Believe & Create's

Happiness Journal

30 Journal Prompts to Help You Experience More Joy in Your Life

Plus Happiness Affirmations to Keep the Positivity Flowing!

Introduction

Hi! I'm so happy you grabbed this journaling guide and I hope it will bring joy to your life.

I've found — and positive psychology experts agree — if you want to experience more joy in your life, then you need to make sure you focus your mind on thoughts that lift you up instead of those that bring you down. Journaling is proven to be a wonderful way to elevate your life by being more deliberate about your thinking habits.

Spending just five to fifteen minutes a day is all it takes to start rewiring your brain for happiness.

You'll find 30 journal prompts here to help you begin the process of expanding happiness in your life. I've provided a variety of journal prompt formats —I did that to make the journaling process more interesting and enjoyable for you.

You'll also find a list of joy-enhancing affirmations here that you can start reciting to further increase the happiness you experience every day in your life.

You can do the journaling exercises provided here online, on a notebook, or perhaps you would prefer to buy yourself a beautiful journal to write in to further inspire you throughout this journey. There's really no wrong way to journal.

For maximum impact, I recommend doing one journal prompt a day for 30 days, though you can work at your own pace, whether that be all at once or just a few journal entries a week. What's most important is that you do the journaling; that's where the happiness-boosting magic happens.

Wishing much joy on your journaling adventure!

J. Marie Novak, Founder Believe And Create

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Journal Prompts

Fill-in-the-Blank Prompts

Note that you can easily repeat these multiple times with different people or different memories.

1. The thing I LOVE most about _____[name] is he or she _____

2. One of my favorite memories from weekends when I was growing up was _____

3. I look forward to _____ each year, because _____

4. One of my favorite memories of my mom is _____

5. One of my favorite memories of my dad is _____

6. When I think of good friends in my life, I think about _____[name] because
_____

7. One of my favorite memories of _____ _____[choose a grandparent, aunt or uncle, sibling, or child] is
_____

8. When I think about happy days spent at work, I think about
_____

9. One of the accomplishments in my life I'm most proud of is
_____ Because
_____

10. One of the most favorite objects I've ever owned is/was
_____ Because
_____

11. My favorite way of spending a rainy or snowy afternoon is
_____

12. When I want to treat myself to a little extra tender loving care, I love to
_____

List 5 Things Prompts

Make a list and then expound upon why you added these items to your list and why they bring you joy. Think about who you've shared experiences with, or when you first encountered the item mentioned in the prompt. Write about the emotions and feelings that arise as you reflect on your 5 choices.

13. List 5 things that you enjoy doing on the weekend.
14. List 5 books that made you laugh or touched your life in some way.
15. List your 5 favorite movies or television shows (or both).
16. List your 5 favorite foods (I know this one's tough to keep to 5 … keep going if you'd like!).
17. List 5 activities you enjoy the most.
18. List 5 very happiest days in your life..
19. List 5 happy childhood memories.
20. List 5 happy memories from the past year.
21. List 5 songs that make you smile every time you hear them.
22. List 5 things you like about yourself.

"Think Of" Prompts with Follow-Up Questions

Once again, these prompts can be done over and over again. So don't fret if you can't choose just one instance to remember; just work through these prompts multiple times so you recount all the happy experiences you recall.

23. Think of a day in your life when you were filled with joy. What was going on? Who was there with you? What were you doing?

24. Think of a really nice thing someone once said to you. Who said it? What was said? How did it make you feel?

25. Think of a few times in the past year when you laughed and truly enjoyed yourself. What was happening? Who was there?

26. Think of a vacation or an adventure you went on that you truly enjoyed (you may choose to focus on a specific time or experience during that vacation). Who was with you? Where were you? What were you doing that brought you such joy?

27. Think of a specific dinner spent with a family or friend(s) that stands out as a happy memory. Who was there? Why does that simple event stand out in your memory? Does it remind you of even more simpler times that have brought joy to your life?

28. Think of something you worked towards getting or achieving for a very long time (could be an object such as a house or car, or a college degree, or something else you really wanted that wasn't easy to get). Think about what it felt like when you finally got what you wanted. What were you thinking? What were you feeling?

29. Think about your favorite activities when you were a kid, such as hobbies or games you played. Now think about what hobbies, games, or activities you can bring into your life now to add more joy to your life.

30. Think about the people, things, and experiences you're most grateful for in life. What or who are they? What do they mean to you?

Happiness Affirmations

The journal prompts you've just reviewed got you thinking about times in your life and people in your life that make you happy. These types of prompts are terrific for reminding you that there's a lot in life to be happy about.

Some of the journal prompts provided here were focused on memories — things in the past that have come and gone. Hopefully, recounting memories sparked some ideas for what you can do going forward to experience even more happy times with the family and friends you love.

Another thing you can do to bring more happiness into the present is to deliberately feed your mind positive thoughts. When you make a choice to think more joyful thoughts, your whole energy changes. Your mood lifts. Your attitude shifts. And, people around you feel your positive vibes and will respond more positively towards you. Bottom-line, you'll feel happier every day.

That's why as a bonus, I'm including a handful of affirmations you can start reciting to help you switch from low or negative energy to higher, happier energy. Bring these affirmations into your heart, and recite them with great love and feeling and they'll do more than you can imagine to inspire you to live more joyfully every day.

Affirmations

I choose joy, right here and right now.

Life is filled with joy; my cup overflows.

I live in a beautiful world and I drink in that beauty every day.

I am a happy person.

I release thoughts of worry and anxiety and embrace thoughts of joy, peace, and harmony.

All is well in my world.

I feel joy rising within me.

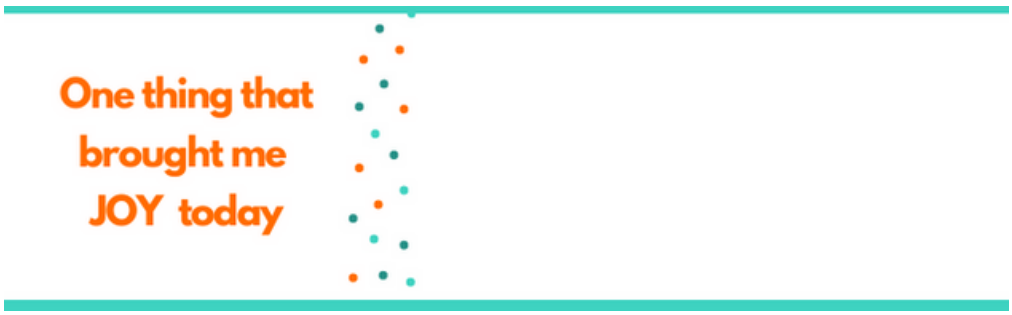
I'm grateful for the many, many blessings in my life.

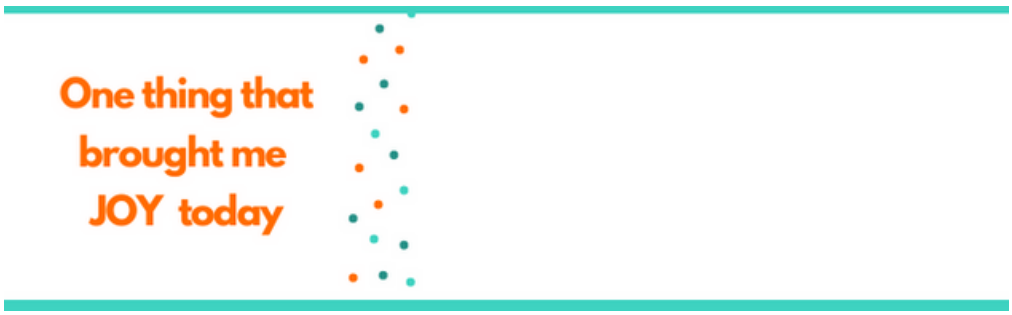
My heart is filled with kindness and compassion and I extend love to all I encounter today.

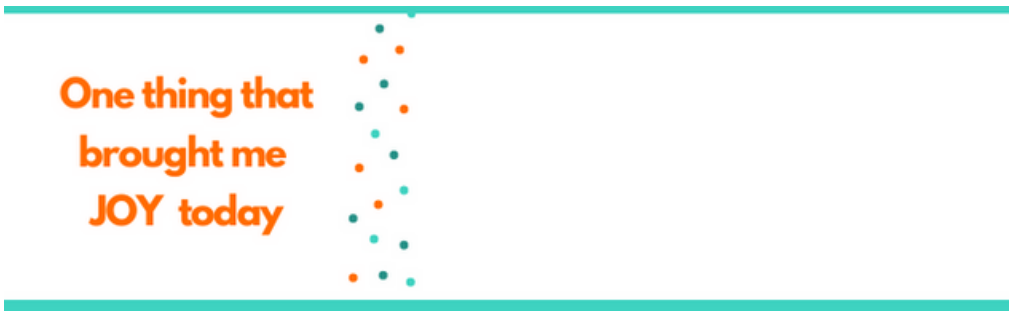
Happiness is my birthright and I choose joy now.

Create a Happiness Jar

Want to do even MORE to add joy to your life? Create a happiness jar! Every day before you go to sleep write down at least one thing that brought you joy that day (I've provided print-outs below that you can use). Then, from time to time, take a look at your notes in your Happiness Jar. It will remind you of how much happiness there is in your life and is sure to give you a lift when you need it most







Be Even Happier – Learn Even More

Want to learn more about how to be happier and maintain a positive mindset? Check out these popular posts on BelieveAndCreate.com

Self-Love Lessons: Steps to a More Loving Relationship with Yourself

The 5 Best Books on Happiness Ever Written (For Real!)

How to Be Happier Right Now (Hint: It's Not What You Think)

Setting Priorities for Personal Happiness & Professional Success

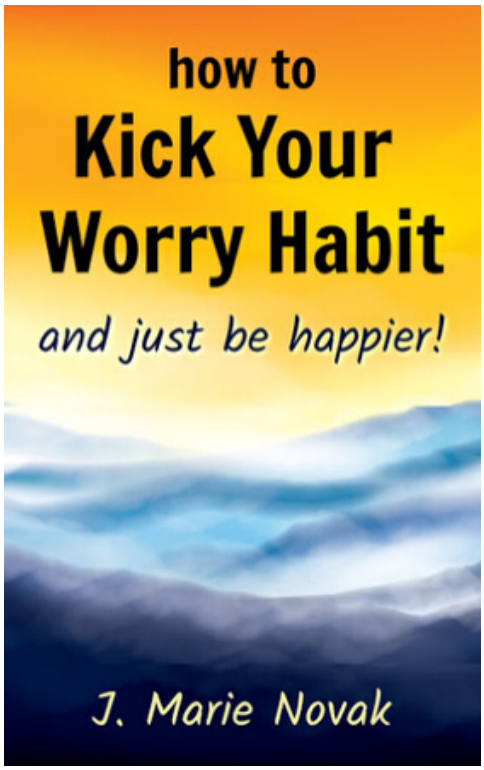
62 Self-Limiting Beliefs that Block Happiness & Success

5 Easy Mindfulness Exercises

21 "Be Happy" Gifts: Best Happiness-Themed Gift Ideas

How Your Thinking Could Be Making You Unhappy

9 Ways to Stay Positive in Negative Situations

Ebooks Available on Amazon

by Believe And Create Founder, J. Marie Novak