



THE HAPPINESS HYPE

30 DAYS OF Journal Prompts

- 1 Summarize who you are. Pretend you are describing yourself to a stranger.
- 2 What are you hoping to get out of journaling?
- 3 Describe your average day. Then, describe what you wish were your average day.
- 4 List 15 things you are grateful for.
- 5 When was the last time you felt like you were in the right place at the right time? What about that situation was in your control?
- 6 What would you tell your best friend if they said the kinds of negative things about themselves that you say about yourself?
- 7 Describe yourself 5 years ago. What are 5-10 ways you have grown or improved?
- 8 Revisit you from 5 years ago. Write a letter to him/her.
- 9 What do you believe are your biggest coping mechanisms? Evaluate each coping mechanism to determine if is beneficial. If you aren't sure, ask if you would be sad to hear your close friend has the same coping mechanism.
- 10 What misunderstood fictional character do you most identify with?
- 11 What are 10 things you wish people knew about you?
- 12 What is your favorite word? Why?
- 13 What things are you avoiding dealing with? Is there anything you need/want to fall into place so you can deal with them?

- 14 Describe your first non-romantic love--person, place, or thing.
- 15 What makes you unique?
- 16 What is a painful memory that you are trying to let go of?
- 17 Is there a prominent figure you draw inspiration from? Why or why not?
- 18 What is one bad habit you would like to stop, and a good habit to replace it with?
- 19 What activities keep you calm and relaxed? When was the last time you did each of them?
- 20 How has your depression or anxiety held you back lately?
- 21 When was the last time you felt important?
- 22 If money were no object, what would you do to keep busy? Would you still have a job, or stick to hobbies? What would they be?
- 23 What is a problem you have had over the last couple of weeks? How did you handle it, and would you handle it the same way again?
- 24 What is an expectation you have of others that you would like to let go? How do you feel letting go of that expectation will make you happier?
- 25 What were five things that made you happy today?
- 26 Write about your "happy place." Where do you feel most at ease, content, and yourself? No need to limit yourself to just one place.
- 27 What is a question you have that you feel is impossible to answer? Why do you feel it is impossible to answer, and what do you hope the answer is?
- 28 Reflect about a time over the last year you have felt anxious about something that never ended coming to pass.
- 29 What has your depression or anxiety taught you about yourself?
- 30 Re-read the first two entries, describing who you are and what you would like to get out of journaling. Compare your mindset now to your mindset then. How have things changed?

