



Journal Prompts to Start Your Day with a Smile

1. What is your happiest memory?
2. What does happiness feel like?
3. What does happiness sound like?
4. Who is someone that makes you happy?
5. What are you most proud of doing and why?
6. What was your favorite thing to do as a kid?
7. What is your favorite outdoor activity and why?

8. What are three things you're grateful for right now?

9. What is something about you that makes you happy?

10. What songs would you include on a happiness playlist?

11. What is something you would enjoy learning more about?

12. What is your favorite season of the year and what do you like about it?

13. What is one thing you can do for yourself today that will make you happy?

14. What is one thing you can do for someone else today that will make them happy?