



The Doubler Journal



NAME:

This journal is provided for you to personalize your happiness journey!

Retraining your brain for more happiness optimism and resilience is an exciting journey.

No matter which happiness habit you are practicing, your practice makes it more real for your brain.

Please feel free to draw or attach your pictures or notes inside or any other items that help you personalize your experience!



HAPPINESS IS A CHOICE

Each day of the week should be spent working on writing down something good that happened to you that day.

Pause to take note of something good that happened to you, or that you accomplished that day or day before.

Doing so will allow your brain to recall the same feelings you felt during the event.



The Doubler:

Write down your
full experience
Emotions, thoughts,
and more!

Double Up on Fun Time
by Writing about it!

Think
positive!



Monday:

___ / ___ / ___

Tuesday:

___ / ___ / ___

Wednesday:

___ / ___ / ___

Thursday:

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Friday:

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Saturday:

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Sunday:

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Your Personal Happiness Wall

