Coral Valley Journaling Series
Journaling to Boost Your Mood

"Gratitude journals" are very popular these days. As it turns out, focusing on what we are grateful for helps to build perspective and boost our mood. Check out this list of journaling prompts to help you boost your mood and shift your focus *away* from what is bothering you and *towards* what brings you joy. Choose one prompt to begin, and *free write* your ideas and emotions in response in a separate journal or on a separate sheet of paper. Consider blank, unlined pages to give your creativity space to flow.

Please note: While Gratitude Journaling can be mood-boosting, it can also be ***invalidating.*** Research on "toxic positivity" suggests that focusing *only* on positive emotions has a truly negative effect on our emotional state, not to mention our relationships. For a brief article on toxic positivity, see: Toxic Positivity

Prompts to Boost Your Mood:

- *Write about the people in your life who you are most grateful for. Elaborate upon why you are so grateful for them. How have they/do they make your life better?*

- *What else in your life are you particularly grateful for? Your health? Your job? Your home? Your hobbies? What about these things is so great? How do these things improve your life?*

- *Think about the small daily moments that you are grateful for. For example, your morning coffee, a hike with sunset views, a conversation with an old friend. Write about these moments and reflect upon how they improve your life.*

- *Write about a fond childhood memory. Who was there? What were you doing? What sensory memories accompany the experience (i.e., when you conjure up the memory, what do you see, hear, smell, taste, touch)? Be as specific as you can.*

- ***Artistic Spin:*** *Make a list of random things you're grateful for. Then, choose one or two things on the list to draw or paint. For example, you might draw your family, or paint a memory of an ocean view. Note: your drawing/painting does not have to be accurate or artistically impressive in order for this activity to be mood-boosting!*