

My Happiness Journal and coloring book



This book belongs to



About me



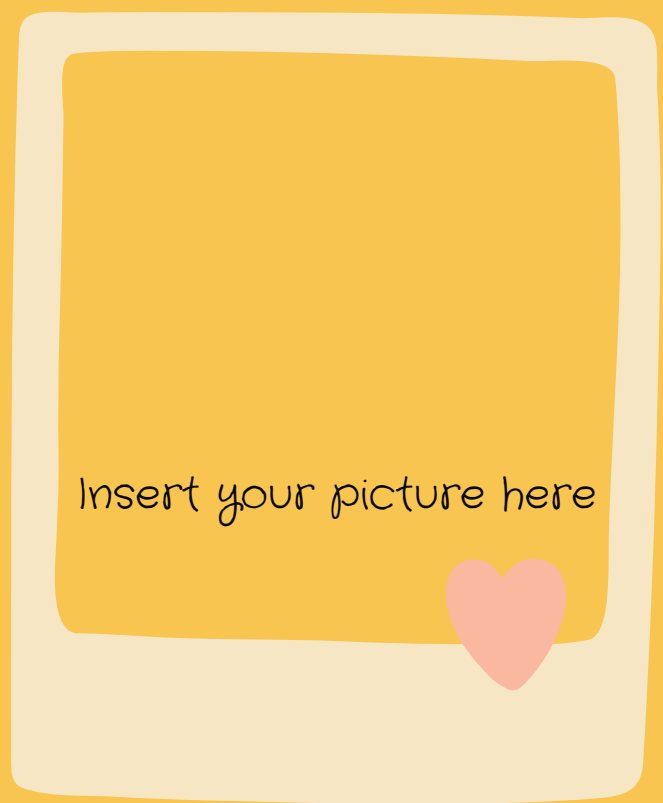
Name

Age

Bestie

I love

I hate



Just for today



I will not worry
I will not be angry
I will be truthful
I will be thankful
I will be kind
I will keep trying



DATE:

Today I'm grateful for



One happy thought
can change your whole day.



DATE:

Today I'm grateful for



Nothing is worth
more than
this day.

