



# 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:

\_\_\_ / \_\_\_ / \_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





# Friday:

 /  / 

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Saturday:

    /     /    

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Sunday:

_	/	_	/	_
---	---	---	---	---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# The Doubler:

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

Double Up on Fun Time  
by writing about it!

Think  
positive!





Tuesday:

\_\_\_ / \_\_\_ / \_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Wednesday:

\_\_\_ / \_\_\_ / \_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Thursday:

\_\_\_ / \_\_\_ / \_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





Saturday:

\_\_\_ / \_\_\_ / \_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Sunday:

\_\_ / \_\_ / \_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 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:

___	/	___	/	___
-----	---	-----	---	-----

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





Friday:

\_\_\_ / \_\_\_ / \_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Saturday:

\_\_ / \_\_ / \_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Sunday:

   /    /   

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Your Personal Happiness Wall

