

30 Journal Prompts for Anxiety & Depression

1. List 10 things you are thankful for
2. A difficult situation you overcame in the past
3. What is the scariest thing you are facing right now?
4. Recent victory in your life
5. Write a letter to a person creating anxiety for you.
6. List of songs that make you happy and upbeat.
7. Develop a 5 year goal for your life.
8. New skill/talent you want to acquire.
9. Purge your mind of everything bothering you.
10. 3-5 most important things to get done this week.
11. Most memorable vacation.
12. How would you like your loved ones to remember you?
13. Gratitude: What does it mean to you?
14. Evaluate your mental health.
15. Consider your self-care.
16. Thank you letter to your biggest supporter.
17. 5 things that make you feel better after a bad day.
18. Story about your dream vacation.
19. Biggest accomplishment in the last year.
20. Put three worries to rest.
21. What is your best feature?
22. What does the word joy mean to you?
23. Evaluate your morning routine.
24. Evaluate your evening routine.
25. Lyrics to your favorite song and how they make you feel.
26. Giving back to your community or people in your area.
27. Something that make you angry with yourself.
28. What has helped you overcome anxiety in the past?
29. Your 3 biggest strengths.

30. A letter to your future self.