



TRACK YOUR HAPPINESS & IMPACT

Grow Your Happiness

Every small act of giving changes two people: you and the receiver. Measure your happiness on one side and your impact on the other.

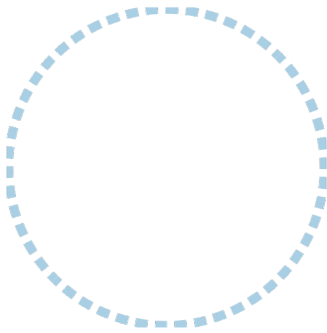
NAME _____

DATE _____

MY ACT OF GIVING · WHAT I DID

My Happiness

HOW MY ACTION CHANGED ME



Draw how you felt after your 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 MY ACTION CHANGED THEM

My small 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 positive action:

KEEP IT GOING

To grow my happiness tomorrow, my next give will be _____