

The Legacy Challenge

My Happiness Diary

Using the table below, write down something every day that that has made you feel good or happy. Also don't forget to attach it to your logbook as evidence!

Name:

| DAY | HAPPY THOUGHT OR ACTIVITY |
|-----------|---------------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |



Reading a book always makes me happy!

I always feel good when I have played sport!

