

## Joy Journaling Prompts

When joy journaling, it is important to not worry about getting it 'right'. It doesn't matter if you struggle with spelling, or your writing doesn't make sense to others, this is for you and not anyone else. You can type if that is easier (either on a laptop or on your phone Notes app) and you can draw or paint instead of writing. You can be as creative as you want- some people enjoy scrapbooking as a way of completing their joy journal entries. Whilst it is great to journal as regularly as you can, don't put too much pressure on yourself, and just do your best!

These prompts can be used to help you know what to write. Most people find it useful to put aside 20 minutes to complete each journal entry. There will be some entries that you don't like. This is okay. You don't need to complete every entry- pick the ones that work for you. If you want to use the same prompt each time that is also okay:

What made you smile today?

What colourful thing brought you joy today?

Write about the last time you laughed.

Write about the last time you received a compliment and how it made you feel.

Write down a moment from today you'd like to remember a year from now.

Write about how you have focused on self-care this week.

Write about a time where you showcased your skills this week

Write about a random act of kindness you did for someone else.

List 5 things you are grateful for at the moment

What is your favourite quote from a film, book or song that always cheers you up? Why do you love it?

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Share something you have achieved today (it doesn't have to be 'huge'!)

What are you looking forward to this week?

Write about a time when you surprised yourself by achieving more than you thought possible.

Write about the most peaceful moment of your day.

Write down 10 things you love about yourself.

Write about the happiest day of your life so far.

What place makes you the happiest? Why?

How can you spread kindness to others this week?

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