

Resilience Journal Prompts

1. What helped you move through tough experiences in the past?

2. How have past struggles shaped you into the person you are today? Did you become bitter? Stronger?

3. What valuable lessons did you learn from moving through tough experiences?

4. How do you feel about failure? Do you tend to beat yourself up when you fail or do you show yourself compassion?

5. What bad habit do you need to break to increase your physical and mental wellbeing?

6. What good habits do you think will help increase your physical and mental wellbeing?

7. How can you challenge yourself to get out of your comfort zone more often?

8. What activities or hobbies do you enjoy most?

9. What self-care activities can you add to your routine to relieve stress?

10. What negative thoughts do you tend to have about yourself? What would you tell a friend with the same thoughts? Say it to yourself.

11. What do you feel most grateful for right now?

12. What is going well in your life right now? What could be improved?

13. What are your strengths?

14. What affirmations can you repeat to yourself to help you cope?

15. Where can you find support when you need it?
