

A Daily Gift of Happiness & Joy

Writing Prompts

Each story in *A Daily Gift of Happiness & Joy* should celebrate the bright moments, simple blessings, and heartfelt connections that fill life with gladness. Use these prompts to reflect on where happiness and joy show up in your journey—and how your story might inspire others to find theirs.

Everyday Joy

- - Describe a simple moment that made you unexpectedly happy.
- - Write about the last time you laughed until your stomach hurt.
- - What everyday ritual or small pleasure brings you joy?
- - Share how a child (yours or someone else's) reminded you what happiness really means.
- - Write about a place that never fails to make you smile.

Gratitude & Contentment

- - Reflect on a moment when gratitude turned an ordinary day into an extraordinary one.
- - How has contentment—not perfection—brought peace and happiness into your life?
- - Share a story about appreciating what you have rather than longing for what's missing.
- - Write about a time when joy came from giving rather than receiving.
- - What does it mean to you to live “a joyful life” right where you are?

Faith & Inner Light

- - Describe a moment when you felt God fill you with joy even in difficult circumstances.
- - Reflect on a verse, prayer, or song that always lifts your spirit.
- - Share how faith has helped you rediscover happiness after loss or disappointment.
- - Write about the kind of joy that can't be explained—only felt.
- - How does your relationship with God deepen your capacity for joy?

Love, Friendship & Connection

- - Write about someone whose presence brings you pure joy.
- - Share a time when laughter brought people together and healed hearts.
- - What friendship or family bond has taught you what happiness truly is?
- - Describe how serving or helping others has brought you lasting joy.
- - Reflect on a joyful memory that still makes your heart smile.

Renewal & Hope

- - Write about how joy has carried you through a challenging season.
- - Share a story of choosing happiness even when life didn't go as planned.
- - Describe a “turning point” moment when you realized joy is a choice.
- - Reflect on how hope opens the door to happiness.
- - Write about a time when joy overflowed from your heart and inspired others.