

Journaling Prompts

FIND YOUR BALANCE

Think back to a time in your life or an event when you were really happy. Describe how you felt. What activities were you doing? Who were you hanging out with? Where were you living? How can you incorporate what you were doing then into your life now?

What did you love to do as a child? Make a list of all your favorite childhood activities. Are you still doing any of those activities today? Why or why not? How can you bring some of those activities into your life today?

What is one thing you absolutely love to do? (i.e. travel, spend time in nature, play with your dog, draw, write, etc.) List 25 ways you can incorporate your love for that one thing into your life, either through daily, weekly or monthly activities. Make them fun so they don't seem like extra work!

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Write one thing you wish to bring into your life (i.e. new job, a raise, money/opportunity to travel). Feel as if you already have that outcome in your life. Write "I am grateful for having [insert outcome or thing]" and then write "By achieving / having this I..." and write 5 positive ways in which your life has changed because this has been brought into your life

Who do you know (or wish to know) that is always happy? What is their body language like? How do they carry themselves?

What is their energy like? Describe how you feel when you are around this person. What are some ways you can mimic this person's happiness?

If I could be a go-to person for anything, it would be...

Describe a family tradition (or traditions you have with your friends) you are most grateful for.