

31 Journal Prompts For Better Mental Health



1. ☐ What am I grateful for?
2. ☐ What are my strengths?
3. ☐ What makes me laugh? How can I bring more laughter into my life?
4. ☐ What nutrients am I missing for better health?
5. ☐ Who do I need to forgive?
6. ☐ What stress-busting techniques do I have? What techniques can I cultivate?
7. ☐ Am I sleeping well? How can I improve my sleep habits?
8. ☐ What gives meaning to my life?
9. ☐ Am I exercising enough?
10. ☐ What foods make me feel bad?
11. ☐ How can I be more present?
12. ☐ What can I do every day to make me feel good?
13. ☐ What habits make me feel bad?
14. ☐ Do the people in my life make me happy?
15. ☐ How can I boost my endorphins today?
16. ☐ What affirmations will benefit me most?
17. ☐ What can I learn?
18. ☐ How can I give today?
19. ☐ Am I being true to myself?
20. ☐ Do I take breaks when I need them?
21. ☐ What groups can I join?
22. ☐ How can I get out into nature more?
23. ☐ Do I get enough sunlight?
24. ☐ How is my breathing?
25. ☐ How is my gut health?
26. ☐ What are my favorite quotes?
27. ☐ How can I be more productive?
28. ☐ What challenges can I take on?
29. ☐ How can I improve my important relationships?
30. ☐ How can I trick myself into feeling good quickly?
31. ☐ Who do I want to be more like?