



Happiness Journal

CURIOUS

Catalysts



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HAPPINESS

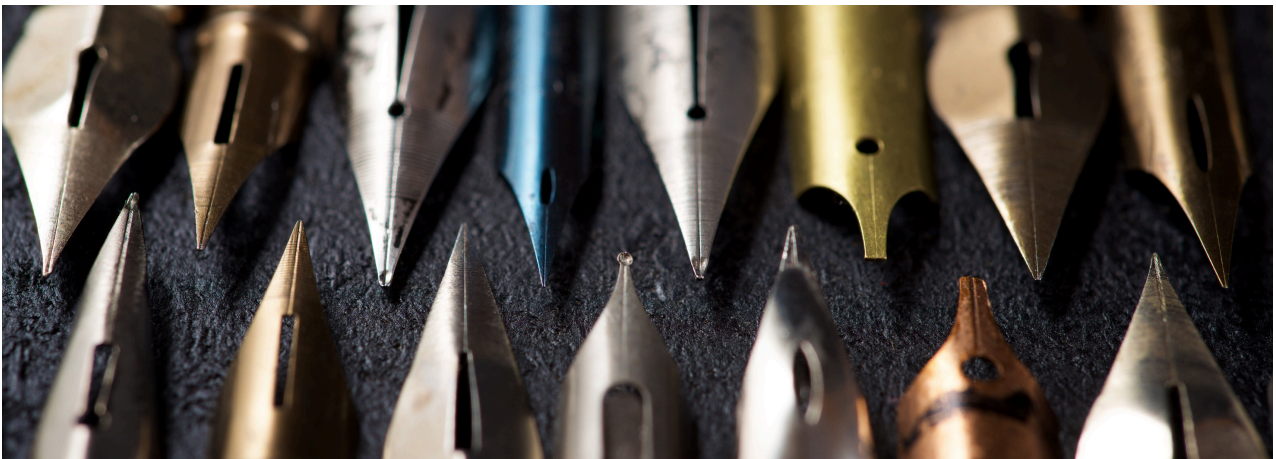
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This exercise is from Richard Wiseman's '59 Seconds: Think a Little, Change a Lot,' 2009, p. 20-22.

Psychologist Richard Wiseman used his empirically researched happiness techniques to devise the following one-minute writing prompts to proven to boost happiness.

Instead of keeping a record of the past, this diary encourages you to write about topics that will help create a happier future. The diary should be completed on five days of the week, with each entry taking just a few moments. Maintain the diary for one week. Dr Wiseman's research suggests that you will quickly notice the difference in mood and happiness, and that these changes may persist for months.



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MONDAY

There are many things in your life for which to be grateful. These might include having close friends, being in a loving relationship, being part of a supportive family, enjoying good health, having a roof over your head or enough food to eat. Alternatively, you might have a job that you love, have happy memories of the past, recently had a nice experience, such as an especially lovely cup of coffee, enjoyed the smile of a stranger, had your dog welcome you home, eaten a great meal or stopped to smell the flowers. Think back over the past week and list three of these things below.

One:

Two:

Three:

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TUESDAY

Think about one of the most wonderful experiences in your life. Perhaps a moment when you felt suddenly contented, were in love, listened to an amazing piece of music, saw an incredible performance or had a great time with friends. Choose just one experience and imagine yourself back in that moment in time. Imagine how you felt and what was going on around you. Now spend a few moments writing down a description of that experience and how you felt. Do not worry about your spelling, punctuation or grammar. Instead, simply commit your thoughts to paper.

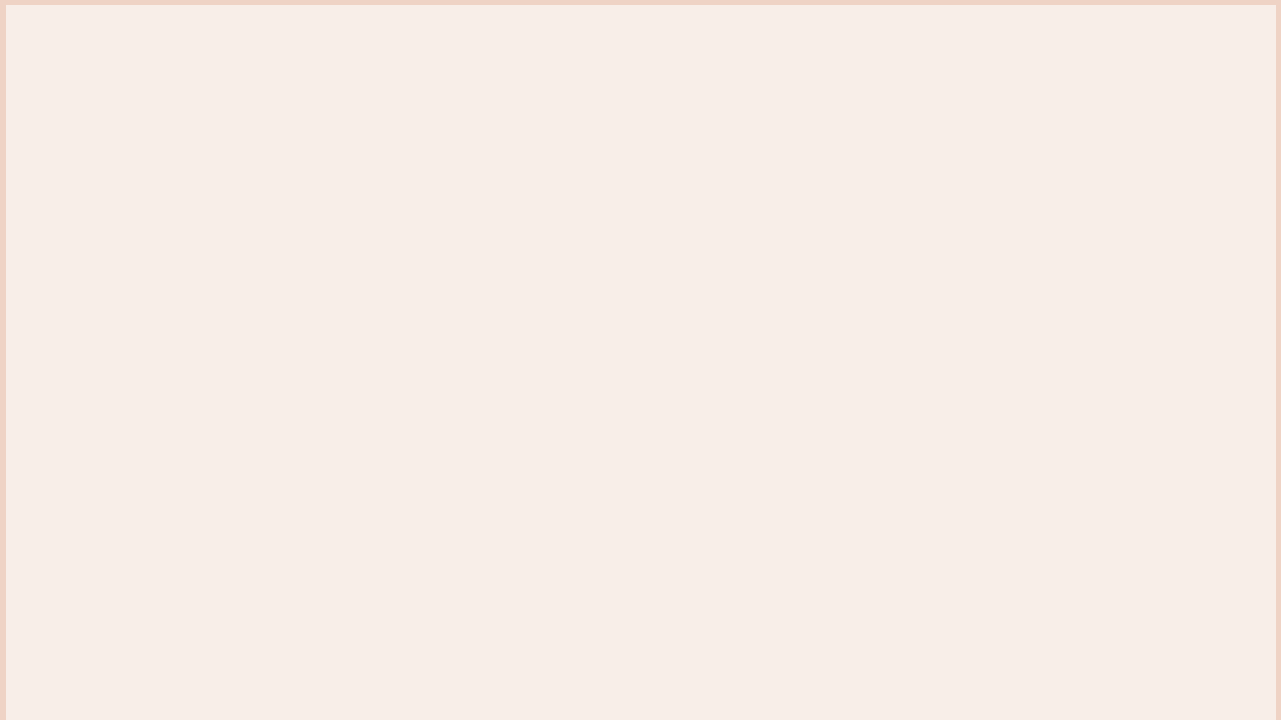
A large, empty white rectangular box with a thin dark border, intended for the user to write their response to the journal prompt.

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WEDNESDAY

Spend a few moments writing about your life in the future. Imagine that everything has gone as well as it possibly could. Be realistic, but imagine that you have worked hard and achieved all your goals. Imagine you have become the person you really want to be, and your personal and professional life feels like a dream come true. All of this may not help you achieve your goals, but will help you feel good and put a smile on your face.



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THURSDAY

Think about someone in your life who is very important to you. It might be your partner, a close friend or family member. Imagine you only have one opportunity to tell this person how important they are to you. Now write a short letter to this person, describing how much you care for them and the impact they have had on your life.

A large white rectangular box, intended for the user to write their letter.

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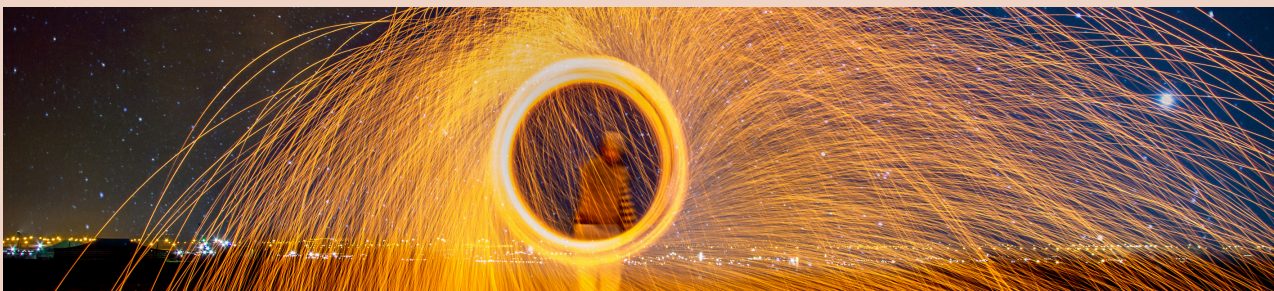
FRIDAY

Think back over the past seven days and make a note of three things that went really well for you. The events might be fairly trivial, such as finding a parking space, or more important, such as being offered a new job or opportunity.

One:

Two:

Three:





GET HAPPY

don't
worry.

Fantastic work! How are you feeling now compared to the start of the week?

These simple techniques developed from Dr Wiseman's research should give you a notable, lasting lift in mood.

If you find you're flagging - do the exercises again! It's like your own personal happiness in a bottle.



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Curious catalysts accelerate the process of identifying where we want to go and how to get there.

These are shaped through my coaching work with clients and by powerful insights from leading lights in the field which I've found useful in my own self-development.

Want more? Reach out to me at the website below.

curiosity and empathy for a world in flux

caitlinmcdonald.com

