

Mental Health Check-In

Morning

How do you feel this morning?

Not good

Great

What do you want to accomplish today?

What good habits you want to practice today?

What are you worried about?
What do you need to let go of these worries?

Evening

How do you feel this evening?

Not good

Great

What are three things you feel grateful for?

1. _____

2. _____

3. _____

What made you happy today?

What's on your mind right now?

Morning Journal Prompts

1. What emotions are you experiencing? Where do you feel them in your body?

2. How do you want to feel today? What can you do make that happen?

3. What are you looking forward to today?

4. What or who do you want to make time for today?

5. What are your top 3 goals for today? How can you increase your chances of achieving those goals?

6. What are some habits that can increase your productivity?

7. What are some practices or habits that can boost your mood?

8. What do you need to let go of to feel more positive?

9. Are you pursuing what you want? If not, what is holding you back?

10. What limiting beliefs do you have about yourself? How can you challenge those beliefs? What would you tell a friend who has the same beliefs?

11. What are three accomplishments in the past month that you feel proud of?

12. What challenge from the past has made you stronger?

13. What are some valuable lessons that you've learned recently?

14. How can you practice self-care today?

15. What activities did you enjoy in the past?

16. What positive affirmations can help you feel more positive right now?

17. How can you show someone in your life you care about them?

18. What are three things that you feel grateful for right now?

19. What do you need to forgive yourself for? How can this help you move forward in your life?

20. How do you want to feel when you go to bed tonight?

Evening Journal Prompts

1. How does your body feel right now?

2. What has been causing you to experience the most stress lately?

3. What difficult thoughts or emotions came up most frequently lately?

4. What parts of daily life has been causing anxiety or sadness? What can you do to change those experiences?

5. What was the biggest challenge you faced today?

6. What go-to coping strategies have you been using lately to get through moments of emotional or physical pain?

7. Describe your favorite thing to do when feeling low.

8. What keeps you from experiencing peace?

9. What are you doing to practice self-care currently?

10. What's your favorite way to relax?

11. What would your ideal day look like?

12. List three things that you want to add to your daily routine.

13. List three things that you want to eliminate from your daily routine.

14. What distractions are hindering your productivity? How can you reduce them?

15. What do you need more of in your life?

16. What do you need less of in your life?

17. Describe a challenge you've overcome lately. How did overcoming this challenge make you stronger?

18. What aspects of your life are you most grateful for?

19. Set a 5 minute timer and write down whatever comes to your mind.

20. What's the one thing you're most looking forward to tomorrow?

21. What can you do tomorrow to move you closer to your goals?

Night Journal Prompts

1. What's on your mind right now?

2. How do you feel right now? Where do you feel it in your body?

3. What was the most prominent emotion you felt today? What triggered that emotion?

4. What was the best part of today?

5. What went right today? What went wrong?

6. What was the biggest challenge of today? Why?

7. How would you describe your day using one word?

8. What did you do or accomplish today that you're proud of?

9. Did you feel genuine connection today? If so, with who?

10. What are you worried about right now? What would you tell a dear friend who has the same worries?

11. What's one thing that's causing you stress lately?

12. What's one thing you need to let go of?

13. What's one thing you need to do more of? Less of?

14. What do you feel grateful for right now?

15. How helpful or harmful is your current evening routine? What can you do to tweak it so it's more helpful to get quality sleep?

16. What's the most important/difficult thing you have to do tomorrow? How can you make sure it gets done?

17. In general, how are you feeling about tomorrow?

18. What does "living a fulfilling life" mean to you?

19. What area of your life do you feel the most fulfilled? What area of your life do you feel least fulfilled? Why?

20. What are your top goals right now? Are you actively working toward them? If not, why?

21. What fills you with joy most?

22. What makes you feel better after a bad day?

23. What's something in the near future that you're looking forward to?

24. How would you rate the current state of your mental health on a scale of one to ten? What can you do to improve it?

25. What's a lesson you can take away from today?
