

55 Therapeutic Mental Health Journal Prompts

1. How are you feeling physically, mentally, and emotionally today?
2. What is your favorite thing to do in the morning when you wake up, and what does that say about you?
3. What is one thing that you're grateful for today?
4. Think of three words to describe how today has been so far and what they mean to you.
5. What does a perfect day look like to you ?
6. Did you have any negative thoughts today? Try to reframe them into positive ones.
7. Write down one positive word to focus on today. What does this word mean to you?
8. How can you take better care of your mental health today?
9. Write about a time when you were really proud of yourself.
10. What do you want to be different in your life right now, and why is it important for that change to happen?
11. What do you love about yourself?
12. What makes you sad on a day-to-day basis?
13. Write about a time you felt like your mental health was at its best.
14. Reflect on the events that led up to the moment when your mental health was at its worst.
15. What is your biggest fear, and how can you overcome it?
16. How do you cope with stress?
17. Write down three things that trigger feelings of anxiety in you.
18. Identify three coping strategies you can try to implement.
19. Write about something frustrating to you now.
20. What is your relationship with social media? How does it make you feel?
21. What do you think about when you're feeling down?
22. What are some of your favorite things to do that make you feel better?
23. Is there anything that makes your heart feel warm and happy inside when thinking about it ?
24. Describe the scents that remind you of home.
25. How does it feel to be alive right now?
26. What is your favorite mental health activity to do at home when you're feeling stressed out or overwhelmed with life?
27. What are two new hobbies you would like to try?
28. When was the last time someone told you they loved and cared for you, and how did it make you feel?
29. Reflect on what makes your heart sing. What makes you happy, excited, passionate, alive.
30. Write about an accomplishment that made you feel good.
31. Make a list of five words or phrases that come to mind when you think of "mental illness."
32. What do you think is the most important factor in maintaining good mental health (e.g., sleep, diet, exercise)?
33. When was a time where someone else's words made an impact on your life?
34. Write a letter to someone who has hurt or disappointed you. Write about things you couldn't say to them in person. You don't have to send it.
35. How do you feel about your body?
36. Write about your current mood. Describe what's going on in your head right now.
37. What advice would you give to a friend going through a challenging time?
38. Write about three things you are avoiding dealing with.

39. Put together a list of easy self-care ideas for you to do throughout the week.
40. Write about one of your happiest memories.
41. What uplifting quote(s) inspires you during hard times?
42. Write a list of 10 happy songs you can listen to when you feel sad.
43. What is your favorite activity to do alone?
44. What are three bad habits you would like to stop?
45. What are three habits you would like to start?
46. Describe a time when you felt like an outsider and how you overcame the feeling.
47. Write down the best advice someone has given you.
48. Write a letter of forgiveness to yourself.
49. Write a letter to your future self telling them all the wonderful things that have happened in their life so far.
50. How can you make tomorrow better than today?
51. Write about one of your favorite places to go.
52. What makes you feel good about yourself?
53. How do you know if something is worth your time and energy?
54. Make an inventory of all your strengths and weaknesses, then work at becoming stronger where needed.
55. What helps you feel more grounded and calm when things get tough ?