

# Happiness Journals

Complete the three steps to earn your happiness [patch](#).

1. **Design your journal:** Grab a notebook or even make your own. Then design it however you want.
2. **Record your feelings:** Watch the attached video to learn about what to record in your journal.
3. **Keep it up:** Now that you know what to record in your journal log it all for at least two weeks. See if you feel any better after the two weeks. Encourage your family to do it too!