



MY GOAL

"THE HAPPINESS PROJECT"

By Gretchen Rubin - A one year journey to happiness and fun.

RESOURCES: Purchase '[The Happiness Project](#)' by Gretchen Rubin

SUGGESTED GOAL PAIRINGS: Daily Meditation - Social Media Fast - Weekly Mentoring Sessions

PROGRESS: For each of the 12 chapters in the book you read, color in a box.

THE HAPPINESS PROJECT CHAPTERS

CHAPTER 1	CHAPTER 2	CHAPTER 3	CHAPTER 4
CHAPTER 5	CHAPTER 6	CHAPTER 7	CHAPTER 8
CHAPTER 9	CHAPTER 10	CHAPTER 11	CHAPTER 12