

THE *Happiness* **BOOST**



· NURTURING · SUPPORTING ·
· EQUIPPING ·

**Journal Questions for
The Happiness Boost**

These journal questions are entirely optional! I know so well how time and energy are often limited, so this is not homework. However, if you'd like to delve a little deeper into the topics we touch on, then journaling can really aid that process. There is no wrong way to do it; bullet points, drawings, essays or just simply thinking in your head.

GUILT

How does guilt impact you and what feelings does it initiate?

Walk through the 3 ACT steps with something you feel guilty about:

Address - what do you feel guilty about?

Compassion - how might you introduce some compassion?

Tweak - if guilt is there to prompt you, what might it be prompting you to do?
How can you take a step towards this?

SELF-CARE AND REST:

How have you been overlooking your own needs?

What three things do you need right

1.

2.

3.

Consider your basic needs: Hydration, nutrition, warmth and comfort. How would it look if you responded to your child's needs in the way you respond to

What is your attitude to rest? How might you reframe this to benefit you and acknowledge the challenges and curveballs of motherhood?

What tiny thing might you pledge to do daily that can work towards meeting a

WORRY AND ANXIETY:

What is anxiety robbing you of at the moment?

Practice box breathing (or another breathing exercise that you like) for a few moments. Note how you feel before hand and after.

BEFORE

AFTER

Would you benefit from additional support in order to process things you've been through that might be fuelling anxiety?

What mantra might you hold onto in moments of anxiety?

INNER DIALOGUE:

How do you speak to yourself in the silence of your mind? What tone and language do you use?

How does it feel to consider speaking to someone you love in this way?

Consider a moment recently where your inner critic was loud, what might a compassionate response be?

VALUING YOUR EMOTIONS:

How do you talk about your feelings when you verbalise them?

Write down 5 different feelings you're experience now and notice how some may feel contradictive

1.

2.

3.

4.

5.

Do you feel tempted to caveat the tricky feelings? Note down a few 'AND' examples.

1.

2.

3.

4.

5.

What was your one takeaway from The Happiness Boost?

Explore The Anna Mathur Toolkit and see which ones might support you in addressing and reframing those things that take up so much headspace.

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