



# Journal Writing Exercises

**One of the ways to improve your mental health and wellbeing is to find a healthy way to express yourself.**

## **Journaling can help you:**

- **Manage anxiety and overwhelming emotions**
- **Reduce stress**
- **Shift your mindset to positive thinking**
- **Create positive affirmations**
- **Reflect on and learn tools and strategies to improve your life**

## ***Below are some self-discovery journal prompts:***

1. What does your dream life look like? Describe it in detail.
2. What does your ideal day look like?
3. Where do you see yourself in 6 months? A year? 5 years? 10 years?
4. What distractions are hindering your productivity? How can you reduce them?
5. What actions can you take today to simplify your life?
6. When do I feel most in tune with myself?
7. If you could talk to anyone dead or alive who would it be?
8. Write down your top 10 goals to complete by the end of the year.
9. Who do you look up to the most? Why?
10. If someone else described you, what do you think they'd say? Why?
11. What does happiness mean to you?
12. How have you changed in the last 5 years? What's the biggest lesson you learned?
13. If today was your last day, what would you do?
14. If you could give advice to your younger self, what would you say?
15. What do you need more of in your life?
16. If you could have any three things in the world, what would they be?
17. What are 10 things you love about yourself? Why?
18. What are you most grateful for in your life? List at least 10 things.
19. What activities sets your soul on fire?
  - (If you aren't sure, then think back to your childhood. What did you love to do as a kid?)
20. How can you feel more fulfilled in your life?
21. If you couldn't fail, what would you do?
22. If you could go anywhere in the world, where would it be and why?
23. What's your dream job?
24. Who do you look up to the most? Why?
25. If you could describe yourself in one word, what would it be and why?
26. Write down 5 positive affirmations about yourself. Repeat them daily.
27. What's your favourite memory?
28. How did your darkest moments shape you into who you are today?
29. When do you feel the most at peace?
30. At the end of life, what would you want to be remembered by?