



Mental Health Journal Prompts

Mental health journal prompts are a great way to kickstart your journey to improved mental health and well-being. Writing down your thoughts and feelings helps you understand your needs and how best to care for yourself. Not sure where to start? Open your favorite journal or notebook and start with these prompts.

1. Write a love letter to yourself.
2. What acts of compassion and empathy do you do for others? How can you extend that same compassion and empathy to yourself?
3. Write a letter of forgiveness to yourself.
4. Did you experience any moments of joy today?
5. What causes you stress every day? How do you deal with it?
6. What negative emotions have you experienced lately? What happened?
7. Are you happy with your life right now? If not, what can you do to change that?
8. Write five negative things you are holding onto from the past. Tear up the pages after
9. How can you take care of your well-being better?
10. List three things you are proud of accomplishing in the last week.
11. Reflect on your favorite music and how it makes you feel
12. Write about the best moment of your day and why
13. Write about the worst moment of your day and why
14. What are you grateful for in your life now?
15. Write a letter of forgiveness to someone who has offended you

16. Write a letter to a person who has influenced you positively.
17. Write about a difficult experience and how you coped at the time. How would you change the way you dealt with the situation?
18. Write down a list of 'regrets'. Either throw them away or tear them up when you are done.
19. Write about the people in your life that you love spending time with. Why do you feel comfortable with them?
20. What are three things that make you angry? Why?
21. Write a list of 10 things you want to remember during difficult times.
22. Are you keeping any secrets? If yes, are these secrets affecting your life or mental health? Why or why not?
23. What are three things you would do if you were not afraid? How can you overcome this fear?
24. What are you worried about? Why?
25. What are you frustrated about? Why?

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