

DAILY JOURNAL PROMPTS

*Journal
Prompts For
Stress and
Anxiety*

©Healthy Balanced Living With Tina Stinson

30 Days of Journal Prompts to help with Stress and Anxiety

Day 1

Recall 3 positive things that happened to you today and write them down in great detail, even if they were small.

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Day 2

List 10 ways you can help someone and see if you can do a few of them today!

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Day 3

List everything you are feeling right now.

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Day 4

Write a letter from your future self telling you how you can get through this difficult situation.

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Day 5

List all the things you can think of to do at home to take care of your health.

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Day 6

Describe in great detail 3 things you look forward to everyday.

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Day 7

Write a list of everything that makes you happy and use colored pencils if it makes you feel even better..

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Day 8

Do a brain dump of everything that you are worrying about right now.

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Day 9

What was the most difficult thing you have been through and how did you overcome it.

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Day 10

Write out new morning and nighttime routines that can help relieve stress for you and your family.

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Day 11

What do you need to let go of today to feel better?

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Day 12

List 3 ways you can be more supportive to yourself and others.

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Day 13

List a few skills you would like to learn and why you would love to learn them. Is it possible to start now?

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Day 14

Write out your biggest most outlandish dreams and how you will feel when you achieve them.

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Day 15

Write the three things you are most afraid of and the possible solutions.

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Day 16

What is one thing you would change right now and how you would change it.

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Day 17

Write all of your favorite things about the people you love!

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Day 18

Write about your personal hero and how you are like them.

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Day 19

Write out 10 quotes that inspire you.

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Day 20

Write out what self-care means to you and how to add more of it into your life now.

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Day 21

What are 3 amazing things about yourself that you wish other people knew and why?

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Day 22

What are some of the things you can control in your life today?

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Day 23

List a few different ways you can let go of the things you can't control.

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Day 24

Write a list of 10 things you really want and already have. Write out why you are grateful for them.

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Day 25

Make a list of your favorite places and why they are special to you.

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Day 26

What moments in your life has shaped you the most and why?

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Day 27

What do you think you need more of in your life and how can you get it?

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Day 28

List all the reasons you feel joy even if they are small!

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Day 29

What do you think your purpose is here on Earth?

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Day 30

What would you do if you knew you could change the world.

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