

MAY

HAPPINESS

THE FLOWERGAMES



The Flowergames

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Modified
AI generated
prompts to make
writing fun

Writingdates



Disclaimer:

The Flowergames is designed to be a tool for creative self-expression and exploration. It is not intended to be a substitute for professional mental health or therapeutic advice. If you are struggling with significant emotional or psychological difficulties, please seek guidance from a qualified professional. While the journal prompts and exercises are designed to inspire and encourage creativity, they may not be suitable for everyone. Use your own discretion and adjust the activities as needed to fit your individual needs and comfort level.

The author and publisher of this workbook are not responsible for any outcomes or experiences that may arise from using this journal.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Write a story about a character who experiences happiness during a mundane task

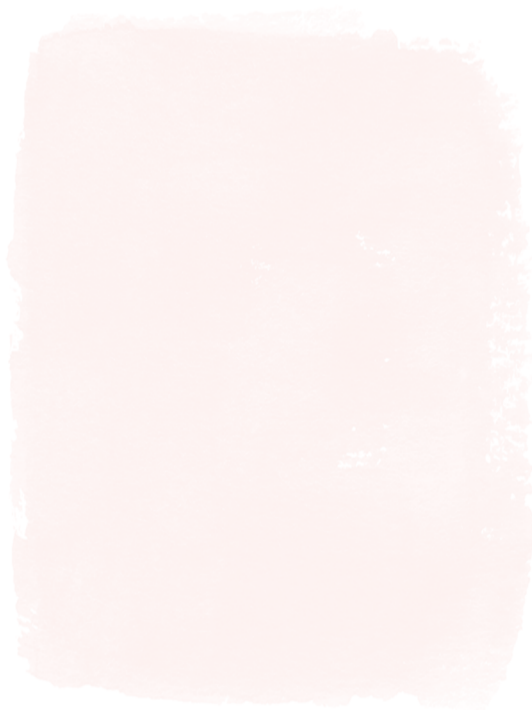


What are some things that never fail to make you laugh, and how does laughter affect your mood?

S e l f - c a r e



I d e a



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Describe a scene where laughter fills the air,
bringing happiness to those around without any
specific reason



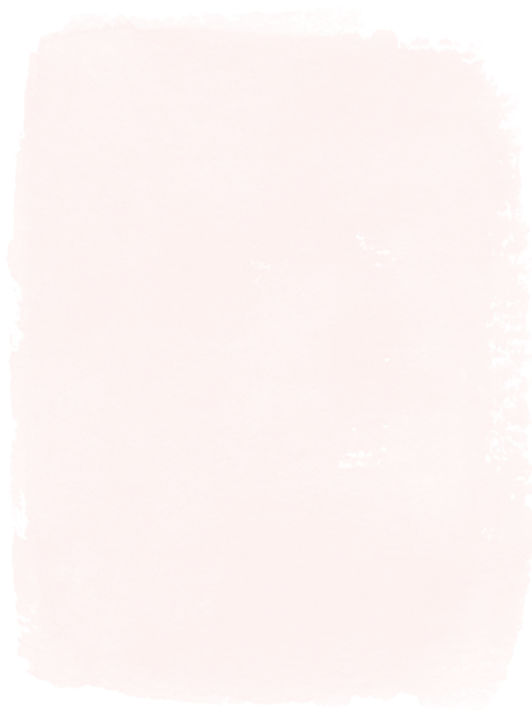
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

**Describe three things or activities that never fail
to lift your spirits and bring happiness into your
day.**

S e l f - c a r e



I d e a



Invent a story set in a place that symbolizes happiness for the characters, exploring what makes it special.



NOTES