

Happiness Habits Challenge - by *Happiness-Matters.coach*

How to use this Habit Tracker

- Fill in the boxes below when you complete one of the Happiness Habits each day - see how many you can build up over the 8 days...
- Add your Comments on whether the Habit is something you'll do after this 8-Day Habit Challenge is over
- Make additional notes to remind yourself about the Habits & the Tips, including more ideas on how you can bring them into your life every day
- Send this Workbook back to me to stand a chance to win a 2-hour exploration of your happiness in midlife - Email: julia@happiness-matters.org

	Habit #1	Habit #2	Habit #3	Habit #4	Habit #5	Habit #6	Habit #7	Habit #8	Comments
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									
Day 8									



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Happiness Habit #1: _____	Habit Tip #1: _____

Happiness Habit #2: _____	Habit Tip #2: _____



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Happiness Habit #3: _____	Habit Tip #3: _____

Happiness Habit #4: _____	Habit Tip #4: _____



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Happiness Habit #5: _____	Habit Tip #5: _____

Happiness Habit #6: _____	Habit Tip #6: _____



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Happiness Habit #7: _____	Habit Tip #7: _____

Happiness Habit #8: _____	Habit Tip #8: _____

