

# CREATIVE JOURNALING FOR HAPPINESS



## A write for your Life guide

It's easy to forget that journaling can be for positive experiences as well as processing the more challenging. Remember to 'get out' the negative if there's something going on for you first to make space. These exercises will help you connect to:

- **Mother nature**
- **Magic moments**
- **Things that bring you joy**

## THE EXERCISES

### Free-writing instructions - optional:

- Set a timer for five 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, carry on if it feels OK or write about something else and return when you're ready/have support.
- For each exercise, reflect on what you wrote, read it out loud for extra perspective.

### Mother nature

There's something magical about writing about nature. It slows you down and brings you into the present. That's the power of Mother Earth, that we can feel connected just by thinking about it. It never fails to bring me a warm and fuzzy glow even if I just write about the tree I can see from my window, or a walk around the pond. Get into as much detail as you can. You don't have to be lyrical but if that comes out, just enjoy it. Even if it's corny, it's just for you so go for it.

### Magic moments - capturing happy memories

It sounds simple, but writing - again in detail - about a happy memory can be a really lovely and joyful experience. Just write what you remember and where there are gaps, guess at what happened or just make it up. Capture as much detail as you can and include feelings and sensations to deepen the experience. You'll be surprised what you can remember.

### Ten-minute list - Joys

This exercise is always popping up in my workshops. A ten-minute list of joys (you can replace with a word or expression that's more meaningful for you if 'joy' doesn't quite hit the mark). You keep your pen moving, even if you just keep repeating one thing over and over, it's all information and if you keep moving your pen, something else will come out, I promise. Again, this is about the nitty gritty. If it's holidays, what aspect of the holiday? The packing, the smell as you get off the plane, seeing new faces?

### Guides in the series - Creative journaling for:

Headspace	Wellbeing	Writer's block
Success	Innovation	Difficult feelings
Happiness	Creating theme	Difficult situations

**Plus:** Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

*I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: [Cpsdayoff@gmail.com](mailto:Cpsdayoff@gmail.com) or go to [Clairepearce.uk](http://Clairepearce.uk).*