

# Daily Journal Prompts for Mental Health

~ Sally at Pennalife

These mental health prompts will help you process your emotions and build a positive mindset:

1. At the moment, how do I feel, and what makes me feel this way?
2. One small thing I can do today to take care of myself is...
3. Is there anything I've been worrying about lately?
4. If my emotions were weather patterns, what would today's forecast be?
5. A habit I want to build to support my mental health is...
6. What's a negative thought I've had recently, and how can I reframe it positively?
7. Today, I'm struggling with... and that's okay because...
8. What are three things I can do to lift my mood when I'm feeling down?
9. How have I practiced self-care this week?
10. Today, I choose to focus on... instead of...
11. What's a boundary I need to set or reinforce in my life?
12. If I could let go of one worry right now, what would it be?
13. One thing I'm proud of myself for handling well recently is...
14. How do I typically cope with stress, and is it serving me well?
15. A mantra that helps me when I'm struggling is...
16. What's something I'm looking forward to, no matter how small?
17. Today, I'm grateful for my body because..
18. What would my anxiety, stress, and depression say if they could talk?
19. A coping strategy that works well for me is...
20. What's a habit that positively impacts my mental health?
21. How can I be kinder to myself today?
22. What's a limiting belief I have about myself, and what evidence contradicts it?

23. My support system consists of...
24. What's a situation that's causing me stress, and how can I approach it differently?
25. How do I feel after spending time in nature or outdoors?
26. A person who positively impacts my mental health is... because...
27. What's a compliment I can give myself today?
28. If I could send a message to my anxiety, what would I say?
29. Something I need to hear right now is...
30. As I sit here, what three things do I feel grateful for?
31. My ideal self-care day looks like...
32. How do my surroundings affect my mood and mental state?
33. Three things I like about myself are...
34. What's a fear/challenge I've faced recently, and how did it make me feel?
35. What's a source of strength I can draw upon when times are tough?
36. I feel most at peace when...
37. How can I create more moments of joy in my daily life?
38. I feel most grounded when...
39. What's a negative self-talk pattern I've noticed, and how can I change it?
40. Something I need to let go of for my mental health is...
41. How have I grown or changed in the past year, mentally or emotionally?
42. Three things that bring me comfort are...
43. What's one thing I can do today to prioritize my mental well-being?