

# 21-Day **happier** Challenge Practice Checklist

Use this checklist to acknowledge when you've tried a practice and write any reminders to yourself about it. For example, do you want to incorporate it into your daily or weekly Happier Practice? Do you want to rewatch a video and try it again? Or, do you want to modify this practice in a way that works better for you or maybe even skip it altogether?

## Week 1: Happier You

Happier Skill	Practice	I did it!	Thoughts and notes about this practice
Gratitude	I'm happier now because...		
Acceptance	Embrace Your Stress		
Kindness	The Power of a Compliment		
Meaning	Meaningful Progress		
Self-care	Savor It		
Culmination	The 5-Minute Happier Workout		
Gratitude	Noticing Beauty		

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## Week 2: Happier Relationships

Happier Skill	Practice	I did it!	Thoughts and notes about this practice
Gratitude	Sharing Gratitude		
Acceptance	It's OK to Be Not OK		
Kindness	\$5 for Kindness		
Meaning	The Why Interview		
Self-care	A Tiny Tradition		
Culmination	Digital Holiday		
Gratitude	Gratitude in a Jar		

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## Week 3: Happier at Work

Happer Skill	Practice	I did it!	Thoughts and notes about this practice
Gratitude	Gratitude Antidote		
Acceptance	The Lens of Compassion		
Kindness	Sticky Note Challenge		
Meaning	What's Your Why?		
Self-care	Happier Reset		
Meaning	The Most Awesome Job in the World		
Kindness	Compliment Tag		