

Going with the good - 4th quarter holiday joy assignment log.

Date	Assignment #3	Describe what you did	Insights/Notes/Thoughts	How much joy did this give you on a scale of 1-10 with 10 being top joy
Monday, November 19 Thanksgiving	Find a reason to smile. Be sure to have a look at the Week #2 message for more insight on finding a reason to smile.			