

Daily Journal Prompts to Support My Mental Health & Anti-Racism

Check-in -- Count 5 breaths prior to checking in

- How is my Mind? Body? Heart?

Growth Opportunity (Mental Health) -- Choose 1

- What's an area of growth I'd like to work on today & how?
- How will I care for my mental & physical health today?
- What's a challenge I'm expecting today & how I'll prep & deal with it?
- What's 1 thing I'll do to bring myself joy today? And 1 thing for someone else?

Growth Opportunity (Anti-Racism) -- Choose 1

- How will I listen & learn today?
- What's a [characteristic of white supremacy](#) that I'd like to work on today?
- What experiences am I having with BIPOC & how am I interacting?
- How have I caused harm to BIPOC & what did I learn from that experience?

Gratitude

- List 5 people/things I'm most grateful for right now and why.

Self-Affirmations

- List 5 positive self-affirmations I believe to be true about myself right now.

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