



*Finding
Happiness*

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Invitation

It is said that it takes 21 days to create a new habit. I would like to invite you to go on the journey to finding happiness.

Invite a friend to join you on this happiness journey. Life's challenges appear a lot easier with a friend.



Habits for Happiness

Exercise: Do something fun that gets your blood pumping

Gratitude: Write down 3 things you are grateful for and why

Meditate: Allow yourself to relax and breathe

Send love: Tell someone you love and appreciate them



Day 1

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 2

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Day 3

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Day 4

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Day 5

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 6

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Day 7

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Day 8

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Day 9

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 10

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 11

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 12

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 13

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 14

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 15

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 16

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Day 17

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 18

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 19

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?



Day 20

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Day 21

3 things you are grateful for

What fun activity did you do today?

Who did you send love to? Watch the response over time

What meditation did you do or what did you meditate on?

Reflection

Have you seen any changes in your happiness?

Do you physically feel better?

Are people treating you any different?

What meditation did you do or what did you meditate on?

Reflection

Can you see how fortunate you are?

Are you able to quiet your mind with more ease?

Do you find yourself different after these 21 days

Is there anything else you would like to note?

Habits for Happiness

Happiness doesn't have to end after
21 days.

What can do you
do to continue your
journey of
happiness?

Keep the story
going and keep
spreading the love
and joy to all
around you.

