

Directions: Choose two “critical friends” that you will work with during the duration of this project. With these friends complete the progress check form below and brainstorm possible ways to assist each other in meeting each of the six practices mentioned in the film *Happy*. The friends you choose for this assignment will remain your “critical friends” throughout the project.

Name of critical friend #1 _____

Name of critical friend #2 _____

Briefly describe with your critical friends and record your current progress in each of the six areas of practice of your project. Include what you have completed and/or what you plan to do, or could do, to fulfill the practice requirement. Also indicate what evidence you have collected to show you have met this practice. If you are uncertain of how to fulfill these areas, utilize your “critical friend(s)” to brainstorm possible ideas. Have each of your critical friends initial your paper when you have discussed each of the six practices.

1. Expressing Your Gratitude:

Critical Friend #1 _____

Critical Friend #2 _____

Description of Progress and Future Plans:

Evidence You Have Gathered or Plan to Gather:

2. Doing Something Kind:

Critical Friend #1 _____

Critical Friend #2 _____

Description of Progress and Future Plans:

Evidence You Have Gathered or Plan to Gather:

3. Connecting to Your Community:

Critical Friend #1 _____

Critical Friend #2 _____

Description of Progress and Future Plans:

Evidence You Have Gathered or Plan to Gather:

4. Playing:

Critical Friend #1 _____

Critical Friend #2 _____

Description of Progress and Future Plans:

Evidence You Have Gathered or Plan to Gather:

5. Getting in the Flow:

Critical Friend #1 _____

Critical Friend #2 _____

Description of Progress and Future Plans:

Evidence You Have Gathered or Plan to Gather:

6. Trying Something New:

Critical Friend #1 _____

Critical Friend #2 _____

Description of Progress and Future Plans:

Evidence You Have Gathered or Plan to Gather:
