

What makes you happy

60 Journal Prompts

Personal Joys

- What's the first thing that comes to mind when you think of happiness?
- Describe your favorite childhood memory.
- What's your favorite time of the year, and why?
- Write about your favorite meal or dessert.
- What's an inside joke that still makes you laugh?
- Describe a song that instantly lifts your mood.
- What's a compliment that made you smile recently?
- Write about your favorite cozy activity.
- What's your go-to movie or TV show for cheering up?
- What's a recent moment of unexpected joy?

Relationships & People

- Who in your life always makes you smile?
- Write about a favorite memory with a loved one.
- What's something kind someone recently did for you?
- Who was the last person to make you laugh, and why?
- Write about your happiest family tradition.
- What's your favorite thing about spending time with friends?
- Describe a time you felt truly appreciated by someone.
- Who inspires you to stay positive?
- What's a compliment you've received that meant a lot?
- Write about a happy conversation you had recently.

Everyday Smiles

- What's your favorite morning ritual?
- Describe the last time you felt grateful for something simple.
- What's your favorite way to treat yourself?
- Write about a comforting smell you love.
- What's your favorite sound, and how does it make you feel?
- Write about a time you watched a beautiful sunset or sunrise.
- What's your favorite way to enjoy a lazy afternoon?

- What's your favorite warm drink, and how does it make you feel?
- Describe a moment when nature made you smile.
- What's a small win you've had this week?

Nostalgia & Memories

- What's a toy or object from your childhood that brought you joy?
- Write about a trip or vacation that makes you smile to remember.
- What's a funny story you'll never forget?
- Write about a book or story that has stayed with you.
- Describe a holiday memory that makes you happy.
- What's a childhood tradition you miss?
- Write about a favorite teacher or mentor who made a difference.
- What's a photo that always brings a smile to your face?
- What's your happiest memory of school?
- Write about a pet or animal that made you happy.

Hobbies & Passions

- What's a hobby you enjoy, and why does it make you smile?
- Write about the last time you felt proud of something you created.
- What's a game or activity that you love to play?
- What's your favorite way to get active or move your body?
- Describe the last time you learned something new and enjoyed it.
- What's a guilty pleasure that always makes you happy?
- Write about a craft or project you've loved working on.
- What's a skill you're happy to have?
- Write about the joy of discovering something unexpected.
- Describe the feeling of starting a new creative project.

Future & Dreams

- What's a dream or goal that makes you excited?
- Write about something you're looking forward to.
- Describe the feeling of reaching a milestone or achievement.
- What's your dream travel destination, and why?
- Write about a tradition or ritual you want to start.
- What's a new experience you're excited to try?
- How do you picture your happiest self 5 years from now?
- Write about a goal you've achieved that makes you smile to remember.
- Describe your dream celebration for a big accomplishment.
- What does your ideal happy day look like from start to finish?