

Morning Journal

“Folks are usually about as happy as they make their minds up to be.”

- Abraham Lincoln

Date:

Today I woke up feeling....

What would I prefer to feel?

What are three small ways I could feel that way today?

- _____
 - _____
 - _____
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Happiness Focus for the Day FIND A NEW ANSWER EVERY DAY TO EACH QUESTION

1. What is one thing I have that many other people don't have, that I could feel grateful for?

2. What is one thing in my life that is working?

3. What is one simple pleasure in my day or life?

4. What is one thing that is very good or even wonderful in my life?

Morning Journal

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.”

- Roy T. Bennett

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"I felt once more how simple and frugal a thing is happiness: a glass of wine, a roast chestnut, a wretched little brazier, the sound of the sea. Nothing else."

- Nikos Kazantzakis, Zorba the Greek

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“Being happy isn't having everything in your life be perfect. ...It's about stringing together all the little things.”

- Ann Brashares

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“It is not easy to find happiness within yourself, but impossible to find it elsewhere.”

- Agnes Repplier

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“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”

- Denis Waitley

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1. *What is one thing I have that many other people don't have, that I could feel grateful for?*

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4. *What is one thing that is very good or even wonderful in my life?*

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“Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.”

- William Feather

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