



# 30 DAYS OF JOURNAL PROMPTS FOR MENTAL HEALTH

1. If I were to write myself a letter of forgiveness, what would it say?
2. What are my biggest fears and how do I let them hold me back?
3. What are 3 essential things I need to remind myself of?
4. What can I do to better prioritize and care for myself?
5. What are the things I am most proud of myself for?
6. When I think of regrets, what comes to mind?
7. What areas in my life am I currently most overwhelmed by?
8. In what ways do I sacrifice myself to make others happy?
9. Where do I need to push myself out of my comfort zone?
10. What change do I most want for myself?
11. What is weighing heaviest on my heart right now?
12. How do I feel about my relationships?
13. In what areas of my life am I feeling most powerful or powerless?
14. What are the ways I saw God show up in my life today?
15. In the midst of my day, what was the beauty I saw?
16. What has the past taught me about my resiliency?
17. What is my negative self-talk and how can I release them?
18. What goal am I currently working toward? How is my progress?
19. How do I feel about myself? Are there areas I want to improve on?
20. How good am I at setting boundaries and saying no?
21. If I could have a “do-over” in life, what things would I change?
22. What are the things I am most grateful for?
23. What area in my life do I still need the most healing for?
24. If I wrote my younger self a letter, what would I say?
25. If I wrote my future self a letter, what would I say?
26. What brings me peace and why?
27. On a scale of 1-10, my mental health is at a \_\_\_ because...
28. Whom do I want to be for myself?
29. What are the dreams I feel God has placed on my heart?
30. Where am I asking God to show up in my life?

**KIMBERLY HAAR, AUTHOR**

---

**EXERCISE:** 30 Days of Journal Prompts

