

## Healing Journal Prompts

1. Describe a painful memory you are ready to release today.

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2. What negative thoughts or painful feelings have you been holding on to because of this memory?

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3. How does holding onto these thoughts and feelings negatively impact your daily life?

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4. What thoughts and feelings would you like to feel instead?

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8. Write out a mantra that encourages releasing old wounds. Repeat it every morning or as often as you can.

The following are some examples:

- I let go of my negative emotions
- I choose to move on
- As I move on, I feel liberated
- I forgive myself and I forgive others

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9. What are you currently stressed or anxious about? Why is that so?

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10. List your top three anxious thoughts.

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11. What can you replace the anxious thoughts with?

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12. Describe a time when you felt anxious about something that never happened.

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13. What helped you cope with your stress or anxiety in the past?

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14. What are three actionable steps you can take today to bring greater peace into your life?

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15. What would you tell a friend who's going through the same challenges?

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