

Recipe for a Contentment Journal



You'll need:

1 x Diary or notebook
1 x Pen

Cooking time: 5 minutes each day

How often do you actively spend focused on your own contentment? For most of us, the answer is almost never. As human beings, we're hardwired to focus on challenges, so it takes effort to consciously practice positive self-talk.

Finding time to feel content, focusing on the present, and being grateful to the people and the opportunities that led you to this moment (even if just for a few minutes each day) can have incredibly positive effects on your mental wellbeing, self-confidence, and your sense of belonging.

By starting a Contentment Journal, you can make honing in on these thoughts and feelings a regular habit, and one that can support your mental wellbeing even on the toughest of days.

1. Start by choosing a diary or a notebook to have as your Contentment Journal. You may prefer to have an account of each day in chronological order, in which case a diary may be best. Or you may prefer to release yourself from the pressure of time, and instead note your thoughts down in a blank notebook. Either way, we recommend a physical journal, as the act of writing notes down can feel more personal to you, and take you away from any digital distractions.

2. Now that you have selected your Contentment Journal, consider pairing it with a pen you enjoy writing with. These two may well stay together too - perhaps in your desk drawer, or on your bedside table.
3. The third step in preparing your Contentment Journal is to find a good time to write each day. This may be just before you go to bed (see our Recipe for a Restful Nighttime Routine) or on your lunch-break - whenever you may find a quiet, calm, contented moment will suit you best. You may wish to schedule this in your calendar, or leave your journal somewhere you can see it, as a reminder.
4. When it comes to writing your Contentment Journal, begin by thinking back over the day, and noting down just one positive action or experience. Was someone especially friendly to you? Perhaps you shared a smile with a stranger? Or did you go out of your way to help someone and if so, what impact did that have?
5. Next, consider one thing that you are grateful for. This could be an opportunity, a tool, a surprise. Note why you are grateful for this in your journal.
6. Finally, think about one thing you are happy about for someone else. Can you join in with the excitement of someone's news? Is someone close to you working hard and being recognised for this? Perhaps make a mental note to acknowledge this when you next see them, too.
7. Each day, repeat these three steps. In turn, you will practice contentment, gratitude, and humility. You may also find all three of these states easier to tap into over time, both with your journal, and whenever you recognise these moments around you.

Calmer empowers entrepreneurs and purposeful teams to nurture good mental health and wellbeing. We do this through digital courses, workplace training, events, workshops and 1:1 sessions.

We believe a happy mind makes for a happy business.