

This makes me happy

a free mini journal



A gift from sylvia.studio

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This journal belongs to:

Introduction

I've suffered from winter depression for years, and last year I set out to create this journal to help me focus on what brings me joy.

So I picked seven simple prompts and you know what? They really worked!

This year I decided to update this journal and give it away for free in my store.

I really hope you will enjoy playing in this mini journal!

This journal was designed to be printed single sided, as you can then collage the backs of the pages, take notes, add a couple of pictures, or use it for more journalling.

This way you make the journal completely yours.

Other than printing, you could use an app like Metamoji Note (free on iOS and Android) or GoodNotes (paid iOS app) on a tablet to play in it digitally.

Whatever you choose, remember to have fun!

Love,

Sylvia

Day 1 - create a mini vision board

Before you create your vision board, ponder these questions first.

What do you want to bring into the world in the next three months?

How do you want to feel?

What word(s) could you use to remind you of that vision?

Now it's time to create the vision board. Find images that perfectly represent your vision described above.

Is this a printed journal? Dive into magazines for pictures. You could also cut out words to emphasize those images.

Is this a digital journal? Find some images on Pinterest or similar sites.

My vision board for the next three months

Day 2 - listen for Joy!

What song reminds you of this time of year?

When and where did you hear it first?

What did you think of the song then?

What vivid memory comes into play when you put the song on now?

Day 3 - journal your joy

Today, write down what makes you smile, laugh or what simply makes you happy. Nothing is too insignificant for this list.

You could keep notes for this challenge in a small notebook that you carry around with you all day, and then copy them below.

Time: __:__

Time: __:__

Time: __:__

Time: __:__

Time: __:__

Time: __:__

Time: __:__

Time: __:__

Time: __:__

Day 4 - Read a childhood favourite

I often love to dive into reading books that I loved as a child, because reading those books again feels like a warm blanket.

What book will you read?

What memories do you have of this book?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 5 - pick a favourite movie

This is for one of those rainy days! Think back to movies you've loved to watch through the years and pick one that made you happy.

Paste a picture of the movie poster/ad below, and/or write down why you love this movie so much.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 6 - your favourite outfit for this season

I always love to bring out my colourful summer/spring wardrobe the moment the temperature starts to rise in earnest, and my favourite jumper and cardigan when the temperature drops.

What in particular are you looking forward to wearing again in this current season? (you can also paste a picture here and describe it)

How does that outfit make you feel?

Day 7 - look back- and forward

What is a favourite memory of this time of this season?

[illegible]

And what do you look forward to this season?

[illegible]

Space to Play!

What else brings you joy? Add that to this page!

[illegible]

About the Author

Sylvia is a blogger, doodler, poet, (art-)journalling enthusiast, avid reader and website tinkerer.

This is her first workshop on journalling, and she has several more workshops, journals and other fun projects planned for the near future.

If you'd like to know when her new books come out, follow her on her social media.

Sylvia lives in the Netherlands with her husband, two cats and an overflowing folder filled with journal ideas.

You can find more about Sylvia here:

- [Website: Sylvia's Studio](#)
- [Mastodon](#)
- [Bluesky](#)

Feel free to send her an email using [this form](#)