

# Daily Journaling Prompts for Mental Health



What emotion feels strongest for me right now, and what might be contributing to it?



What is taking up the most space in my mind today?



What do I need more of today?



What do I need less of today?



What is one thing I handled better than I expected?



What has been draining my energy lately?



What has given me even a small amount of energy today?

What is one thing I can realistically do today that would make me feel a little better?



What thought keeps returning today?

Is there anything I am avoiding because it feels uncomfortable?

What would make today feel meaningful, even if it isn't particularly productive?



What do I want to remember about how I feel today?

