

# One-Minute Happiness Diary (30 Days)

-----

There are **1440 minutes a day**. If you can take 1 minute to record something that makes you happy per day, you will have 30 happy memories in a month. These are the moments that will give you positive thinking to support you in good or difficult times. It can be as simple as having a nice dessert, a call to your parents, helping others, starting a yoga practice, resuming an interest, smiling to a kid, getting a good sleep. *SMALL LITTLE THINGS CAN HAVE A BIG IMPACT!*

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30