

# JOURNALING TO JOY

**J**azz it up (personalize it with stickers, write your name in fancy letters)

**O**wn stories (write what is happening in your life or stories that pop in your head)

**U**se your senses (observe what is around you, 6 senses-sight, sound, touch, taste, smell, intuitive)

**R**emember your dreams (write down any dreams you have during the night)

**N**ews (anything in the news that really interests you, makes you happy or sad)

**A**ttention (pay attention to people around you. Physical, body movements, voices)

**L**isten (to yourself and write whatever you feel like writing)

**S**omething you learned during your day and how you felt about it. What brought you clarity?

FEARS

DREAMS

Day & Night

SETTING

WHAT YOU KNOW

BEST

DETAILS

EXPERIENCE

Goals/Desires

DRAWINGS