journal prompts to cultivate happiness

create a life you love

INSTRUCTIONS

1. SIT IN A QUIET SPACE TO FOCUS
2. THERE IS NO "RIGHT" OR "WRONG" WAY TO ANSWER
3. GIVE YOURSELF 5-10 MINUTES TO ANSWER
4. READ OVER YOUR ANSWERS, PAUSE, AND ADD ANY NEW THOUGHTS THAT COME TO MIND

1. HOW DO YOU DEFINE HAPPINESS? WHAT DOES IT MEAN TO YOU?

2. DESCRIBE A MOMENT WHERE YOU FELT HAPPY. HOW DID YOU FEEL? WHAT WERE THE PHYSICAL SENSATIONS? WHAT WAS HAPPENING? WHY DID YOU FEEL HAPPY IN THAT MOMENT?

3. DESCRIBE A MOMENT OF HAPPINESS THAT YOU EXPERIENCED WITH SOMEONE. DESCRIBE THE SITUATION, THE SETTING, AND HOW YOU FELT.

4. WHEN YOU FEEL HAPPY, HOW DO YOU EXPRESS IT IN YOUR BODY? IN YOUR FACE? DO YOU SMILE? DO YOU LAUGH? DESCRIBE THE PHYSICAL SENSATIONS IN YOUR BODY, SO THAT YOU CAN BE MORE AWARE OF IT EVERY TIME YOU EXPERIENCE IT.

5. WHO'S SOMEONE THAT YOU WOULD DEFINE AS "HAPPY"? WHY DO YOU THINK THEY'RE HAPPY? WHAT CAN YOU LEARN FROM HOW THEY LIVE THEIR LIVES TO BE HAPPY?

6. DESCRIBE A MOMENT OF HAPPINESS IN YOUR CHILDHOOD. WHAT HAPPENED? WHO WAS THERE? HOW DID YOU FEEL? WHAT MADE YOU FEEL HAPPY IN THAT MOMENT?

7. WHAT ARE 5 THINGS IN YOUR LIFE RIGHT NOW, THAT MAKE YOU HAPPY? EXPLAIN IN DETAIL WHY THEY MAKE YOU FEEL HAPPY.

8. DESCRIBE A TIME WHERE YOU MADE SOMEONE HAPPY. WHAT DID YOU DO? HOW DID THEY EXPRESS THEIR HAPPINESS?

9. DESCRIBE 5 SMALL MOMENTS OF HAPPINESS YOU EXPERIENCED IN THE LAST FEW DAYS - WERE YOU HAVING A NICE CUP OF COFFEE? DID YOU GO FOR A WALK IN NATURE? DID YOU SHARE A SPECIAL MOMENT WITH SOMEONE? DESCRIBE THESE MOMENTS IN AS MUCH DETAIL AS POSSIBLE.

10. WHAT'S ONE HABIT THAT MAKES YOU FEEL HAPPY? DO YOU PRACTICE THIS HABIT CONSISTENTLY, WHETHER ON A DAILY OR WEEKLY BASIS? WHAT CAN YOU DO TO MAKE SURE THAT YOU CAN PRACTICE THIS HABIT REGULARLY?

11. WHAT'S ONE HABIT THAT MAKES YOU HAPPY, BUT THAT YOU DON'T PRACTICE ENOUGH? WHAT'S ONE STEP THAT YOU CAN TAKE TODAY TO CULTIVATE THIS HABIT ON A CONSISTENT BASIS?

12. WOULD YOU CONSIDER YOURSELF A HAPPY OR UNHAPPY PERSON? EXPLAIN YOUR ANSWER.

13. WHAT'S ONE THING IN YOUR LIFE THAT HAS CONSISTENTLY MADE YOU HAPPY, WHETHER IT'S SOMETHING YOU'VE DONE FOR YOURSELF, OR A HABIT THAT YOU PRACTICE?

14. IN 5 WORDS, DESCRIBE WHAT HAPPINESS MEANS TO YOU.

15. IS THERE A STORY THAT YOU'VE HEARD ABOUT HAPPINESS THAT RESONATED WITH YOU? WRITE DOWN THE STORY. WHAT RESONATED THE MOST WITH YOU ABOUT THIS STORY? WHAT INSPIRED YOU? WHAT CAN YOU LEARN FROM IT?

16. DESCRIBE A TIME IN YOUR LIFE OR A MOMENT WHERE YOU FELT UNHAPPY. WHAT WAS HAPPENING? WHY WERE YOU UNHAPPY? WHAT CAN YOU LEARN FROM IT?

17. HOW DO YOU EXPRESS YOUR HAPPINESS OUTWARDLY? AND HOW DO YOU EXPERIENCE HAPPINESS INWARDLY? WHEN YOU'RE HAPPY, HOW DO YOU SHOW IT - DO YOU SMILE, LAUGH? DO YOU FEEL LIKE DANCING? DO YOU FEEL "LIGHTER"? AND HOW DO YOU FEEL ON THE INSIDE - DO YOU FEEL CONTENT, LIKE NOTHING CAN BOTHER YOU? DESCRIBE THOSE FEELINGS AND SENSATIONS SO THAT YOU CAN HAVE A BETTER UNDERSTANDING OF HOW YOU EXPERIENCE HAPPINESS, SO THAT YOU CAN CULTIVATE IT EVEN MORE IN YOUR LIFE.

18. DESCRIBE A HAPPY MOMENT YOU WITNESSED IN SOMEONE ELSE. WHAT WERE THE CIRCUMSTANCES? HOW DID THE PERSON SEEM TO BE? HOW DID THEY SHOW THEIR HAPPINESS? HOW DID YOU FEEL FOR THEM? WHAT CAN YOU LEARN FROM THE SITUATION?

19. WHAT'S SOMETHING THAT YOU USED TO DO AS A CHILD THAT MADE YOU HAPPY? (I.E. BIKING, RUNNING, PLAYING IN NATURE, HAVING A HOBBY) HOW CAN YOU BRING THAT BACK INTO YOUR LIFE? WHAT CAN YOU PUT INTO PLACE TO DO THIS MORE OFTEN?

20. TAKE A DEEP BREATH, AND RATE YOUR LEVEL OF HAPPINESS ON A SCALE OF 0 TO 10 (0 : YOU'RE UNHAPPY, 5 : YOU'RE NEITHER UNHAPPY OR HAPPY, 10 : YOU'RE EXCEPTIONALLY HAPPY RIGHT NOW).
WHAT ARE THE THINGS THAT ARE MAKING YOU UNHAPPY? WHAT ARE THE THINGS THAT ARE MAKING YOU HAPPY? IS THERE ANYTHING OF THE "UNHAPPY" LIST THAT YOU CAN CHANGE? IF YES, WHAT CAN YOU CHANGE? (AND MAKE SURE TO DO IT!) AND IF YOU CAN'T CHANGE IT, WHAT CAN YOU DO TO LET GO OF THE EMOTIONS ASSOCIATED TO IT. FROM THE "HAPPY" LIST, WHAT ARE SOME THINGS YOU CAN FOCUS ON AND EXPAND YOUR FEELINGS OF HAPPINESS?