

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

Date	Assignment #8	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, December 24	Look back at the #1, top good things you've tracked over the past 8 weeks...what do they tell you about the good things that show up in your life, what you truly appreciate and enjoy and what actually makes you happy? Pick 5 of those things and as you head into this holiday week and do whatever you need to do to manufacture those 5 things or find them.			