**Day 15**

**Day 16**

**Day 17**

**Day 18**

**Day 19**

**Day 20**

**Day 21**

# Heartstrings Journal

*A Valley Charities Thrift Store*

## What brought you joy today?

Take 5 minutes to write down 3 good things that happened today. Things you did that were helpful. Acts of Kindness you did or saw. Write in your journal for 21 days. Be mindful, be grateful and be kind.

**See what joy this will bring.**

**Day 1**

**Day 2**

**Day 3**

**Day 4**

**Day 5**

**Day 6**

**Day 7**

**Day 8**

**Day 9**

**Day 10**

**Day 11**

**Day 12**

**Day 13**

**Day 14**