



Mental Health Journal



activities • prompts • guides

Day 1 - Mindfulness Practice

Take 5 minutes to focus on your breathing. Take slow, deep breaths with slow exhales. Focus on how the air feels flowing in and out of your lungs.

Write about any sensations or emotions you notice.

Day 2 - Intention Setting / Reflections

Set daily intentions: List one thing you intend to focus on or prioritize for the day.

Day 3 - Cultivating Joy

Write down three things you're grateful for, and reflect on them throughout your day.

Day 4 - Affirmations / Self-Care

Write down a positive affirmation or mantra to repeat throughout the day.

Day 5 - Self-Exploration

Write about a personal value that is important to you and how you can honor it in your daily life.

Day 6 - Social Connection

Reflect on a relationship in your life that brings you joy and fulfillment. What makes it special, and how can you nurture it further?

Day 7 - Growth

Write a list of things that are currently causing you stress or worry. Brainstorm actionable steps you can take to address each one.



Day 1 - Mindfulness Practice

Grab some fresh fruit and eat it slowly to savor it. Enjoy the flavor, texture, smell, and overall experience.

Write about any sensations or emotions you notice.

Day 2 - Intention Setting / Reflections

Describe a moment when you felt truly at peace. What were you doing, and how can you incorporate more of that into your life?

Day 3 - Cultivating Joy

Describe a recent moment of kindness or generosity you witnessed or experienced. How did it impact you?

Day 4 - Affirmations / Self-Care

Write a list of your favorite self-care activities and schedule time for at least one of them this week.

Day 5 - Self-Exploration

Engage in creative expression. Write a poem, draw a picture, or create a short story.

Day 6 - Social Connection

Write about a positive interaction you had with someone this week. What made it positive and standout?

Day 7 - Growth

Describe your ideal day from start to finish. What activities would you include to prioritize your well-being?



Day 1 - Mindfulness Practice

Go for a 15 minute walk and take in the scenes. Reflect on what you see, the feeling of wind or sunlight on your skin. Be present in your body.

Write about any sensations or emotions you notice.

Day 2 - Intention Setting / Reflections

Write a letter to yourself 6 months from now: What has happened in your life? What do you look forward to? What do you remember about right now? What do you hope has happened?

Day 3 - Cultivating Joy

Write about a hobby or interest that brings you joy. How can you incorporate more of this passion into your life?

Day 4 - Affirmations / Self-Care

List three things that bring you joy and make a plan to do one of them this week.

Day 5 - Self-Exploration

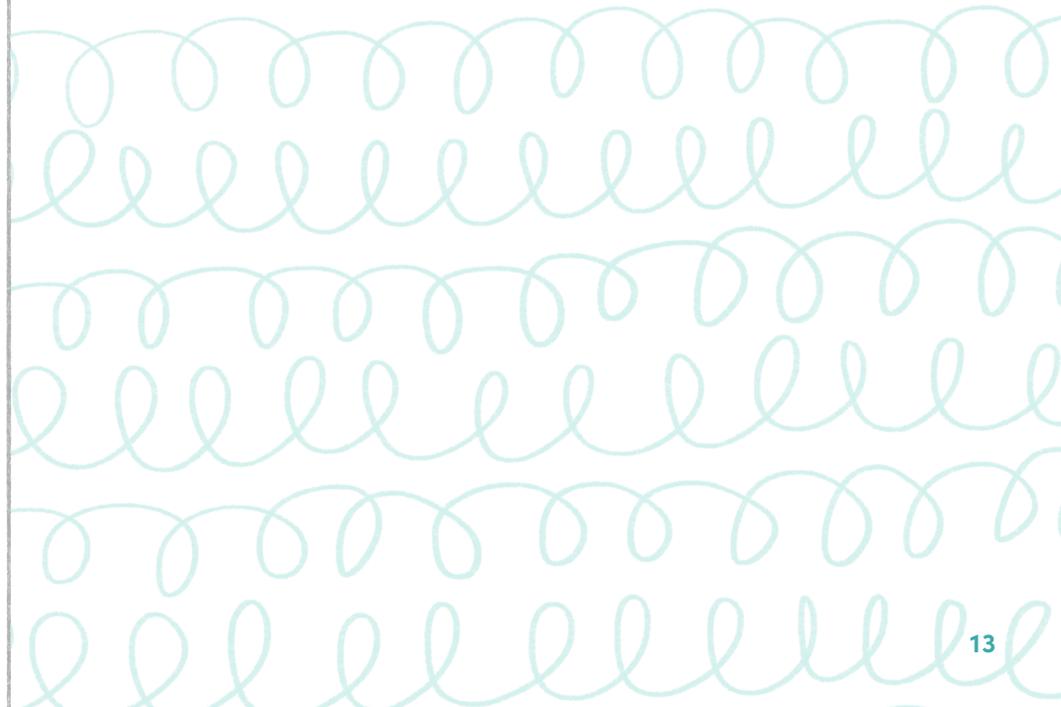
Write down three things you've learned about yourself recently, whether through challenges, successes, or new experiences.

Day 6 - Social Connection

Write about a positive interaction you would like to have in the near future, and why.

Day 7 - Growth

Reflect on a time when you overcame a fear or obstacle. How can you draw on that experience for strength in the present?



Day 1 - Mindfulness Practice

Practice a [body scan meditation](#), giving 20+ seconds focused on each part of your body from head to toe and taking note of any pain, tension, or anything out of the ordinary.

Write about any sensations or emotions you notice.

Day 2 - Intention Setting / Reflections

Reflect on a past success or achievement. How did it make you feel, and what qualities did you demonstrate to accomplish it?

Day 3 - Cultivating Joy

Make a list of people in your life who lift you up and support you. Write a thank-you note to one of them expressing your appreciation.

Day 4 - Affirmations / Self-Care

List five things you admire about yourself, whether they're skills, traits, or accomplishments.

Day 5 - Self-Exploration

Reflect on a recent challenge you faced. What did you learn from it, and how can you grow from the experience?

Day 6 - Social Connection

Make plans to reach out to someone you haven't spoken to in a while. Write down what you'd like to say and how you hope the conversation will go.

Day 7 - Growth

Identify any negative thought patterns you've noticed lately. Challenge them by writing down a positive affirmation to counter each one



Day 1 - Mindfulness Practice

Take a few moments to observe your surroundings without judgment. Notice the colors, shapes, and textures around you. How does it feel to simply be present?

Day 2 - Intention Setting / Reflections

Set a goal for the week ahead, making sure it's specific, achievable, and meaningful to you.

Day 3 - Cultivating Joy

List five simple pleasures that bring you happiness, such as a favorite song or a warm cup of tea. Make time for at least one of them today.

Day 4 - Affirmations / Self-Care

Practice self-compassion by writing a forgiving and understanding letter to yourself about a mistake or setback you've experienced.

Day 5 - Self-Exploration

List three qualities you admire in others. How can you cultivate these qualities within yourself?

Day 6 - Social Connection

Write about a time when you felt a strong sense of belonging or community. What were you doing, and how can you recreate that feeling in your life?

Day 7 - Growth

Reflect on a mistake you've made and consider what you've learned from it. How can you use this knowledge to grow and improve?



