



Elevated Healing Treatment Centers

Mental Health Support Journal Prompts

Welcome to your journey of self-discovery and healing. Use these journal prompts to reflect on your thoughts, feelings, and experiences. Take your time with each question and be honest with yourself. Remember, this is a safe space for you to explore and grow.

Reflecting on Your Day

- 1. How did I feel today?**
 - Describe the emotions you experienced throughout the day.
 - 2. What was a positive moment today?**
 - Reflect on a moment that made you smile or feel grateful.
 - 3. Did I encounter any challenges today?**
 - Write about any difficulties and how you handled them.
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Self-Reflection

- 4. What am I proud of myself for today?**
 - Celebrate your achievements, no matter how small.
 - 5. How have I grown over the past month?**
 - Think about personal growth and progress you've made recently.
 - 6. What is something I want to improve?**
 - Identify an area for personal development and think of ways to work on it.
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Mindfulness and Awareness

- 7. What am I grateful for right now?**
 - List three things you are thankful for at this moment.
 - 8. How can I practice self-care this week?**
 - Plan some activities that nurture your mind, body, and spirit.
 - 9. What is one thing I can do to stay present today?**
 - Choose a mindfulness practice to help you stay grounded.
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Exploring Emotions

10. What emotions am I avoiding, and why?

- Explore any feelings you might be pushing away.

11. How do I express my emotions to others?

- Reflect on your communication style and its impact on your relationships.

12. What emotion do I want to understand better?

- Choose an emotion and write about your experiences with it.
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Goal Setting and Future Planning

13. What is a goal I want to achieve in the next month?

- Set a specific, achievable goal for the near future.

14. What steps can I take to achieve this goal?

- Outline a plan to help you reach your goal.

15. How will achieving this goal make me feel?

- Visualize the positive impact of reaching your goal.
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Self-Compassion

16. How can I be kinder to myself?

- Think of ways to show yourself more compassion and understanding.

17. What is something positive I can tell myself every day?

- Create an affirmation or mantra to boost your self-esteem.

18. How can I forgive myself for past mistakes?

- Reflect on any past regrets and write about letting go and moving forward.
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Connecting with Others

19. Who is someone I can reach out to for support?

- Identify a person in your life who you can lean on.

20. How can I strengthen my relationships?

- Think of ways to improve your connections with others.

21. What is something I appreciate about my support system?

- Reflect on the positive aspects of the people who support you.
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