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*Journal
Prompts
For
Mental
Health*

wellella

1. If I weren't afraid, I would

2. The most important thing to me is

3. When I'm overwhelmed, I should

4. My favorite quote is

5. Right now I need

6. I'm proud of myself for

7. I want to forgive

8. I'm frustrated by

9. I'm truly inspired by

10. The nicest compliment I ever received was

11. Physically I'm feeling

12. I would like to see

13. I secretly wish I could

14. I'd like to thank

15. I feel a close connection to

16. The craziest thing I ever did was

17. The bravest thing I ever did was

18. The kindest thing I ever did was

19. My biggest weakness is

20. I wish I could be better at

21. My biggest achievement is

22. My mentor / role model is

23. When I exercise I feel

24. When I'm angry I

25. Lately I've been feeling too much

26. I wish I could feel more

27. Nobody knows that I

28. I would describe myself as

29. Next year I hope to

30. I'm really good at

31. I'd like to be remembered for

32. Today I was challenged by

33. Today I was grateful for

34. One word that describes me is

35. The hardest lesson I've learned is

36. I hope my children will

37. Something that makes me feel peaceful is

38. I feel tense when

39. If I were still a child I would

40. If I were 90 years old I would

41. I trust

42. If I could run away, I'd go to

43. If I knew I couldn't fail, I would

44. I want to let go of

45. The best day for me would be

46. I feel the most energized by

47. I always cry when

48. I wish I could control

49. I know I can always

50. The best thing that could happen would be
