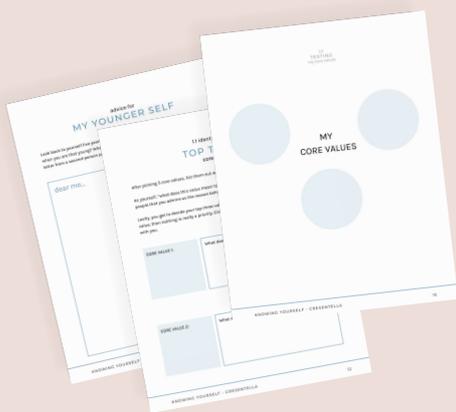


journal prompts for MENTAL HEALTH

1. What are the five things I am grateful for in my life?
2. What qualities about myself do I love the most? What makes me love them?
3. How have I changed in the last three months?
4. What was the toughest challenge I have ever faced in my life?
5. What did I learn out of my biggest life challenge?
6. What makes me feel loved? Why?
7. What is my go-to cure for a bad day? Why?
8. What are the things I wish other people knew about me and why?
9. What little things bring me peace and joy in my daily life? Why?
10. Who is one person I'm most comfortable with? What does this person do to make me feel safe and at ease?
11. When was the last time I cried? What caused me to cry?
12. When was the last time I laughed so hard? Why?
13. What are the three things I can do today to make me feel grounded and centered?
14. What emotions or thoughts do I want to let go of? Why?
15. What does "surrendering" mean to me? How can I let go and surrender all my worries?
16. What is one thing that I'm proud of? Why?

journal prompts for MENTAL HEALTH

17. What are my helpful coping mechanisms? How can I incorporate more of these every day?
18. What are the three reminders I want myself to remember when I'm feeling down?
19. What does my perfect day look like?
20. If I keep living life this way, would I become the person I want to be? Why?



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