

HAPPY JOURNALING – A HABIT YOU WILL BE THANKFUL YOU BEGAN!

Download this PDF and use these questions to stimulate your thinking. Read about the Journal Jar below. This project will benefit you in the coming year. The main idea here is to make your journaling a priority in your life. No matter how you feel about this today, once you begin this process, you will be so thankful you began.

The list below are prompts to use when you cannot think of what to write. You use these prompts to print out this list, spaced to cut out a strip, each with a prompt.

Take the cutout strips, fold each in half and place them in a mason jar. It is called a “JOURNAL JAR.” On a day when you cannot think of what to write about, open your journal jar and take out a single strip. This strip will be your subject for the day.

It is essential to make journaling a daily routine. Once you develop the habit of journaling, it will be something you will look forward to each day. I find it most helpful to write as a continuation of my quiet time. After your devotional time and spending time with the Lord, writing down your thoughts seems easier. On days when you do not know where to begin, take one of the strips from your journaling jar and use that topic for the day.

CUT EACH THOUGHT INTO A STRIP AND PLACE IN YOUR JAR

1. How did I feel when I woke up this morning?
2. What is an enormous task I must tackle today?
3. Where do I see myself as a widow today?
4. Since MY loss, what are the biggest, most challenging tasks I face for my future?
5. What obstacles are holding me back from the life I want? What can I change?
6. Of the things I cannot change, how can I reframe them for better results?
7. What subjects do I wish I'd studied; skills I wish I'd learned? Why? How might I be able to make time for these in my life?
8. Am I happy in my work/homemaking/hobbies? What would I like to be different?
9. What room or rooms do I most love about my home? Why? How can I replicate that feeling in other areas of my home?
10. Which room or rooms do I not like in my home? How could I improve them?

11. Who am I grateful for in my life? Why?
12. Who should I write letters to, to let them know why they are essential to me?
13. What unexpected things have people done for me that I'm grateful for and will never forget? Who do I respect and admire on the periphery of my life? How could I reach out and deepen our friendship?
14. How would I describe my lifestyle? Does it make me happy? How could I update my lifestyle to bring me more joy?
15. List the songs that give me goosebumps. Think about the lyrics; how do they make me feel?
16. Who do I envy? What about them do I envy? Try reframing and consider how their things may be both a blessing and a curse to them.
17. What things might the people I envy, envy about me?
18. What are my most significant regrets?
19. Write down the positive things that have brought me joy.
20. Who are the most important people in my life? Why are they unique to me? How can I let them know how valued they are?
21. Write a bucket list of places I'd like to visit.
22. Write down my most incredible memories.
23. Now, look for patterns these incredible memories have in common. How can I make space for more of this in my life?
24. What challenges have I recently overcome that I should recognize and be proud of achieving?
25. What are my favorite colors? Do I own clothing in those colors? If not, why not?
26. Who would I invite to my perfect dinner party? What would I talk about with them?

27. What would the perfect afterlife look like to me? Write in detail about how I feel.
28. What songs exhilarate and motivate me? Make a playlist of my favorites.
29. If money were no object, what would I do for the people I love most?
30. Write down five ideas for a random act of kindness I could do for somebody today.
31. What does my ultimate self-care ritual look like? How can I make this a reality every day/ week/month/year?
32. Write a letter to my younger self.
33. If I won the lottery, how would I spend the money?
34. Who is my best friend? Why?
35. Who is the one person I need to forgive today?
36. What brings me the most joy in my life?
37. Describe my ideal home in detail, how it looks, feels, and smells; location; temperature; the garden; the people I live with, etc.
38. What traits do I most admire in others? Do I possess these traits?
39. What am I most proud of in my life?
40. How is or was my relationship with my parents? What things would I like to tell them? Write them letters. (This works even if they're no longer living/in my life; go with it – I don't have to do anything with the letters I write, they're just for me.)
41. What things make me nervous or anxious, but I'd like to overcome? How could I fit more of those things into my life to combat that fear?
42. What things have been on my to-do list forever? Why am I putting off doing them? How important are they?

43. Describe my younger self.
44. What is one thing I would like to tell my spouse if I could?
45. What am I feeling right now?
46. Keeping in mind the blurbs found on shopping websites, write an in-depth description promoting all my best qualities.
47. What exercises bring me joy? Do I practice them often? How might I make them more of a priority in my life?
48. What does the perfect day look like for me? Describe it from the moment I open my eyes to closing them.
49. What songs or music never fail to bring me joy or relax me? Make a playlist for when I begin to feel anxious.
50. What things do I find challenging, but wish I could do without trying?
51. How could I improve my life today?
52. How could I improve my life this week?
53. How could I improve my life this year?
54. What has been my favorite age of life? Why? How can I replicate that joy?
55. How could I be a better person/parent/daughter/friend?
56. Who do I owe an apology to? Write them a letter. If I feel brave, send it.
57. Brainstorm what things I could do to improve my community. How could I help implement these initiatives?
58. Think about body image, breastfeeding, race, gender, equality, feminism, and age. What are my cultural beliefs? Do they align with my core values?

59. How do I feel about my childhood? Is there anything I wish I had done differently?
60. What did I do in my childhood that affected me as an adult?
61. What is my favorite quote? Why?
62. What are my core values? Why are they important to me?
63. Think about the biggest challenges in my life. What lessons have they taught me?
64. What things do I need in my life? What could I do without? What do I need more of?
65. Who would love to spend more time with me? Who would I love to spend more time? How can I make space in my life and theirs to make it happen?
66. What are my favorite traits about myself?
67. What qualities do I consider to be most important in a friendship or relationship?
68. What qualities would I most hope to pass on to my children?
69. At the end of my life, how would I like to be remembered? How can I work towards shaping my life around this vision?
70. Write a list of affirmations I live my life by or aspire to achieve.
71. Visualize my perfect relationship with my children as an adult. Am I parenting them in a way that makes that vision feel realistic? What might I do differently to foster that connection?
72. How I responded to someone during a conflict? Could I write it down and then let it go?
73. What things bring me the most peace? How can I make more space in my life for them?
74. What are my favorite colors? Where are they in my home? How and where could I incorporate more of them into my space?
75. What relationships are missing from my life? Where and how might I fill this gap?

76. What hobby has always intrigued me, but I've never been brave enough to try?
77. Write a list of compliments I've thought about people, but have been too shy to express. Who has slipped out of my life without good reason that I'd love to reconnect with? Write to them! Give them a call!
78. What have been my favorite books I've ever read? Plan to re-read them!
79. Who do I love, but haven't told lately? Why is that? Could I plan to tell them when I see them next?
80. How could I improve my bedtime routine for more restful sleep?
81. What do I need to forgive myself for? Write it down on scrap paper, and then say out loud, 'I forgive myself,' and throw it away.
82. What sparks joy for me? What inspires me?
83. Make a gratitude list. Start with three things. See if I can increase it to five. Now, try ten. Do this each day, even if it's only in my head. Gratitude is incredibly powerful and the path to more content and fulfilled life!
84. What are my favorite flowers? Plan out my perfect garden featuring my most loved plants and colors. Then, do some research and see if I can make it happen!
85. Which relationships that have gone from my life have I struggled to let go of? Why?
86. What lessons have I learned from a loss that I can use to help others?
87. How could I be a kinder person?
88. How do I feel right now? How could I improve my mood?
89. Who has been the biggest influence on my life? Have they had a positive or negative effect? What lessons have they taught me?
90. Describe me in a single sentence as accurately as possible. Now, appraise that sentence. How could I improve it by altering the sentence if I've not been kind myself or by making changes in my life?

91. What's my favorite song? Why? How does it make me feel?
92. Which school teacher had the most significant impact on me? What would I like to say to them today?
93. What's my favorite season? Why?
94. Tune in to the present moment. What can I see, hear, and smell? How could I make this space more peaceful?
95. Write about my eating habits. Am I eating what is a healthy diet? How could I improve my eating habits?

Surviving Loss

A First Colony Church of Christ
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Providing the Hands and Feet of Jesus to the Widow

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