



21 Days of Tapping to Embrace Happiness - Happiness Pact

Date: _____

*I, _____, do solemnly commit to
explore, nurture, heal, expand and embrace my
own Happiness.*

*Over the next 21 days I will dedicate _____
minutes daily to tap, journal, reflect on and
exercise my Happiness Levels.*

*I recognize that I will probably experience
resistance, uncomfortable emotions and limiting
beliefs, so I commit to taking care of myself and
taking full responsibility for my own well-being.*

Signed: