



Journal Prompts

FOR MENTAL WELLNESS & INTROSPECTION



- When was the last time you remember feeling proud of yourself?
- List 5 traits you have that make you unique.
- In your life, who has been your biggest supporter?
- If you would like to have more supporters, what are some steps you could take to build a bigger support system?
- Name some negative thoughts you have about yourself. Name how you could counter each of these thoughts.
- When your mind begins to spiral and spin, create 3 positive affirmations (or truths about who you are in Christ) you can repeat to yourself.
- How has your mental health gotten in the way of reaching your goals?
- What is one thing you could do to move closer to one of your goals?
- Can you pinpoint the signs you are struggling? List 3 things you can do when you notice these things happening (i.e. learned coping skills, "safe" person you could call)
- What brings you peace? Why?
- What is draining your energy?
- What are your favorite ways to practice self-care? Name a few things that bring you peace.
- What changes could you make in your life that would improve your mental health & well-being?