

Writing about future goals boosts happiness and health.
Journaling about the impact of your job can increase effort by 29% in the following weeks for those with stressful jobs.

READY TO GET YOUR CREATIVE JUICES FLOWING? DON'T WORRY WE GOT YOU.

1. Two words or phrases that make you laugh?
2. Three things that bring you joy?
3. Two reasons your current work is important?
4. Three things you are good at?
5. What do you need to get off your chest today?
6. What do you need more of in my life?
7. What motivates you to keep going?
8. If you could only keep 3 things you have right now, what would they be and why?