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The Intentional Journaling Guide

The power of journaling to increase daily wellbeing and happiness

Presented by nez living: sophisticated & sustainable stationary

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The Power of Intentional Journaling

In recent years, there have been incredible advances in the field of positive psychology. Every day, scientists are learning more about how humans can thrive, flourish, and experience daily contentment.

A key finding that's emerged from the field so far? **The importance of wellbeing.** Research shows that people who feel a general sense of wellbeing experience many benefits. They have more mental capacity available for attention, learning, and generative thinking, which means they are better equipped to solve problems and face challenges with resilience. Wellbeing has also been shown to have a positive impact on our physical health and longevity.

It's clear that wellbeing is a superpower — and yet, many of us aren't tapping into it. Why? **In the rush of daily life, it's difficult to make wellbeing a priority.** Our days are full of obligations, distractions, deadlines, and pressing concerns. When things are hectic, it's easy to *react* to our days instead of truly intentionally *living* our days.

That's where intentional journaling comes in. Intentional journaling can help you build a daily practice that connects you with key components of joy and wellbeing. With intentional journaling, you can stay mindful of:

- The people, places, and things that bring you the most joy
- The memories you are most grateful for
- The parts of yourself you are most proud of
- The goals and dreams you are energized to pursue
- The life you're excited to lead

In this guide, we'll start by introducing you to the science of wellbeing. Then, we'll share specific journaling prompts that can help you put the principles of happiness and wellbeing research into action.

Thank you for exploring the power of intentional journaling with us — we're so glad you're here!

The Components of Wellbeing

Wellbeing is a term used frequently in many contexts. Defined as “the state of being happy, healthy, or prosperous,” the word “wellbeing” shows up in academia, business, marketing, spiritual traditions, and everyday conversation to describe different versions of the same thing — **an overall sense of happiness, health, and contentment**. But what actually *is* wellbeing? What does it look like to experience wellbeing in our daily lives? And, what elements contribute to the sense that we are happy, healthy, and prosperous?

For years, researchers have studied the components that affect our sense of wellbeing and have come up with similar, but slightly different, explanations and frameworks. One framework that our team finds useful is the [Ryff Inventory of Psychological Well-Being](#).

Developed by Carol Ryff at the University of Wisconsin, it measures **six core components of wellbeing**:

1. Positive Relationships with Others
→ Example: People would describe me as a giving person, willing to share my time with others.
2. Purpose in Life
→ Example: Some people wander aimlessly through life, but I am not one of them.
3. Environmental Mastery
→ Example: In general, I feel I am in charge of the situation in which I live.
4. Autonomy
→ Example: I have confidence in my opinions, even if they are contrary to the general consensus.
5. Self Acceptance
→ Example: I like most aspects of my personality.
6. Personal Growth
→ Example: I think it is important to have new experiences that challenge how you think about yourself and the world.

Our intentional journaling practices are designed to help you **reflect on** and **cultivate** all six wellbeing components. **Read on to discover how you can use daily journaling to notice, reflect on, and create more experiences of well-being in your life.**

Journal To Cultivate: Positive Relationships & Purpose

Gratitude Journaling

In broad terms, gratitude is **the active choice to notice value in your life**. Practicing gratitude helps you notice and focus on the positive parts of your environment and yourself. It can help you see familiar aspects of your life with renewed appreciation and warmth.

One particular aspect of life that benefits from gratitude is **our relationships**. In a study of positive psychology interventions, researcher Martin Seligman found that writing and delivering a letter of gratitude to someone led to a noticeable increase in happiness. Another study found that couples who expressed gratitude to their partners felt both more positively about their partner *and* more willing to share relationship concerns.

Both of these studies show **the power of gratitude to increase connection**. When we take time to recognize the positive traits of others, our outlook improves, as well as our willingness to open up and connect.

Another aspect of life that benefits from gratitude is **our sense of purpose**. Reflecting on what you're grateful for *in yourself* can connect you to your strengths and personal values. When you take the time to appreciate your personal values, you get a better understanding of your identity and what's most important to you. From there, you can make empowered, informed decisions that align with your larger life vision and the impact you hope to make.

Gratitude, then, not only helps you build and maintain positive relationships, but also stay connected to and act in line with your personal purpose.

How Journaling Can Cultivate Gratitude

Humans are wired to notice flaws first. This is because, historically, negativity bias allowed our ancestors to notice potential threats and survive dangerous circumstances. Now, even though we live in the 21st century, these ancient instincts are still with us. This means that gratitude — shifting our focus to the positive over the negative — requires effort and practice.

Journaling helps you build up your gratitude muscles. It reminds you to set aside specific times to connect to the positive, the good, and the hopeful in your life, which can lift your mood and

shift your perspective. **Journaling allows you to put gratitude into practice and experience its benefits firsthand.**

Intentional Journaling Practice: Gratitude

In your favorite journal, or on the lines below, try out the following prompt.

Intentional Prompt:

“I am grateful for....”

Examples:

I am grateful for my body and anything it allows me to do.

I am grateful for the rain outside fueling our nature.

I am grateful for my friend, who sent me a nice text this morning.

I am grateful for my glasses, which allow me to see.

I am grateful for my sense of adventure and willingness to try new things.

Room to Practice

Journal To Cultivate: Environmental Mastery & Autonomy

Daily Focus & Daily Intention Journaling

It's easy to forget about one of the most basic tools at our disposal: **our attention**. What we pay attention to determines how we spend our time, energy, emotions, and effort. Often, it may feel like we have no control over our attention — tasks come in and out of our mind, and we feel obligated to spend time on them until they are “solved.” The practice of **mindfulness**, however, teaches us that we have more control over our attention than we think.

Mindfulness, which has roots in Buddhist meditation practice, was described by Zen Buddhist teacher Thich Nhat Hanh as “being aware of what is happening inside and around you in the present moment.” When you are mindful, you simply notice what's going on — your thoughts, feelings, body, and environment — without judgment. By noticing instead of reacting, you learn to tolerate discomfort and choose your actions thoughtfully, rather than making rash decisions.

Practicing mindfulness can greatly benefit **our sense of environmental mastery**. When we *notice* what we're thinking and feeling, instead of immediately reacting, we realize how much power we have over our inner emotional experience. The more you practice mindfulness, the better you will get at cultivating an environment of peace and well-being regardless of external circumstances.

Practicing mindfulness can also benefit our sense of **autonomy**. The ability to notice instead of react highlights how much **choice** we have when it comes to our daily experience. Recent research on mindfulness has shown that regular practice can benefit our sense of vitality, autonomy, self-regulation, positivity, and mood steadiness. By exercising control over our mental world, we feel more in control of our outer world, too.

How Journaling Can Cultivate Mindfulness

One of the best ways to start practicing mindfulness is **by putting pen to paper**. When you write your intentions and plans down, instead of taking immediate action, you are creating a space between thought and action. In this space, you have the power to **shift your attention** to the items that matter most. Two journaling exercises are especially suited to cultivating mindfulness practice: **daily focus journaling** and **daily greatness journaling**.

Daily Focus Journaling is the practice of choosing a specific intention for the day. This practice is especially effective when it's completed in the morning, before you've started the day's activities. It gives you a chance to be proactive, instead of reactive, and decide what you would most like to prioritize in the hours ahead.

Daily Greatness Journaling is about setting an intention that is related to a specific area of life. Rather than setting a general focus area, you are choosing a specific goal to work on throughout the day. This gives your day focus and your mind clarity about what's most important.

Intentional Journaling Practice: Daily Focus

In your favorite journal, or on the lines below, try out the following prompts.

Intentional Prompts for Daily Focus:

"My focus for today is..."

"My focus for today is feeling..."

"My focus for today is balancing my behavior..."

"My focus for today is giving...."

Examples:

"My focus for today is balance."

"My focus for today is feeling relaxed."

"My focus for today is balancing my behavior of being short with others when I am stressed."

"My focus for today is spending quality time with my family while we are on vacation."

Room to Practice

Intentional Journaling Practice: Daily Greatness

Pick a theme to focus your daily goal around. You can pick a theme from the list below, or supply your own focus if you have something specific in mind.

- Career
- Finance
- Happiness
- Health
- Personal Development
- Positive Impact
- Relationships
- Self-Compassion
- Self-Confidence

Once you've chosen your theme, come up with a daily greatness intention that expresses your desire in this area. Use the examples below for inspiration.

Intentional Prompt

"Today I will..."

Examples:

Personal Development: "Today I will ignore the inner critic in my head."

Health: "Today I will treat my body with respect."

Self-Confidence: "Today I will not apologize for being me."

Room to Practice

Journal To Cultivate: Self-Acceptance & Personal Growth

Affirmation Journaling

Have you ever given yourself some encouragement? Perhaps before a big event, you thought: *“You’ve got this! I believe in you.”* Or, before a job interview, you may have done your best power pose and recited a phrase: *“You are capable and talented — you’re going to knock this out of the park!”*

If you have, you’ve practiced the art of self-affirmation. **Affirmations** are reflections on the positive aspects of ourselves. They help us combat our natural tendency to focus on the negative and shift into a more positive mindset. The negativity bias that we discussed earlier applies to our thoughts about *ourselves* in addition to our environment. It’s so easy to see our own flaws and short-comings — it takes **more effort** to see our inner strengths, capabilities, and positive traits.

In this way, affirmations connect us to **self-acceptance**. Studies have shown that affirmations broaden our focus and perspective, help us feel more powerful, and invite us to meet the moment. In other words, they help us see ourselves and our situation with more clarity. When we affirm ourselves, we recognize our inherent value, worth, and power, regardless of our flaws and shortcomings.

When we accept ourselves, we feel more **empowered** to take action and make positive changes. This is how affirmations connect us to **personal growth**. Research has shown that some of the benefits of affirmations include an increase in positive mindset, a sense of balance and equanimity, and improved performance due to increased self-confidence. When we accept ourselves as we are, we are able to *shift* our focus from ourselves to the wider world. Once we do that, there’s no telling how much we’ll grow, change, and benefit the world around us.

How Journaling Can Enhance Affirmations:

While you can say an affirmation out loud (and benefit from it!), writing it down helps you internalize the belief and program it in your deeper consciousness. Like many of these practices, it’s helpful to engage in affirmation journaling in the morning to set the tone for the

day ahead. You can also practice journaling about the same affirmation over time, which can help you replace specific negative beliefs with a more positive, empowering narrative.

Intentional Journaling Practice: Affirmations

Step 1: Choose an Affirmation

Grab your favorite journal and a pen. Start by writing down some of your goals and dreams. Then, think about the qualities you would need to inhabit to achieve those goals and dreams. For example, if one of your goals is making more friends, you might want to embody the qualities of kindness and authenticity. You may decide to include those words in your affirmation.

Step 2: Construct Your Affirmation:

Your affirmation can take many forms. Common starters for affirmations include:

“I am....”

“I feel...”

“I experience...”

“I believe...”

“I love...”

Think about the qualities that you would like to embody and write a sentence that expresses your ability to live them out. For example, you may turn your desire to be kind and authentic into the affirmation, “I am kind and authentic with everyone I meet.” Make sure the words you choose are positive and ring true — that they capture who you truly aspire to be.

Step 3: Journal About the Affirmation

Try writing out the affirmation a few times each morning for one week. Repetition can be especially useful for affirmation journaling — it helps your brain internalize your new beliefs!

For a full list of affirmation ideas, check out the next page.

Room to Practice

For Inspiration: Affirmation Examples

I accept myself unconditionally.
I acknowledge my self-worth.
I am able to love.
I am beautiful.
I am consistent in what I say and do.
I am confident and know that others respect me.
I am enough.
I am filled with love, hope, and confidence.
I am kind, compassionate, and understanding.
I am lovable.
I am powerful.
I am present in every moment.
I am proud of myself.
I am radiant.
I am responsible for my choices in life and can create the life I want.
I am talented and hard-working.
I am unique and don't have to compare myself to other people.
I am worth more than my appearance.
I believe in my abilities.
I believe in myself.

I can accomplish anything I set my mind to and work towards.
I can do anything, but I can't do everything.
I choose to feel good every day.
I deserve all good things.
I deserve the best.
I do not judge myself. I look after myself.
I forgive myself and I forgive others.
I fuel my body with nutritious food that makes me feel healthy.
I help my family and friends grow and reach their highest goals.
I love the person I am becoming.
I love what I see in the mirror.
I talk to myself like I would talk to a best friend. I am kind to myself.
I see beauty in everything.
I see my body as my home and thus build it up instead of tearing it down.
I trust myself.
Life is full of love. As I give love, I find it everywhere in return.
My positive attitude and drive will lead to new opportunities and insights.

Conclusion: Simple Acts, Big Difference

Daily journaling is a wellbeing practice that's available to everyone. Because it's so accessible, however, many people underestimate its power. We hope this guide helped you learn the simple but powerful practice of daily journaling for wellbeing. Together, we've covered:

- The power of journaling to impact wellbeing
- Gratitude Journaling to cultivate positive relationships and purpose
- Daily Focus and Greatness Journaling to cultivate environmental mastery and autonomy
- Daily Affirmation Journaling to cultivate self-acceptance and personal growth

If you implement even one of the journaling techniques described in this guide, and stick with it for a week or more, we are convinced that you'll experience a noticeable difference in your outlook, mood, or energy levels. Making the intentional choice to build wellbeing into your life is an empowering one. We hope you walk away from this guide feeling excited and enabled to change your daily experience through intentional journaling.

Thank you for joining us, and happy journaling!

About nez living

nez living facilitates your intentional lifestyle by crafting sustainable stationery with [vegan materials](#) and [eco-friendly practices](#). At the same time, we safeguard [premium quality standards](#) and enhance your [wellbeing and productivity](#) in style.

To view our full line of notebooks, [visit our shop page here](#).

Our Story

The story of nez living can be brought back to a moment in time **when founder Vanessa was searching for a new notebook. She was searching for a brand she could trust** — a brand with a story, a brand that had values aligning with her own, and a brand that understood the importance of providing a high-quality, lasting product. When she couldn't find a stationary brand that fit this description, she decided to make one of her own: and, after a winding entrepreneurial journey, **nez living was born!**

Our Values

nez living is a values-based company. We strive to deliver high-quality, long-lasting notebooks that are also kind to our planet. Our core company values include:

- Using vegan and eco-friendly materials
- Implementing sustainable practices to minimize waste
- Keeping our carbon footprint as low as possible
- Delivering premium quality by partnering with a small-scale family-run printer
- Creating timeless pieces with sophisticated design elements

Our motto: Timeless, professional, modern.

Learn More

To learn more about nez living and see our latest line of notebooks, [visit our website](#).

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