

MENTAL HEALTH JOURNAL PROMPTS

- What's that one thing you like to do in the morning that makes you feel ready and recharged for the day?
- List down the things that make you anxious.
- What goes on in your mind when you are anxious?
- How do you calm yourself when your nervousness is at its peak?
- Is there any trick that helps you calm down instantly?
- Who do you like to go to when you want to feel safe and heard?
- What was the best thing that happened to you today?
- Is there anything that you're worried about? What can you do to make your worries go away?
- List the things that make you happy.
- Who is your go-to person to share your thoughts and feelings? What did you talk to them about the last time, and how did it make you feel?

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- Name the activity or hobby that helps you relax and unwind. Why do you like it?
- Is journaling helping you to improve your mental health?
- What symptoms do you experience when you feel stressed? Do you feel the need to go see a doctor to improve your mental health?
- Is there anything you are struggling with or find challenging nowadays? Is there anything you can do to help yourself? If not, who do you think can help you overcome this struggle?
- What do you like the most about yourself?
- What are some of your qualities that help you stand out in the crowd?
- Write five positive affirmations for yourself.
- Do you worry about what the future holds for you?
- Describe three things you can do to improve your mental health.
- What can you do to turn a bad day into a good one? Write about a time when you did this for yourself.

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- Share about the time when you were misunderstood by a friend or a family member. What happened, and what emotions did you feel in that moment?
- Are you happy with your relationship with your parents and siblings? How can you make it better?
- Draw a picture of you and your family members sharing a happy moment.
- What would you call a perfect day? How many such days did you already have until now?
- Has anybody been mean to you lately? What happened? How can you tell the person they hurt you and you don't want them to repeat their mean behavior again?
- Write five ways to improve yourself.
- Which of your habits do you think are negatively affecting your mental peace and health?
- What is that one thing about you that nobody knows? Would you feel better if you could share it with someone?
- Write about your best memory.
- How do you handle problems that come your way? Are you happy about the way you handle them? If not, how can you do better?

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- Is there anything you would like to change about yourself, and why?
- Write about the best holiday you spent with your family.
- How are you feeling right now, and why? What can you do to feel even better? Now that you know the answer, go ahead and do it.
- Jot down three things you are grateful for and why.
- Write about the times when you felt lonely. What can you do to not feel the same again?
- Who can you reach out to when you feel lonely? Why do you choose them?
- Do you have a friend you can count on? What makes them special?
- What is your greatest fear? How can you overcome it?
- Write a letter to thank yourself for facing all your challenges with great strength and courage.
- Make a list of songs you can play to lift your mood and spirits.

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- Write a short note on what makes you a good person, and read the note to yourself in front of a mirror.
- Find and write some inspiring quotes you would like to read before bed every night.
- How can you be kind and compassionate toward others, and how can they be kind toward you?
- How will you explain anxiety to your friends? What advice will you give them?
- Make a note of things you don't want to tell your parents but want your therapist to know.
- Make a list of things others can do to help you when you are anxious. Share this list with your friends and family.
- Things that make you smile are...
- What makes you angry? How can you try to remain calm and not get very angry?
- Write about one thing you would do tomorrow to have a great day.
- What valuable lessons have you learned to date?