

Positivity Journaling Exercise & Prompts

What is positivity journaling?

Positivity journaling is a self care technique to help you develop the habit of finding and focusing on the joys and good things that are currently going on in your life, especially in especially stressful, hard, or difficult situations. The positivity journal serves as a reminder that no matter how hard or difficult things get, there is still joy to be found in the world. There are no hard and fast rules for positivity journaling, other than the content focuses on positive thoughts and events. A positivity journal is a place to have fun and be creative. Prompts can be whatever strikes your fancy. How often you journal is totally up to you, but the more often you journal, the more practiced you are in focusing on the positive of your life. Here are some prompts to get started:

1) Things that have happened recently that have made me happy:

2) Things that have happened recently that I'm grateful for:

3) Things that I'm looking forward to:

4) Difficult things I've accomplished recently:

5) Thoughts to ponder:

For more info:

www.healthyplace.com/self-help/positivity/why-keep-a-positivity-journal