



# DAILY HAPPINESS JOURNAL\*

## DESCRIPTION

There is a science to happiness, and you can learn it. If we are happy, we become more successful in almost every area of our lives, and that includes fundraising. Your mood sets the tone for the asking conversation, so if you are happy, you will get more gifts!

Create your own happiness journal. Every day note something for which you are grateful. Whether you are fundraising or not, doing this daily will increase your overall happiness quotient.

ACTIVITY	DESCRIPTION
I am grateful for this:	
I found this meaningful:	
My random act of kindness was:	
My 15-minute exercise was:	
I meditated today. List any reflections or insights.	



\*From the book, *Nonprofit Hero, Five Easy Steps to Successful Board Fundraising* © 2020  
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