

Journaling Prompts

Daily Check-In Questions:

1. How am I feeling today? (Be silent & still for about 3-5 minutes and really think about the state your mind and heart are in before writing in your journal. Reflect on what thoughts cross your mind. These initial ones are important but so are the ones that come near the end of the silence.)
2. What is on my to-do list for today? (Try to set-up at least three tasks that you can complete for yourself. These are short-term goals that will help you to be and feel productive.)
3. What am I missing most about my normal schedule? (Give yourself a minute to think about what you really miss about being at school.)
4. Look around the room and describe 5 objects that you see in detail in writing. (Explain how your senses relate to that object. How does it look? What does it smell like? How does it taste? What does it feel like? This technique is called “grounding” and can be used to decrease anxiety and helps to give the feeling of control and awareness over situations. Practicing this when de-escalated can help in more intense times of anxiety/panic.)
5. Name 3 things that you are thankful for today and explain why. (Highlighting and focusing on positives can really set the tone for your mood and outlook on life/the day.)

- After going through the daily questions, think about one person that really has made a difference in your life in the past month. It can be a friend, teacher, or family member. Write about what makes them important to you and how they've impacted your life.

-Think of something that you don't know how to do and write it down. Can you ask your family or loved one to help learn how to do that activity? Have you tried and failed before? Write about your experiences.

-Everyone talks about having a bucket list- a list of things you want to do in your lifetime. Can you think of things that you want to put on your bucket list? Try to think of 10 that you'd like to do in the next few years and write about them.

- If you could change one thing about yourself, what would it be and why? Is this something you have control over? Write about the change you could make in yourself if you could.

- Pick one person that you have had a disagreement with this past month. What was the disagreement? What could you have done differently? Is this person still hurt or are you still hurting from this experience? Write about the situation and any lingering feelings there might be.

- Write 5 things that you really like about yourself. List them out in your journal. Once you have come up with the 5 things, rewrite those things as statements. For example, if you wrote "funny", write "I am funny!" underneath. Say these 5 statements out loud three times to yourself. Write about how it feels to hear these things.

- What do you want to be when you grow up? Write about why you would want to do that. Is there someone or something that happened to inspire you to want to become that?

- Think about a time when you were really sad. What did you do to feel better? What were the coping skills you used to get through it? If the same situation happened again today, would you deal with it in the same way? Describe what you did and how you'd react now in this moment.

-Write about one time that you were proud of yourself. Explain what you did and how others reacted in that time.