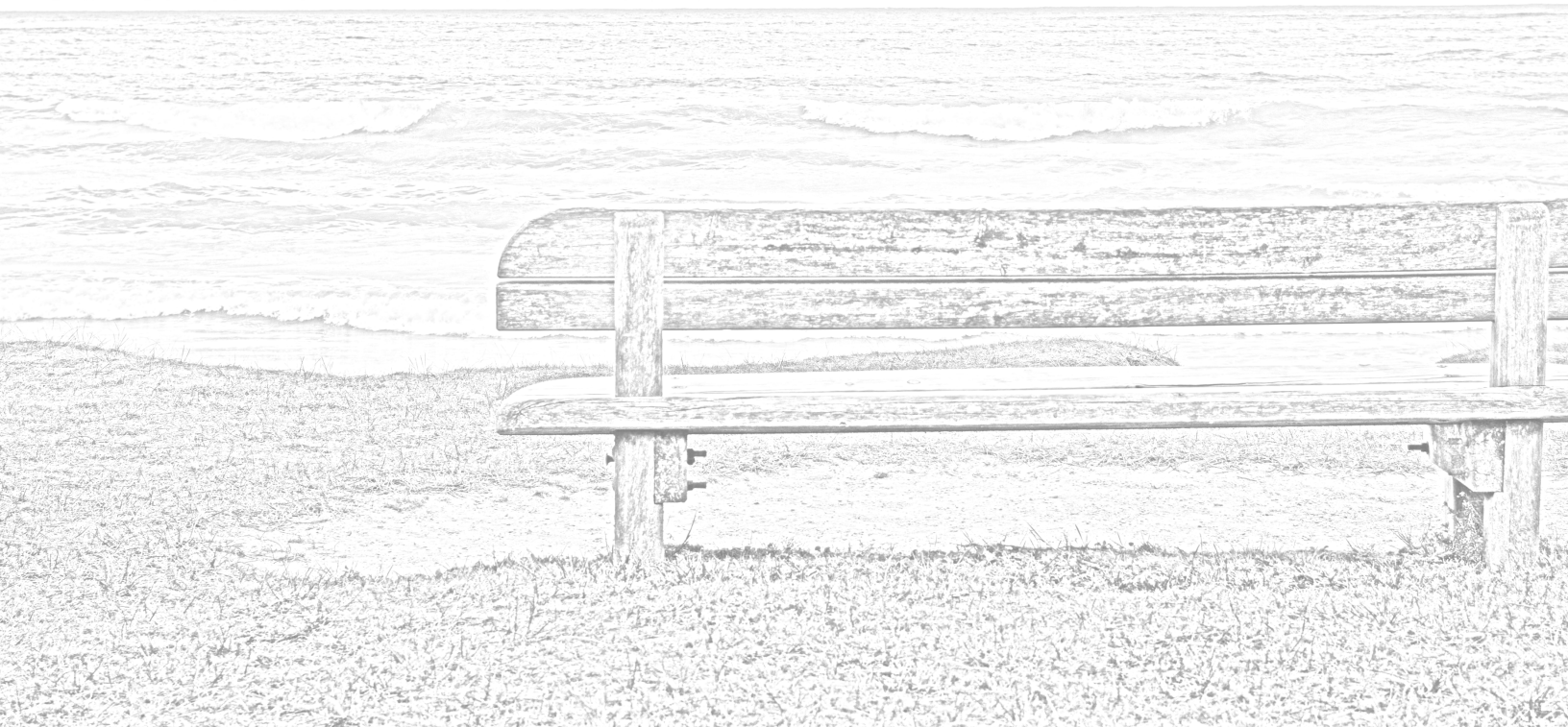


# Engaged Living

7-day journal

By Ram Mahalingam





## Day 2:

DS/DP Observations:

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Briefly write the acts of kindness you have noticed in the past seven days.

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## Day 3:

DS/DP Observations:

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Briefly write about the expressions of happiness or joy you noticed in the past seven days.

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