

Journaling Prompts for Reflection & Mental Wellness

Journaling is a coping strategy that provides an opportunity to release our thoughts and emotions. It is an alternative way of clearing your mind without the pressure of sharing it with another person. Journaling can be structured or fluid; for some, it is helpful to use prompts while others find it easier to write freely. The goal of these prompts is to help you think more about your internal world and how it may be impacted by the external world.

1. Talk about your day
2. Write about 5-7 things you are grateful for
3. Write about how different you were 5 years ago
4. Write a letter to your body
5. I define mental wellness as...
6. List and describe the emotions you feel most often
7. Write about how you'd describe yourself to a stranger
8. Write a message to yourself on bad days
9. Write a letter to your future self
10. What do you like most about yourself?
11. I know I am not my best self when...
12. Who do you admire and why?
13. What qualities do you value most in your relationships?
14. Write a letter of forgiveness to yourself
15. Describe a place where you feel most relaxed and peaceful
16. Describe your perfect day
17. Discuss 5 things you wish others knew about you
18. Write a thank you letter to someone in your life
19. What makes you feel fulfilled
20. What things are you avoiding dealing with?