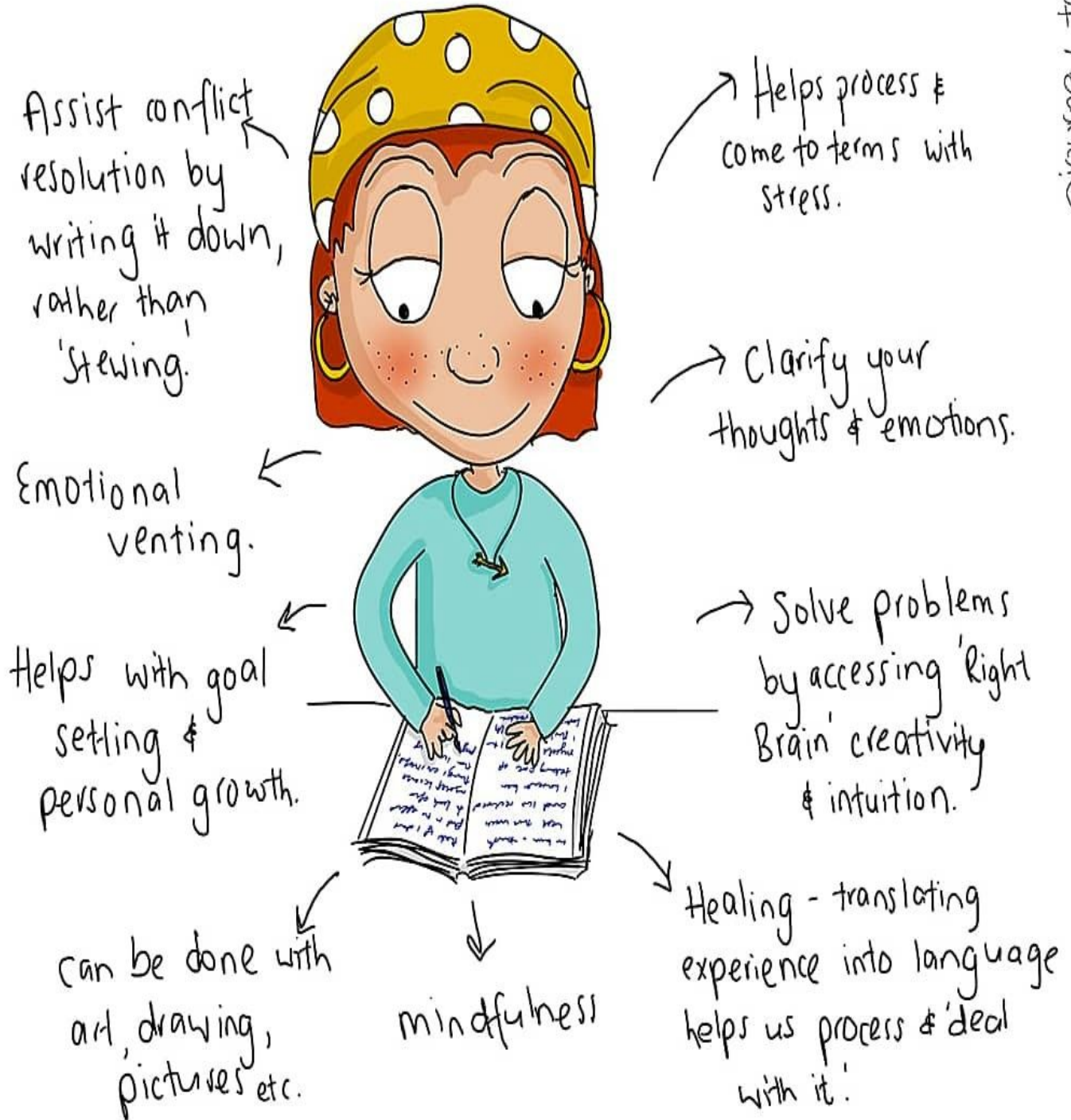


The Benefits of Journaling



@journey-to-wellness



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MENTAL HEALTH PROMPTS



1. What can you do to make today a better day?
2. What did you like most about today?
3. What went wrong today?
4. What can you change about today to make it more productive?
5. Write down one thing you did today to help you achieve your goals?
6. Write how the weather made you feel today.
7. Who did you meet today that made you smile?
8. What is one thing you would like to change about your morning routine?
9. Did you read anything on social media today that made you upset?
10. Did everything go according to plan today?
11. If not, what went wrong?
12. Did you compliment someone today?
13. Did you receive a compliment today?
14. What is the kindest thing you witnessed today?
15. Write about a time in your life where you feel you were in control?
16. What keeps you up at night?
17. What do you do to stop feeling afraid?

