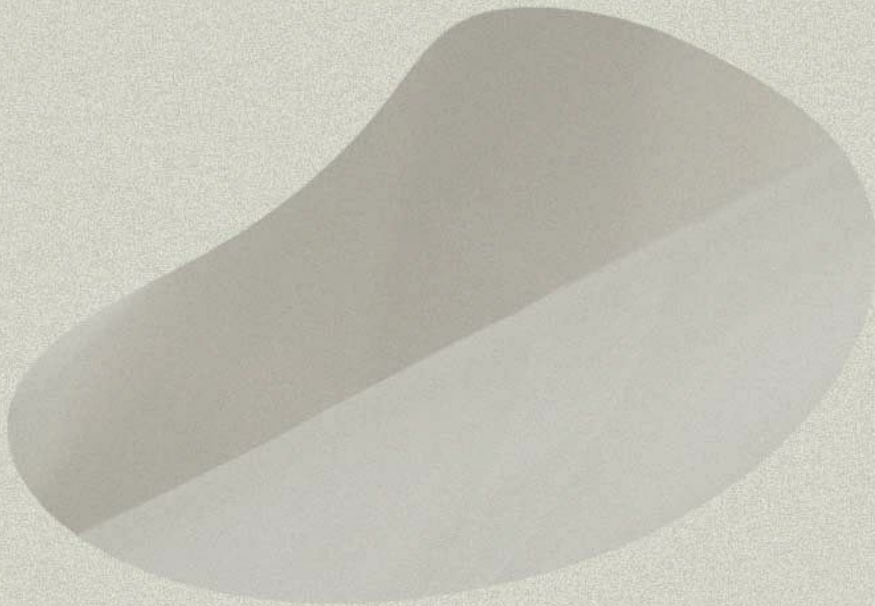


# PLAN TO BE HAPPY

*journal prompts for the beginning of your day*



*{gather}*

you deserve to be happy, and you can be happy. no matter what you are going through, these statements apply to you.

but sometimes, when you don't even feel like you have the strength to welcome the morning, those truths are hard to believe.

what if we intentionally made the choice to pursue happiness every morning? this is by no means an easy task, so we hope these following journal prompts could help you.

\*created based on "The Ultimate Happiness Plan" by Dr. Andrea F. Polard.  
Published on PsychologyToday.

*{gather}*

# I. WRITE DOWN ONE GOOD THING ABOUT TODAY.

start the day with gratitude - think of something you are thankful for, it could simply be the fact that you are breathing, that the sun is shining. from general to specific, there is a reason to be grateful today!

*[gather]*

## 2. WRITE DOWN YOUR COMMITTMENT TO BE HAPPY

we believe that words have power.

by writing down statements like “i will make happiness a priority today,” or “i will focus on hope today,” you are making a promise to be happy to yourself.

*[gather]*

### 3. SET ASIDE TIME TO NOURISH YOUR BODY AND TO EXERCISE

in our busyness we can forget to eat, and these days, we are so occupied by all the zoom meetings we often sit in the same chair for an entire day.

plan out your meal times and exercise times, and set a few alarms on your phone to remind you to take care of your body.

*[gather]*

4. WRITE DOWN ONE THING  
THAT YOU CAN DO TOWARDS  
YOUR GOAL

maybe you have set some intentions for this new year, or maybe you have a long-term dream you want to pursue. whatever it is, today is a good day to work towards that! think of one (small) thing you can do today to get you a step closer!

*[gather]*

5. THINK OF SOMEONE, WRITE  
DOWN THEIR NAME, AND  
COMMIT TO REACH OUT TODAY.

at [gather], we love meaningful relationships.  
relationship and connections are such important  
elements of happiness. so commit to talk  
to/pray for a friend today. tell them that they  
are loved and missed, and have a loving conversation  
with them.

*[gather]*

lastly, spend some time in silence. open your ears and your heart to receive what is around you. you can use this time to reflect in writing, to read a passage, to listen to a song, etc.

spend the rest of the day holding fast to this—you are love, and you deserve happiness.

*[gather]*