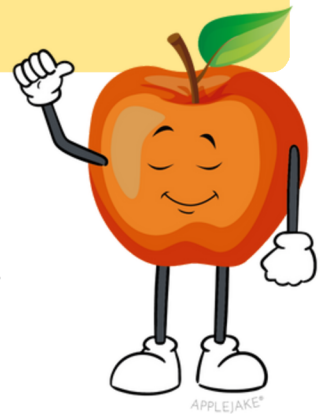


# MY DAILY CHECK-IN: REFLECTION FOR A HAPPY LIFE

Think of someone who made you smile and write about why they made you happy. It could be a family member, friend, or even a stranger.



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Think about three special moments you want to remember forever. Write them down and reflect on why they're important to you