

# JOURNAL PROMPTS FOR MENTAL HEALTH

You might think that journaling isn't for you, but you don't have to be a great writer to start journaling for mental health! Here are 10 prompts that can get you started right now with journaling for better mental health and overall mood.

Write a List of 10  
Things That  
Make You Smile

Think of a Place  
That Makes You Feel  
Happy and Peaceful

Think About a  
Recent  
Accomplishment or  
Milestone

Write a Love  
Letter to Yourself

How Do You  
Handle a Bad  
Day?

What Are 5 Things  
About Yourself You  
Want People To  
Know?

Write a List of  
Things To  
Remember on a Bad  
Day

Write a Letter to  
Your Younger  
Self

Reflect on a  
Recent  
Challenging  
Situation

Write a Letter of  
Forgiveness to  
Someone Who's  
Hurt You