

## Journal Prompts

1. What is the best compliment you have ever received?
2. In your opinion, what is the best song ever written?
3. If you could know one thing about the future, what would it be?
4. What is something you feel nervous about right now?
5. What is your happiest memory?
6. What is something that you did that you are proud of?
7. I get mad when...
8. What calms you down when you get mad or upset?
9. What is something that went right today/this week?
10. If you could travel anywhere in the world, where would you go and why?
11. Name two ways you can show self-control at school, at work, or at home.
12. What would be the title of your autobiography?
13. If you had to pick one song to play continuously, non-stop, in the background of your life, what would it be?
14. What is one item you can't live without?
15. If you could add, change, or cancel one rule in your school/work, what would it be?
16. If you could add, change, or cancel one rule at home, what would it be?
17. Who do you trust the most and why?
18. Where do you feel the safest \and why?
19. What is one word you would use to describe your family and why?
20. How do you think others view you? Why?
21. If you could travel back in time to three years ago and visit your younger self, what advice would you give yourself?
22. What do you like the most about yourself?
23. Tell about a time when you felt sad. What helped you get through it?

24. What is the first symptom you notice when you feel mad? Stressed?
25. Who is someone you consider a real-life hero and why?
26. Who do you wish you had a better relationship with, and what would make it better?
27. List 10 things that make you smile.
28. When things seem tough, I want to remember \_\_\_\_\_.
29. What is something that you have overcome?
30. What do you think your life would look like if you didn't have anxiety or depression (or something else)?
31. Write the words that you need to hear.
32. What does your best day look like?
33. What would you like to be remembered for?
34. Build a list of 15 songs that can help change your mood.
35. Write about three of your best talents.
36. List three things that you would do if you weren't afraid.
37. What are five things that help you feel better when things are difficult?
38. Write about 10 things you are grateful for.
39. What is your favorite memory?
40. Choose one thing that triggers your anxiety or depression, and write about a few ways that you can combat this trigger.
41. What makes you happy?
42. How do you define yourself?
43. What is one fun fact about yourself?
44. What is going right in my life?
45. What's bothering me? Why?
46. One goal I want to set for myself this month...
47. What does success look like to you?

48. What makes you feel truly alive?

49. What do you want your life to look like in five years? 10 years?

50. What am I afraid of? Why?