

Day/date	Activity: each day try to record one small achievement; one small moment of pleasure; and one moment of significant personal connection
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection:
	Achievement: Pleasure: Connection: