

30 Day Journaling Prompts

1 Intentions	2 Follow through	3 What brings me life?	4 Gratitude	5 Mental Energy	6 Word of the day	7 A song that brings me back
8 It's out of my control	9 I feel calm when...	10 A friend that I lost...	11 Something I love about myself	12 Make a goals list	13 My home is...	14 Ideal morning routine
15 I am proud of...	16 A quote that inspires me	17 I am my best self when...	18 Healing	19 Favorite memory from this week	20 This year so far...	21 Mind dump
22 I miss...	23 I was nervous to try...	24 Toxic	25 I know I should...	26 Selfless	27 I always will...	28 Give yourself three compliments
29 Forgiveness	30 A letter to anxiety	31 Reflection				



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MENTAL HEALTH

