

JOURNALING FOR HAPPINESS



A write for your Life guide

Journaling can make you feel happier. I know it to be true for myself and lots of people I've worked with. Here, I'm giving you three exercises to:

- **Clear the way for some positivity**
- **Think about what would be lovely**
- **Give some thanks to someone/something you love**

THE EXERCISES

Instructions

- Set a timer, even if it's for 2 minutes - you can always write for longer if you get into the flow
- Keep your pen moving, do not edit or look back - no grammar or spelling required
- Go where your pen goes, trust it'll be useful - even if it's off topic
- If emotions arise, write about them or make a note to return when you have more time
- For each exercise, reflect on what you wrote, read it out loud (even if to yourself) for extra perspective.

Whine bar

If you'd like to feel a bit happier, first it's a good idea to clear the way by having a good whine and moan - or if it's more palatable, just write about what's taking up your headspace in a more factual way. You're perfectly entitled not to be positive at all times, so here you have full permission to really get it all of your chest. A great way to start this is with the prompt, 'And another thing ...' Go for it and don't leave anything out, however small. If you're worried about confidentiality, type into a blank document and immediately delete.

Wouldn't it be lovely

Now you've cleared the way, you can commit some time to imagining a brighter future. This exercise is perfect for doing just that. This is one of my go-to exercises and is guaranteed to lift my spirits. Here you're just going to think about things coming to pass that you'd feel really happy about. Start each sentence with 'Wouldn't it be lovely ...' This can create a sort of rhythm - especially if you can focus on keeping your pen moving and not thinking - and some surprising things can pop out. Don't worry if you repeat, it's all information.

Thank you

Finally, you're going to pick someone or something and write them a thank you letter, detailing everything you love about them; how they make you feel, what you'd like then to know etc. Really get stuck in and write it as if your life depends on it. It's not the point of the exercise, but if you're feeling brave, you could of course send it.



@Cpsdayoff

Other guides

- Journaling for
- Headspace
 - Wellbeing
 - Success
 - Innovation
 - Happiness

- Finding prompts
- Greatest prompts

I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: Clairealisonpearce@outlook.com or go to Writeforyourlife.uk.