



Academic & Career Development Center

Joyful Journal

Resources:

- [Prototype](#)
- [Career Crew](#)
- [Handshake](#)
- [Professors](#)



Joyful Journal Instructions

This exercise is to help you evaluate your everyday life. You will note each thing you do and rate it from 1-10. The 1-10 scale will be associated with your happiness during your daily activities. 1 being least happy, 5 neutral, and 10 being the happiest. Next, take account for what you do each day (3 days max), think about why you gave it that score, maybe color coded them, and return to the Academic and Career Development Center to go over your results. Below is an example of what a joyful journal might look like for a student.

Take time to create your own Joyful Journal above and enjoy the process!

Cooked Breakfast	6
Drove to school	7
Took math notes	4
Took sociology notes/lecture	9
Ate lunch with friends	9
Read for fun	10
Read textbook	6
Worked on Geography homework	5
Did Sociology homework	8
Watched Netflix documentary	9
HIIT workout	8
Sketched	7
Listened to English lecture	7
Did music homework	3
Cleaned the house	4
Created excel sheet for computer class	7
Made tik tok videos	8
Rode bike with friends	9
Ate Lunch	7
Read fiction	9
Played sci fi video game	10
Worked on group project	6
Wrote English paper	8
Ate dinner	9
Helped friend with personal problem	10