



TRACK YOUR HAPPINESS & IMPACT

My Reflection Journal

Every small act of giving changes you a little. Compare how you felt before and after.

NAME _____

DATE _____

MY SMALL ACT OF GIVING · WHAT I DID TODAY

Before

HOW I STARTED

One word for how I felt:

I was thinking about...

My happiness was...

1	2	3	4	5
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A LITTLE

BURSTING!

After

HOW I FINISHED

One word for how I felt:

Now I'm thinking about...

My happiness was...

1	2	3	4	5
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A LITTLE

BURSTING!

LOOK CLOSER · WHAT CHANGED INSIDE ME, AND WHY?

KEEP IT GOING

Tomorrow, I want to feel this way again, so I will _____

