



TRACK YOUR HAPPINESS & IMPACT

Grow Your Happiness

Happiness starts with one small act of giving. Do something kind, then follow your happiness from start to finish.

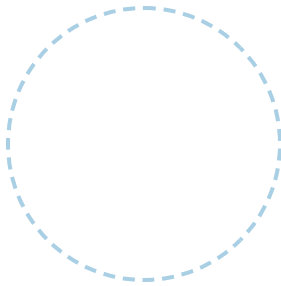
NAME _____

DATE _____

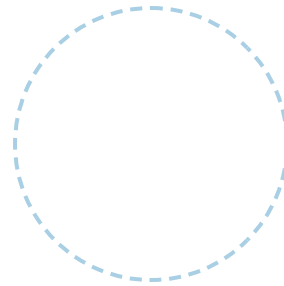
STEP 1 · MY ACT OF GIVING

It helped _____

STEP 2 · DRAW YOUR FACE BEFORE AND AFTER YOUR ACT OF GIVING



Me before



Me after

STEP 3 · COLOUR YOUR HAPPINESS METER: HOW HAPPY DID THIS MAKE YOU?

1	2	3	4	5	6	7	8	9	10
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A LITTLE HAPPY

BURSTING WITH HAPPY!

STEP 4 · THINK ABOUT IT

When I did my act of giving, the other person...

Tomorrow I want to try this small act of giving...



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One small act of giving all week long! Write each one down, then circle how happy it made you, and watch your happiness add up.

NAME _____

WEEK OF _____

How it works: do one small act of giving each day. Write it down, then circle your happiness from 1 (a little happy) to 5 (bursting with happy!).

MY ACT OF GIVING TODAY

CIRCLE YOUR HAPPINESS

MON

1 2 3 4 5

MY ACT OF GIVING TODAY

CIRCLE YOUR HAPPINESS

TUE

1 2 3 4 5

MY ACT OF GIVING TODAY

CIRCLE YOUR HAPPINESS

WED

1 2 3 4 5

MY ACT OF GIVING TODAY

CIRCLE YOUR HAPPINESS

THU

1 2 3 4 5

MY ACT OF GIVING TODAY

CIRCLE YOUR HAPPINESS

FRI

1 2 3 4 5

LOOK BACK AT YOUR WEEK

My happiest act of giving this week was... and here's why:



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Every act of giving changes two people, you and them. Measure your happiness on one side and your impact on the other.

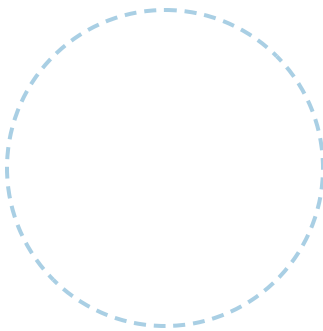
NAME _____

DATE _____

MY ACT OF GIVING · WHAT I DID

My Happiness

HOW GIVING CHANGED ME



Draw how you felt after your act of giving

1	2	3	4	5
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A LITTLE

BURSTING!

One word for my feeling:

My happiness grew because...

My Impact

HOW GIVING CHANGED THEM

My act of giving helped...

How do you know it helped? Check all you saw:

- ☐ They smiled
- ☐ They said thank you
- ☐ They felt better
- ☐ They passed the kindness on

What changed because of my act of giving:

KEEP IT GOING

To grow my happiness tomorrow, my next act of giving will be _____