



a simple guide to
journaling

TO LIVE A LIFE YOU LOVE



welcome

Hello, my lovely!

I'm so excited that you are embarking on this journey to create a happier and more meaningful life.

And that starts with cultivating intentional and mindfulness habits, such as journaling.

Grab your favourite pen, a cozy blanket, and let's get started.



what is journaling

A quick overview of journaling.

lesson
01

lesson
02

why journal

The 6 benefits of cultivating the habit of journaling.



how to journal

The 5 journaling methods you can use.

lesson
03

lesson
04

build the habit

6 simple tips to cultivate the habit of journaling and to stick it.





what you need

Your workbook

Your favourite pen

Optional : A journal

A quiet + comfortable spot

@HAPPIERBYSEPPY

your guide to success

#1

Schedule when and where you will go through the lesson and your homework. You will need approximately 15-20 minutes per lesson.

#2

Create a **quiet, comfortable and inspiring space** to go through the lesson and homework. Make it easy for yourself and leave your workbook and pen in the same spot.

#3

Do your homework - no excuses. It's only through consistent practice that you will build the habit of journaling and feel the benefits.

#4

Enjoy and trust the process. Stay consistent so that you can feel the benefits of journaling and to be able to stick to it after finishing the course.

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Checklist

check off when completed

- Lesson 1
- Lesson 2
- Lesson 3 | Method 1
- Lesson 3 | Method 2
- Lesson 3 | Method 3
- Lesson 3 | Method 4
- Lesson 3 | Method 5
- Lesson 4

LESSON 1 | what is journaling

Key points

- Putting your brain on paper
- Writing down your thoughts, emotions or ideas
- A powerful tool to help you create a happier and more meaningful life

Your notes

Homework : Answer the following prompts

- > What am I most excited about learning from this course?
- > What benefits do I want to get out of this course?
- > What do I think will be my biggest challenge during this course?

LESSON 2 | why you should journal

Key points

- Benefit # 1 : De-clutter your brain
- Benefit # 2 : Get organized
- Benefit # 3 : Be objective + analyze
- Benefit # 4 : Cultivate happiness + a positive mindset
- Benefit # 5 : Personal development + growth
- Benefit # 6 : Live a life you love

Your notes

Homework : Answer the following prompt

What are you most excited to achieve in your life through journaling?

LESSON 3 | how to journal

Method # 1 : Gratitude journaling

Key points

- Writing down what you're grateful for and why
- Cultivate happiness, mindfulness and abundance
- Have a more positive mindset

Your notes

Homework : Daily gratitude journaling

You are going to start daily gratitude journaling! Every morning, you will sit for 5-10 minutes and write 3-5 things you are grateful for in the last 24 hours, and explain *why* you're grateful for it - What does it bring to your life? How does it make you feel? Start now. In the section below, write down 3-5 things you're grateful and why. Follow the audio guide to help prompt you.

LESSON 3 | how to journal

Method # 2 : Brain dump

Key points

- Writing down anything that is on your mind
- You do not need to follow any particular order or keep it organized. Just write and let it flow
- Write for as long as you need

Your notes

Homework : Try your own brain dump

You are going to practice doing a brain dump. Sit down for at least 10 minutes and write down anything that's on your mind. Here are a few prompts to help you : How do I feel right now? What am I thinking about? Is there anything that's worrying me? What are the things that I'd like to get done today or this week? Follow the audio guide to help prompt you.

LESSON 3 | how to journal

Method # 3 : Journal prompts

Key points

- Questions or prompts to make you think about a topic
- To help you dig deep and push your thinking
- Help you deepen your understanding of a topic, to learn + grow

Your notes

Homework : Answer the following journal prompts using the audio guide

> Prompt # 1 : Who am I?

> Prompt # 2 : How do I feel right now?

> Prompt # 3 : What's a good memory from the last few days? Describe it in detail.

LESSON 3 | how to journal

Method # 4 : Morning + evening journaling

Key points

- Start your day feeling happy + positive
- Reflect on your day to process + learn
- Cultivate mindfulness

Your notes

Homework : Start daily morning + evening journaling

Go to page 18-19 of your workbook where you will find your daily journaling worksheet, with the prompts you will use in the morning and in the evening. Use the audio guide to help prompt you. Dedicate at least 5-10 minutes to this practice. In the section below, write any reflections you have about how you feel when you start incorporating these daily habits.

LESSON 3 | how to journal

Method # 5 : Lists

Key points

- Helps you cultivate new awareness in an area in your life
- Reflect on important topics that will impact your life
- A "toolbox" to create a happier + more intentional life

Your notes

Homework : Create your list

1. Pick a topic : self-love, self-care, happiness
2. Answer the corresponding prompt (see page 22 and onward)
3. Create a list of keywords + ideas that came up when you answered the prompt (see page 27 and onward for the corresponding list)

LESSON 4 | cultivate the habit

Key points

- Tip # 1 : Schedule it
- Tip # 2 : Start simple
- Tip # 3 : Make it easy to practice the habit
- Tip # 4 : Track your progress + the positive effects
- Tip # 5 : Do what feels good
- Tip # 6 : Stay consistent and build up the habit

Your notes

Homework : Use a tracker

Cultivate the habit of journaling intentionally by tracking your progress and how often you journal. Start small and decide how often you want to journal. Add the information in the tracker (see page 16) and check off when you complete your habit. Pay attention to how you feel as you check each day off.

journaling tracker

daily

[WEEK 1]

M TU W TH F SA SU

MORNING JOURNALING

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EVENING JOURNALING

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[WEEK 2]

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MORNING JOURNALING

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EVENING JOURNALING

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[WEEK 3]

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MORNING JOURNALING

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[WEEK 4]

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MORNING JOURNALING

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[WEEK 5]

M TU W TH F SA SU

MORNING JOURNALING

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EVENING JOURNALING

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weekly

[MONTH 1]

WEEKLY JOURNALING



WEEKLY JOURNALING

WEEKLY JOURNALING

WEEKLY JOURNALING

[MONTH 2]

WEEKLY JOURNALING



WEEKLY JOURNALING

WEEKLY JOURNALING

WEEKLY JOURNALING

[MONTH 3]

WEEKLY JOURNALING



WEEKLY JOURNALING

WEEKLY JOURNALING

WEEKLY JOURNALING

Tools + bonuses

Make sure to download the audio guides

- Morning journaling
- Evening journaling
- Weekly journaling
- Happiness prompts
- Happiness list
- Self-love prompts
- Self-love list
- Self-care prompts
- Self-care list

Daily journaling

Morning journaling

1. What are 3 things that I'm grateful for? Why?

2. How do I want to feel today? What are my intentions?

Daily journaling

Evening journaling

1. What are some joyful moments I experienced today?

2. What did I learn today?

Weekly journaling

1. How do I feel right now?

2. What are 3 wins from this week?



Weekly journaling

3. What challenges did I face? What did I learn from them? How did I overcome them?

Happiness prompts

1. Think about one person that you perceive as being happy.
Describe them.

Happiness prompts

2. What are small things in your day-to-day life that make you feel happy?

Happiness prompts

4. Describe a time in your life where you felt generally happy.



happiness

The things that make me feel happy


01

02

03

04

05



Self-love prompts

1. Who are you? Describe yourself in a few sentences.

Self-love prompts

2. What are 3 qualities that you love about yourself?

Self-love prompts

3. What are your strengths?

self-love

What I love about myself

01

02

03

04

05

self-care

I am taking care of myself when I
do the following :

01

02

03

04

05
