
28 mental health journal prompts

FOR YOUR DAILY JOURNAL

1. What are three things that make me happy, and why?
2. What do I need to let go of in order to feel more at peace?
3. What are my top three values, and how do they guide my decisions?
4. What are some of my fears, and how do they impact my life?
5. What is something that I've been avoiding, and why?
6. What are some of the things that I am grateful for right now?
7. How can I show myself more compassion and kindness?
8. What are some of my strengths, and how can I use them to overcome challenges?
9. What are some of the things that I'm proud of in my life?
10. What are some of my limiting beliefs, and how can I challenge them?
11. What are some of my goals for the future, and how can I work towards them?
12. How can I take better care of myself on a daily basis?
13. What are some of the things that I'm struggling with right now, and how can I cope with them?
14. What are some of the things that I'm looking forward to in the future?
15. What are some of the things that I'm afraid of, and how can I face those fears?

16. What are some of the things that I can do to improve my mental health?
17. What are some of my triggers for stress or anxiety, and how can I manage them?
18. How can I improve my relationships with others?
19. What are some of the things that I can do to improve my self-esteem?
20. What are some of the things that I need to forgive myself for?
21. What are some of the things that I can do to improve my sleep habits?
22. How can I practice self-care on a regular basis?
23. What are some of the things that I'm passionate about, and how can I incorporate them into my life?
24. What are some of the things that I'm afraid of trying, and why?
25. What are some of my favourite ways to relax and unwind?
26. How can I improve my communication with others?
27. What are some of the things that I'm holding onto that no longer serve me?
28. How can I cultivate more joy and happiness in my life?

