

# 30 *prompts*

## TO HELP YOU FIND HAPPINESS IN LIFE

Enjoy this free guide as a starting place to help you define what *truly* makes you happy and what could be holding you back from living the life of your dreams.

***Set the timer for 5-10 minutes and write until time's up!***

- Without limitations, how would you describe the perfect day?
- What did you want to become when you were a child?
- When and where do you feel your happiest and freest?
- How do you process sadness?
- If you had to describe yourself using 5 words, what would they be?
- What is your worst behavior or attitude?
- Name the first thing you notice about other people and why.
- What is the order of your love languages?
- What is the last thing someone said, or did that made you feel beautiful?
- If you could change one thing about what you do for a living, what would it be?



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- Describe a life test or lesson that you have not been able to pass.
- Is there a book, movie, or show that describes your ideal life?
- How often do you think about mortality?
- Can you think of one amazing quality about yourself that you don't often find in others?
- What is your overall vibe or aesthetic as a person?
- What are you most grateful for today?
- Do you believe you have the power to change your life?
- How often do you make it a point to spend time in nature and why?
- Do you set aside time daily for meditation or contemplation?
- How often are you stressed? Why?



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- What do you think would happen if you became unavailable to people, or draining situations, and let things resolve themselves?
- Do you love yourself?
- Is there anyone, including yourself, that you have not forgiven?
- Which song best describes the theme of your dream life?
- What's a promise you made to yourself that you have not kept?
- How do you deal with disappointment?
- If you could have dual citizenship to any other country, where would it be?
- How would you describe your dream house?
- Do you believe in something bigger than you?
- What is standing between you and the goal or dream that keeps you up at night?

