

JOURNAL PROMPTS TO INSPIRE HAPPINESS

I FEEL THE MOST ALIVE WHEN...

I FEEL GRATEFUL FOR...

THE 5 PEOPLE I LOVE THE MOST ARE...

I CAN GIVE BACK TO MY COMMUNITY BY...

I'M GOING TO MAKE A SMALL CHANGE IN...

MY VALUES ARE...

IN WHAT WAYS DO I CONTROL MY LIFE?

HOW DO I FEEL RIGHT NOW AND WHY?

WHAT CAN I DO TO IMPROVE MYSELF?

HOW CAN I SHOW APPRECIATION TODAY?

TOP 3 THINGS I LOVE ABOUT MYSELF ARE...

I'M MOST INSPIRED BY...

I'M LOOKING FORWARD TO...

I FEEL THE MOST AT PEACE WHEN I'M...

I WOULD LIKE TO SPEND MORE TIME DOING...

MY FAVOURITE CHILDHOOD MEMORY IS...

I CAN SHOW KINDNESS TODAY BY...

MY DREAM IS...

THESE ARE THE THINGS THAT MAKE ME SMILE...

I FEEL THE MOST CONFIDENT WHEN I'M...

THE BEST THING THAT HAPPENED TO ME IS...

I FORGIVE MYSELF FOR...

THE BEST LIFE LESSON I LEARNED IS...

HOW CAN I BE MORE MINDFUL TODAY?

WHAT ARE MY PRIORITIES IN LIFE?

I'M GOOD AT...

TODAY, I'M GOING TO FOCUS ON...

THE BEST MEAL I'VE HAD RECENTLY IS..

THE TOUGHEST STRUGGLE I OVERCAME...

MY FAVOURITE PLACE IN THE WORLD IS...

I CAN SPEND HOURS DOING...

THIS IS WHAT A "GOOD LIFE" MEANS TO ME...