

JOURNALING TO JOY

Jazz it up (personalize it with stickers, write your name in fancy letters)

Own stories (write what is happening in your life or stories that pop in your head)

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

Remember your dreams (write down any dreams you have during the night)

News (anything in the news that really interests you, makes you happy or sad)

Attention (pay attention to people around you. Physical, body movements, voices)

Listen (to yourself and write whatever you feel like writing)

Something 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