

# THE 21 DAYS HAPPINESS EXPERIMENT Template

1 - Three new things I'm grateful for today

2 - Journal about one positive experience each day

3 - Exercise: my behavior matters

4 - Meditation helps the brain focus

5 - One Conscious act of kindness

NurturebodyandSoul.com

# Nurture body and soul

## The 21 Days Happiness Experiment

(Inspired by Shawn Achor)

1 - Three new things I'm grateful for today

2 - Journal about one positive experience each day

3 - Exercise: my behavior matters

4 - Meditation helps the brain focus

5 - One Conscious act of kindness

# Nurture body and soul

**Day 1**

**Date:**

1 - Three new things I'm grateful for today

**a.**

---

**b.**

---

**c.**

---

2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 2

Date:

1 - Three new things I'm grateful for today

a.

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b.

---

c.

---

2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 3

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 4

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 5

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 6

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 7

Date:

1 - Three new things I'm grateful for today

a.

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b.

---

c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 8

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 9

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 10

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 11

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 12

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 13

Date:

1 - Three new things I'm grateful for today

a.

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b.

---

c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 14

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 15

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 16

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 17

Date:

1 - Three new things I'm grateful for today

a.

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b.

---

c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 18

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 19

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 20

Date:

1 - Three new things I'm grateful for today

a.

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b.

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c.

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2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness

# Nurture body and soul

Day 21

Date:

1 - Three new things I'm grateful for today

a.

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b.

---

c.

---

2 - Journal about one positive experience each day

3 - Exercise duration

4 - Meditation duration

5 - One Conscious act of kindness