



TRACK YOUR HAPPINESS & IMPACT

# My Reflection Journal

Finish each sentence to tell the story of your act of giving, from what you did to what you'll remember.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

**CHECK IN** · CIRCLE A WORD FOR HOW YOU FEEL RIGHT NOW

Happy

Proud

Calm

Excited

Surprised

Today my act of giving was ...

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When I did my act of giving, I felt ...

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**DRAW THE MOMENT**

A large rectangular area with a dashed blue border, intended for drawing the moment of the act of giving.

My act of giving mattered because ...

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One thing I want to remember about today ...

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TRACK YOUR HAPPINESS & IMPACT

# My Reflection Journal

Every act of giving changes you a little. Compare how you felt before and after, and find what changed inside.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## MY ACT OF GIVING · WHAT I DID TODAY

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### Before my act of giving

#### HOW I STARTED

One word for how I felt:

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I was thinking about...

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My happiness was...

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

A LITTLE

BURSTING!

### After my act of giving

#### HOW I FINISHED

One word for how I felt:

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Now I'm thinking about...

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My happiness was...

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

A LITTLE

BURSTING!

## LOOK CLOSER · WHAT CHANGED INSIDE ME, AND WHY?

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## KEEP IT GOING

Tomorrow, I want to feel this way again, so I will \_\_\_\_\_



**Pick one idea from the jar, or follow your own thoughts, and write about your act of giving in your own words.**

DATE \_\_\_\_\_

☐ Write a letter to the person (or planet!) you helped.

**TITLE MY ENTRY** \_\_\_\_\_

## 5

## BURSTING!