

HK

THE HAPPY KIND
JOURNAL

10 DAILY JOURNAL PROMPTS TO
INSPIRE YOUR WEEK

MORNING MOMENT
EVENING REFLECTION

HK

THE HAPPY KIND
JOURNAL

These prompts are a guide.

You can apply them how you like, in
whatever order you like! It's up to

you!

**We recommend using these pages as a
compliment to your own print journal or
digital journal!*

*"HERE I AM, HERE AND NOW.
I WILL SEE THE BEAUTY OF THE DAY."*

Name five things you like about yourself.

Date: _____

[illegible]

List three small things you achieved today. Expand on how achieving them helped streamline your day.

[illegible]

In as much detail as you can, describe what a 'perfect day' looks like to you.

Date: _____

[illegible]

Name what gives you joy, no matter what.

Date: _____

[illegible]

Write three messages to three people you care about and list how they've impacted your life for the better.

[illegible]

List five moments you are grateful for and how did these moments inspire you?

Date: _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date: _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Describe four beautiful things you saw outside today. Expand (in detail) on what makes them so beautiful.

[illegible]

Date: _____

[illegible]

What obstacle did you overcome last week that you thought wasn't working in your favor? How did you overcome it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HK

THE HAPPY KIND
JOURNAL

CONTINUE YOUR JOURNALING
JOURNEY.

KEEP WRITING, KEEP LEARNING,
KEEP DISCOVERING.

THE JOY IS IN THE JOURNEY

This image shows a full page of white paper with evenly spaced, light blue or grey horizontal lines running across it from left to right. The lines are uniform in thickness and spacing, typical of notebook paper. There are no margins, text, or other markings present on the page.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing. There are no margins, text, or other markings on the page.

[illegible]

[illegible]

HK

THE HAPPY KIND
JOURNAL

NOURISH INSPIRE CREATE