
14 Journaling Prompts

To Improve Your Mental Health





Table of Contents

- 01** Overview
- 02** Why Prompts?
- 03** The 14 Prompts
- 04** Contact information

Overview



Do you want to explore daily journaling but don't know where to start? Using a prompt is the best way to go. A journaling prompt is a great way to kick start your writing, and it helps you think. I recently had the ten-day journaling challenge, and each day, we used a prompt to journal and free our minds from clutters. The process for me was robust. There were some questions I felt uncomfortable writing, thinking someone would see this one day.

However, this is the entire reason we should journal; it brings those complicated thoughts from our mind to a paper, and it helps us to evaluate those thoughts and even destroy them using that paper; I know it's not that easy to get rid of an idea. Still, we are coming face to face with what we are thinking about and seeking a way to get rid of it.

Why prompt?

Journaling prompt makes it easier for those who don't know who to write or even the question to ask while writing in a journal. As a young girl, I used to have a diary. Those small diaries with a bit of lock on them used to give me some peace of mind to write freely. If you are old like me, you may remember these diaries. Lost keys could drive me nuts until I realized it was pretty easy to open the lock without a key. There goes all my secrets. These vintage diaries were a young girl's treasure.

Using these older diaries makes daily writing easier. Each day I would start my entry with a quite simple phrase – “Dear diary,” and the rest would flow to me; I would rant about punishment from my mom or a boy I like and what he did that day and so forth, but it was easy to start with the word's dear diary. Prompts play the same role today; it makes it easy for you to write what is on your mind. The good old dear diary would still work today, but for me that changed to dear Lord or dear Jesus. Use whatever works for you. Below are 14 prompts to help you journal for mental health or get the things stuck in your mind on paper.



" These diaries was a girl's treasure in those days."

14 Prompts

That may improve your mental health



1. Please write a letter to your parents about one thing either of them had done that left a lasting impression on you.
2. My life can change for the better if I
3. My secret struggle daily is
4. What has anxiety taught me about myself?
5. Today I am going to change my life by
6. I have some fantastic qualities that define me; these are
7. Today I am going to be great because
8. In the next five years, what do you want to accomplish?
9. Why would I marry me?
10. What is my first thought when I am angry?
11. Life is just a journey, but sometimes it feels like it's my entire life when things happen. What can I do to remind myself that this is just one problem happening?
12. My life will change for the better because
13. What negative thoughts keep coming to my mind?
14. Today I will think of things that are good, pure, and enlightening.

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