



JOURNAL PROMPTS

How are you feeling right now? Can you name the feelings (sad, happy, angry, confused, etc.)?

When was the last time you felt really good? What was happening in your life at that time?

What makes you feel calm when you're upset? Write about a time that helped.

When you feel overwhelmed, what do you wish you could tell yourself?

What are some things that make you smile, even if just for a little bit?

Who in your life makes you feel safe and understood? Why do you trust them?

Who can you talk to when you're feeling down? Write about why you trust them.

What are three things you can do when you're feeling stressed out or sad?

What is something simple you can do today to take care of yourself (a walk, drink water, take a nap)?

What's one thing that always makes you laugh, even on bad days?

When you're feeling anxious, what helps you to slow down and take a deep breath?

What does "hope" mean to you, and where do you find it in your life?

When you feel worried, what's one thing you can trust about God or your faith to hold on to?

Write about a time when you felt God's presence in your life, even if just for a moment.

When was a time you felt proud of yourself? What did you do that made you feel that way?

What's something small you could do today to improve your mood?

How do you feel when things aren't going well? What could you try next time to help yourself feel better?

What are three things you are grateful for today?
