

Mood & Mind Journal Prompts

Daily check-in prompts to help you explore your feelings, understand what's behind them, and take small steps to care for your mental health!

You don't need to write (or type) a lot. Even just 2 minutes a day can help you notice patterns, feel more in control, and get things off your chest.

Try jotting your answers in a notebook, your Notes app, a digital journal, a Google Doc, or even texting them to yourself. You could keep your prompts by your bed, next to your phone charger. Consider setting a reminder to check in with yourself.

Mood Check-In

- Describe the mood you've felt most often this week. What do you think is contributing to it?
- Think about a moment today that changed how you were feeling. What happened, and how did you respond?
- When you're feeling overwhelmed, anxious, sad, or angry, what usually helps you move through it?
- What are some things that tend to lift your mood, even a little, when you're having a rough day?
- How did your body feel today? Tense, tired, energized, calm? What might your body be telling you?
- What's something that made you smile or laugh today?

Identity

- What's something about yourself that you've come to appreciate more recently?
- Write about a time when you surprised yourself. What did you learn about who you are?
- When do you feel most like the real you? What are you doing, and who are you with?
- What's one belief or value that feels really important to you right now, and why?

Self-Care

- When you're feeling overwhelmed, what do you wish people understood about what you need?
- Describe a time when you chose to take care of your mental health. What did that look like?
- What does self-care mean to you?
- What's something you're looking forward to?

Relationships

- Who do you feel safest being vulnerable with, and what makes that relationship feel different?
- Is there someone in your life you wish you could be more honest with? What would you say?
- How do your relationships (friends, family, teachers, etc.) affect your mood on a daily basis?
- What kind of support do you want more of in your life right now?

