

20 JOURNAL PROMPTS

FOR YOUR MENTAL HEALTH

- What's at least one thing you look forward to every day?
- What are 1-3 positive things you can say about yourself?
- What challenge(s) have you been able to overcome?
- If you weren't afraid, what would you do?
- In what ways do you practice self-care?
- Write out 1-5 things you are most grateful for
- What are your triggers? How do you combat them?
- What goal(s) do you have set for yourself?
- Who are the biggest supporters of your life?
- What memories do you replay the most?
- Describe a time you were most proud of yourself?
- What are you still holding on to that you need to let go of?
- What helps you the most during tough times?
- Where do you feel the safest?
- What's holding you back from reaching your goals?
- What do you wish people knew about you?
- What are the biggest life lessons you've learned?
- What's one thing you can do to make tomorrow better?
- What are the words you need to hear right now and how do you feel?
- Describe a time you made a mistake? How did you work through it?