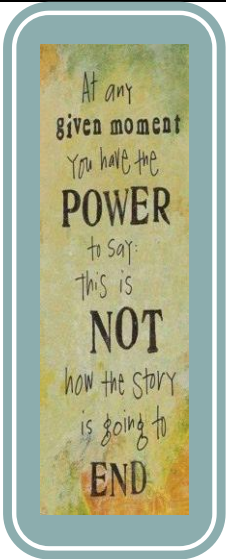


1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	

S	Write about one thing you did successfully today, recall the success and how it made you feel...
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CONGRATULATIONS ON COMPLETING WEEK 1

OBSERVATIONS / REFLECTION




DAY 8




1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	




	S	Write about one thing you did successfully today, recall the success and how it made you feel...
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DAY 9

	1	
	2	
	3	
	P	Pressed the Pause Button for.....mins/secs
	RAK	
	S	Write about one thing you did successfully today, recall the success and how it made you feel...

DAY 10

	1	
	2	
	3	
	P	Pressed the Pause Button for.....mins/secs
	RAK	
	S	Write about one thing you did successfully today, recall the success and how it made you feel...

	<p>DAY 11</p> <table border="1"> <tr><td>1</td><td></td></tr> <tr><td>2</td><td></td></tr> <tr><td>3</td><td></td></tr> <tr><td>P</td><td>Pressed the Pause Button for.....mins/secs</td></tr> <tr><td>RAK</td><td></td></tr> <tr><td>S</td><td>Write about one thing you did successfully today, recall the success and how it made you feel...</td></tr> </table>	1		2		3		P	Pressed the Pause Button for.....mins/secs	RAK		S	Write about one thing you did successfully today, recall the success and how it made you feel...
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3													
P	Pressed the Pause Button for.....mins/secs												
RAK													
S	Write about one thing you did successfully today, recall the success and how it made you feel...												
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3													
P	Pressed the Pause Button for.....mins/secs												
RAK													
S	Write about one thing you did successfully today, recall the success and how it made you feel...												
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2													
3													
P	Pressed the Pause Button for.....mins/secs												
RAK													
S	Write about one thing you did successfully today, recall the success and how it made you feel...												

DAY 14

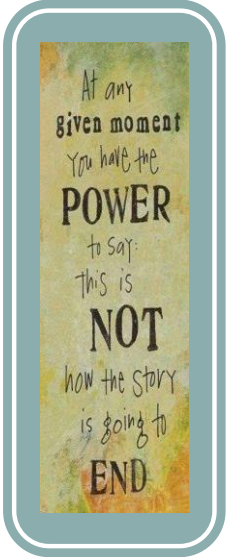


1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	

S	Write about one thing you did successfully today, recall the success and how it made you feel...
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CONGRATULATIONS ON COMPLETING WEEK 2

OBSERVATIONS / REFLECTION



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DAY 15



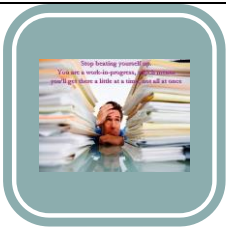
1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	
S	Write about one thing you did successfully today, recall the success and how it made you feel...

DAY 16



1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	
S	Write about one thing you did successfully today, recall the success and how it made you feel...

DAY 17



1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	

S	Write about one thing you did successfully today, recall the success and how it made you feel...
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DAY 18



1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	



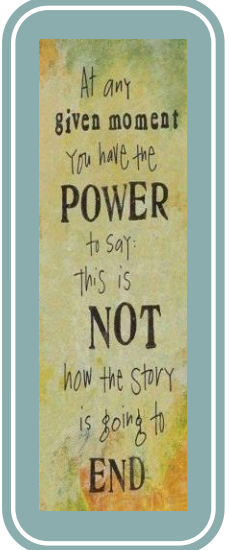
S	Write about one thing you did successfully today, recall the success and how it made you feel...
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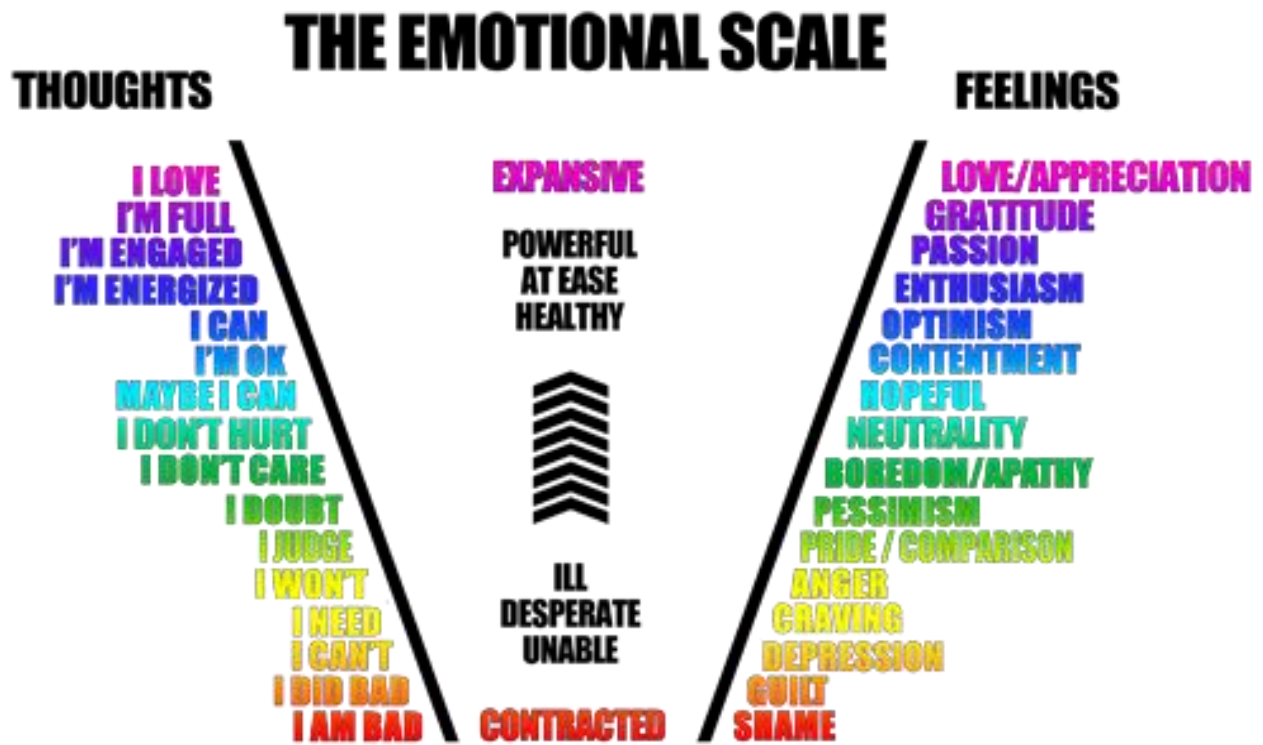
DAY 19



1	
2	
3	
P	Pressed the Pause Button for.....mins/secs
RAK	

S	Write about one thing you did successfully today, recall the success and how it made you feel...
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	<p>DAY 20</p> <table border="1"> <tr><td>1</td><td></td></tr> <tr><td>2</td><td></td></tr> <tr><td>3</td><td></td></tr> <tr><td>P</td><td>Pressed the Pause Button for.....mins/secs</td></tr> <tr><td>RAK</td><td></td></tr> <tr><td>S</td><td>Write about one thing you did successfully today, recall the success and how it made you feel...</td></tr> </table>	1		2		3		P	Pressed the Pause Button for.....mins/secs	RAK		S	Write about one thing you did successfully today, recall the success and how it made you feel...
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2													
3													
P	Pressed the Pause Button for.....mins/secs												
RAK													
S	Write about one thing you did successfully today, recall the success and how it made you feel...												
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S	Write about one thing you did successfully today, recall the success and how it made you feel...												
<p>CONGRATULATIONS ON COMPLETING WEEK THE 21 DAY CHALLENGE</p>	<p>OBSERVATIONS / REFLECTION</p>												
													



This is a notional scale and a work in progress. It is based on the work of David Hawkins, MD, PhD, Abraham-Hicks, Karla McClaren, Linda Kohanov and my personal experience.



“smiling during brief periods of [stress](#) may help reduce the body's stress response, regardless of whether the person actually feels happy or not.”

Once you make a decision,
the universe conspires to
make it happen



©Created for you by Jennifer Cruise, Life Coach & Mentor



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