

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

Date	Assignment #1	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 5	<p>We get an insane amount of happiness by making someone else feel good. Sometime this week, surprise someone with a love note, a free pass on doing the dishes or some other chore, taking care of something they have been asking you to do, asking them to tell you about how they are still like the little kid they used to be, making them an acrostic using the letters of their name to list out a few of their great qualities, or anything else you can think of that will delight someone you care about.</p> <p>*acrostic dictionary of positive words</p>			