



# Glückstagebuch für Eilige

Was war heute schön?

Schreib`s auf, jeden Abend,  
mindestens zehn Tage am Stück.

Schau, was sich verändert.

Was habe ich erlebt? (Situation beschreiben)	Wie habe ich mich dabei gefühlt? (Gefühl wahrnehmen)	Glücksempfinden (von 1-10 einschätzen)
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