

Journal Prompts

Journaling can be a helpful form of self-care, de-stressing, thinking, and understanding. By writing down your thoughts and feelings, you give yourself time to process them and even understand them differently.

Use any of these websites to create or add to your personal journal.

- [Gratitude Journal](#) (save a copy of this journal to your Google Drive and type in it)
- [75 Journal Prompts for Self Care](#)
- [30 Days of Journaling Challenge](#) (Instagram Story)
- [15 Mindfulness Journal Prompts](#)
- [31 Fun Writing Ideas](#)
- [119 Journal Prompts](#)
- [31 Creative Writing Prompts for Teens](#)
- [Creative Writing](#)