

My Happiness Coach

Journal Prompts

Week 1 – Writing Your Story

Day 1 – Introduce yourself, as if you are meeting someone for the first time.

Day 2 – Why are you taking this course?

Day 3 – What do you hope to get out of taking this course?

Day 4 – Who would you want to read your story? Why did you choose them?

Day 5 – What emotions keep coming up while you are writing your story? What parts of your story bring up the strongest emotions?

Day 6 – Write this affirmation 5 times. “I am a rockstar author, I write my own story!”

Day 7 – Reflect on the first week. What questions do you have about how you tell your story?

Week 2 – Think Again

Day 1 – What is one thing that you keep putting off? Is it something that you are afraid to do, or does it feel too risky? What would you need to feel more comfortable about tackling it?

Day 2 – What does “perfect” mean to you? What would a perfect day look like to you? What would you be like if you thought were perfect?

Day 3 – How would you rate your self-esteem (1 being really bad, 10 being perfect)? Why?

Day 4 – What three things would you most like others to know about you? Why did you choose those things?

Day 5 – Close your eyes, sit quietly, & listen. Who’s voice or voices do you hear? What are they saying? How did that exercise make you feel?

Day 6 – Write this affirmation 5 times. “I write the best affirmations, because I rise above my excuses!”

Day 7 – Reflect on the second week. How did you feel when you first identified your inner voice/critic? What lies has your inner critic been telling you?

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Week 3 – Say What?!?

Day 1 – What is your favorite thing to do in your down time? What relaxes you?

Day 2 – Imagine that you had unlimited time & energy, what would you do with it? What would you do first? What would it take for you to actually do it?

Day 3 – Name something that you want to do but it is too hard. What would you need to learn how to do it? How would you feel if you accomplished it?

Day 4 – Do you believe that life just happens to us, or do we have control?

Day 5 – How does the word failure make you feel? How does the word success make you feel?

Day 6 – Write this affirmation 5 times. “I am stronger & smarter because of my failures!”

Day 7 – Reflect on the third week. What is your go-to excuse? In what context do you use this excuse? Dive deep into the reason that you use this excuse.

Week 4 – Developing a Growth Mindset

Day 1 – Observe your thoughts today, write down any patterns that you find.

Day 2 – Describe a choice you regret. Did it align with your true self? What did you learn from it? What would you do differently now?

Day 3 – Write a letter to your fixed mindset. Tell it that you are going to be in charge of things & you want to develop a growth mindset.

Day 4 – Sit quietly & picture your inner voice. Who does it look like? Does it look like someone that you know? Why do you think you pictured your inner voice like you did?

Day 5 – Set a timer for 2 minutes. Write down every thought that comes through your head. Go through that list and mark the thoughts of others that came across during that time. Whose voice came through the most? Was the voice positive or negative?

Day 6 – Write this affirmation 5 times. “The world is at my fingertips, because I have a growth mindset!”

Day 7 – Reflect on the fourth week. What part of life do you have the most control over? What about the least control over? Dive into why you feel this way.

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Week 5 – Practicing a Growth Mindset

Day 1 – Who makes you feel like you are good enough? What would they say to you to make you feel special?

Day 2 – When you look back at your life, whose advice did you tend to take? Where did you go to when you were struggling? What did they say to you? Did it help?

Day 3 – What do you say to yourself when you are looking for a change? How do you respond to change?

Day 4 – What does “perfect” mean to you? What would a perfect day look like to you?

Day 5 – Do you write to-do lists, use a planner or a calendar to track what needs to be done? How do you feel about this system & what do you want to do to change it?

Day 6 – Write this affirmation 5 times. “When I adjust my thinking, my life adjusts itself!”

Day 7 – Reflect on the fifth week. How can you take action to develop a growth mindset? What can you do this week to grow? What growth goal do you want to focus on first?

Week 6 – Brain Power

Day 1 – What does it mean to live through a lens of gratitude?

Day 2 – What is something that you have learned in life that you think the future generations should know?

Day 3 – List 3 things that make you happy. Reflect on why they make you feel happy.

Day 4 – What is one high momentum emotion that you have trouble slowing down? What do you do, say, or think about to calm your emotions down when they are at a high momentum?

Day 5 – List out every emotion that you can think of, how do they rank on your hierarchy of emotional momentum? Are they high momentum, low momentum? How easily is it for you to come back to neutral after experiencing that emotion?

Day 6 – Write this affirmation 5 times. “I am the superhero in my own story!”

Day 7 – Reflect on the sixth week. Do you believe that you can create anything with your thoughts? How do you feel about manifestations? Do you think that a shift in thought can make a big difference?

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Week 7 – Rewriting Your Story

Day 1 – Reread your original story from the first week. What feelings does it bring up?

Day 2 – What is your favorite childhood memory? Who is in the memory? How does it make you feel?

Day 3 – What struggles did your mother go through, that directly affected how she raised you?

Day 4 – Who was your strongest male influence? What was his best advice to you?

Day 5 – How can you turn a bad day around using something that you learned in this course?

Day 6 – Write this affirmation 5 times. “Everything will be okay in the end, & if it’s not okay, it’s not the end.” (John Lennon)

Day 7 – Reflect on the seventh week. Tell your new story to yourself in the mirror as if you were talking to a child. How did it make you feel?