

REDISCOVERING JOY

JOURNAL PROMPTS

Inviting light back in, softly and slowly.

A Gentle Note Before You Begin

Joy doesn't disappear — it becomes quiet. These prompts help you gently reconnect with moments of lightness, wonder, and delight as you grow through grief, life change, and new chapters.

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Grieve. Go. Grow

Part 1 — Understanding My Relationship With Joy

1. How has my relationship with joy changed since my loss or life transition?
2. What emotions come up when I think about feeling joy again?
3. What beliefs do I hold about joy now?
4. What fears or barriers stand between me and joy?
5. What does safe joy mean to me in this chapter?

Part 2 — Small Joys & Gentle Moments

1. What tiny, everyday moments bring me a spark of comfort?
2. What activities soothe me or make me exhale?
3. What sensory experiences feel joyful — smells, sounds, textures, tastes?
4. What places, objects, or routines bring me unexpected ease?
5. What was the last moment I felt even a flicker of joy?

Part 3 — Joy Through Connection, Movement & Exploration

1. What environments naturally lift my spirits (nature, cafés, water, bookstores)?
2. What kinds of travel moments make me feel alive?
3. What experiences spark curiosity or wonder in me?
4. What memories of joy do I have from past travels?
5. What small adventure would bring me joy this week?

Part 4 — Play, Pleasure & Personal Expression

1. What feels playful to me now?
2. What hobbies or creative outlets bring me joy (or used to)?
3. What did I love as a child that I haven't revisited in years?
4. What simple pleasures make me feel warm or comforted?
5. What makes me feel expressive, colorful, or alive?

Part 5 — Joy, Healing & Self-Compassion

1. What part of me is longing for joy?
2. What would it look like to allow myself small moments of happiness without guilt?
3. What does my joyful self feel like — even if she's emerging slowly?
4. How does joy support my healing journey?
5. How can I make room for joy without forcing it?

Part 6 — Inviting More Joy Into My Life

1. What practices or habits help cultivate joy for me?
2. What new experiences do I want to try that feel hopeful or exciting?
3. Who in my life brings lightness or laughter?
4. What boundaries protect my joy?
5. What intention do I want to hold as I rediscover joy?

