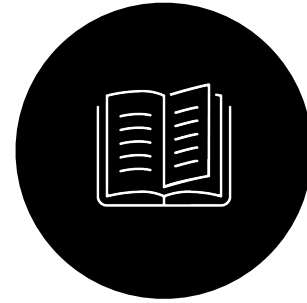


CREATING

Your Happiness



Like many, you may have been in the **pursuit of happiness**. The journey most likely led you to go away from yourself **through all sorts of spirals** only to lead you back to yourself. **Happiness is infused into every living moment, and you create it.** Now it's time for you to **continue writing your story...**

Regardless of your experiences, your dreams, and your wisdom, you along with many others are on the pursuit of happiness. In this pursuit, you may be met by tough obstacles, you may be led to gratifying moments, you may be left to feel painful emotions, you may be shown the power of love and you may be given valuable lessons - only to discover that your happiness was infused inside all of your experiences. This realization doesn't always come up to surface for many people because they continue to seek for happiness in external sources, and the more they search in such sources, the further lost they become. The mystery of life is simple - happiness isn't



something that you find, it's something that you create through all of your experiences. Once you gain this wisdom, you can use it to write the rest of your story.

JOURNALING AND HEALTH BENEFITS

For every moment that you experience, you feel a different emotion, and you develop different thoughts which your mind catalogues as unique memories. Also, your body reacts to the emotions that you feel by responding to the level of stress or ease that you are experiencing. Every situation that you encounter in your life relates to your well-being.

The action of writing your experiences, feelings, thoughts and reflections in a journal can add to your personal growth and even decode the *mysteries* of happiness. Furthermore,

many studies reveal that writing is positively correlated with: healing chronic illnesses, reducing anxiety and depression, and treating stress and various disorders and addictions. For example, in a 1988 study led by psychologist, James W. Pennebaker, PhD and his colleagues asked 50 healthy undergraduate students to write about their traumatic experiences or superficial topics for four consecutive days. Six weeks after the writing exercise, students that wrote about their traumas experienced positive subjective well-being - better moods and fewer illnesses. *

EXPRESSIVE WRITING

Expressive writing can help you identify negative patterns in their day-to-day life, better cope with stress, gain personal insight and also to find meaning and greater life satisfaction.

BY FINDING OUT THAT YOU CREATE YOUR OWN HAPPINESS, YOU BECOME THE AUTHOR OF YOUR LIFE AND YOUR STORY BECOMES A BEST-SELLER

There isn't a right or wrong way to journal. You simply just need to be open to the the process and write in whichever way or format that is best suited for you. Here are some ways that you can engage yourself in journaling on the daily:

Free-writing - begin to write about anything that comes to your mind and let your immediate thoughts guide you. You will be surprised at how reflective this is.

Randomized words - write down a few words on different pieces of paper and fold them up (or ask someone to come up with the words for you). Start by picking up one piece of paper to reveal the word, set a one-minute timer and write whatever comes to your mind. Repeat the steps for each word. At the end of this writing session, you may discover a certain thought pattern or a creative pastime developing.

Future self journaling - on every new moon or during a particular time of the month, make a journal entry from six months in to the future. This helps kickstart your visualization process and also helps you create intentions and goals for yourself. Also, you will be amazed to read your journal entries in the future to find out that you are living the life that you created on paper!

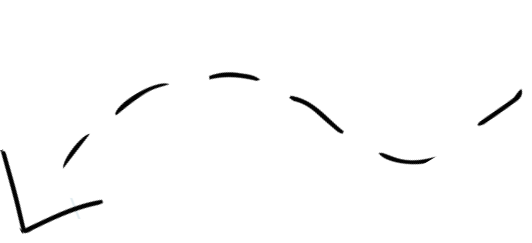
Short-story - write a short story or fairy tale - this can lead you into writing your life's story in a creative way.

Gillie Bolton, a writer and researcher suggests writing for at least six minutes. Twenty minutes is ideal to get to the core of your self exploration. Regardless of the manner that you choose to write in, remember that you own this process. There are no rules of writing or organization that you need to follow. Just go with the flow.

UNCOVER YOUR HAPPINESS AND CREATE YOUR STORY

When you make journaling a daily habit, you end up becoming a researcher of your own self and a conscious creator of your future life. That's right! You gain all control over the mood, the tone and the theme of the upcoming *super hit series* of your life! Once you grab a handle on journaling, be sure to include these elements into your writing practice:

1. **Include your intentions.** When you write down your intentions whether it be by goal-setting or creatively; you are actually developing a deeper belief within you about your abilities and you are more likely to take action.
2. **Reflect.** By writing about your thoughts and situations, you actually start to examine them objectively and uncover life lessons - an opportunity to grow.
3. **Accept.** Exercise self-compassion and accept the feelings and emotions that may flow out onto the paper.



EXPRESSIVE WRITING CAN BOOST YOUR SUBJECTIVE WELL-BEING AND HELP YOU CREATE MORE HAPPINESS (IF YOU AGREE WITH MOST OF THESE, BEGIN TO INCORPORATE A DAILY JOURNALING PRACTICE INTO YOUR ROUTINE).

- You often feel exhausted by your thoughts and experiences.
- You frequently feel that you need to set out time to decompress.
- You've been ignoring your emotions and feelings.
- At times, you're challenged with achieving greater life satisfaction.
- You make goals for yourself, but a lot of the times you don't follow-through with them.
- You don't have a strong vision for yourself.
- You discover you may need a therapeutic intervention that is within reach.
- You're seeking to gain more clarity about yourself and your life's direction.
- You are wanting to improve your overall well-being.

HERE ARE 10 TECHNIQUES TO INCORPORATE INTO YOUR DAILY JOURNALING PRACTICE

#1 Setting daily intentions and goal-planning. You can start or end off your day by journaling your intentions and goals for the day/next day. By journaling, you also get a chance to reflect on your thoughts and set meaningful goals that are more realistic and manageable for you to achieve.

#2 Vent. That's right. Sometimes things can get too toxic by talking to others. When you sit down to write your thoughts, you're better able to reflect and understand.

#3 Crafting your story. Sometimes adding a little bit of creativity in to your goal-planning process can fun and intentional. Write a super hero story or fairy tale about your life. What are the villains, dark forests and fairy godmothers metaphors for in your actual life?

#4 Pen and Paper therapy. When you begin to write with no framework, this may uncover thoughts, memories and ideas that you weren't consciously aware of.

#5 Gratitude listing. Take time out to list five things that you have been grateful for that occurred during the day. This will allow you to focus on the good rather than fixating on challenges that you may not have control over.

#6 Motivation. Write your own motivational quotes and stories for daily bouts of inspiration.

#7 Craft a wellness plan. Yes! As you write, you may uncover some of your unhealthy habits. You can begin to craft a wellness plan for yourself just by journaling how you aim to feel on the daily.

#8 Combat stress. Journal to express your immediate emotions and state-of-mind in any moment of uncertainty. It will put you to ease and calm down your mind and body.

#9 Visualization. Descriptively write down your visions for your future-self. When you write down your desires, your mind starts to 'house' them consciously.

#10 Write a letter to yourself. Write a letter acknowledging your finer traits. This will boost your mood by replacing self-criticism with self-compassion.