

# Mental Health

## JOURNAL PROMPT



- Name 5-10 things that make you happy.
- What qualities about yourself do you love the most?
- When is the last time you laughed? What made you laugh?
- What is the last thing that made you cry?
- Is there a person in your life that makes you feel completely at ease?
- Name 3 smells you love. Describe how they make you feel.
- Physically, how does your body feel right now?
- Write down some compliments you've received in your life.
- Write a list of compliments for a few people in your life.
- Write down a quote or scripture that gives you hope.

