**Journal Prompts for Anxiety and Depression**

1. Write about a difficult time in your life that you overcame
2. Describe how you want your life to look in 5, 10 and 20 years
3. What are the three things that scare you the most and why?
4. Name five moments when you were ecstatically happy
5. What are three things you can do to help your mental health?
6. When times get tough I want to remember that \_\_\_\_\_\_\_
7. My greatest qualities are \_\_\_\_\_\_\_\_
8. 10 things I feel thankful for are \_\_\_\_\_\_\_\_\_\_
9. Right now my greatest challenge is \_\_\_\_\_\_\_\_
10. This week I am looking forward to these three things \_\_\_\_\_\_\_\_\_
11. On a scale of 1-10 my mental health is at a \_\_\_\_\_ because
12. If I could meet anyone in the world I would like to meet \_\_\_\_\_ because
13. Describe a situation where everything worked out for you
14. Who has been your biggest supporter? Write that person a thank you letter
15. Today my victories were:
16. What was your biggest learning moment this week?
17. Write a thank you letter to your body
18. If you could go anywhere in the world where would you go and why?
19. Describe your biggest accomplishment and why it means so much to you
20. No matter how terrible my day is these ten things can always make me feel better:
21. The biggest lessons I’ve learned from anxiety are:
22. If I didn’t have depression I would have never learned\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
23. If I didn’t have any fear I would \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
24. What was your biggest failure and what did you learn from it?
25. What do you wish most people knew about you and why?
26. What was your most embarrassing moment and why?
27. A fear I would like to overcome is \_\_\_\_\_\_\_\_. I can do these things to start overcoming it:
28. If you could change anything about yourself what would it be and why?
29. Describe your happiest and saddest childhood memories
30. If I could have any career I would be a \_\_\_\_\_\_\_\_\_\_ because:
31. What was the last thing that made you feel deeply frustrated?
32. How do you want to be remembered?
33. Describe a time when you had to make a really hard choice
34. What would your life be like if you didn’t have (depression, anxiety, etc)?
35. What is a trait that you admire most in others? In what ways do you see that trait in yourself
36. Name ten things you can start doing to take care of yourself?
37. What are your ten worst habits and how do they impact your life?
38. Describe a time when you sabotaged a good situation for yourself. Explore why you did that
39. What would unconditional love look like for you? What would it feel like?
40. If you had to pick one day to relive over and over for the rest of your life what would it be and why?
41. Describe your perfect relationship
42. How would you describe yourself to a stranger?
43. What are your ten best talents?
44. What was the best compliment you ever received?
45. What is the most unique thing about you? Do you like to hide it or let it show?
46. If you knew this was your last day on earth what would you do?
47. Name ten songs that make you feel pumped
48. If you could achieve anything in your lifetime what would it be?
49. What friendship that you’ve had was the most meaningful?