



elizablooms

MENTAL HEALTH & RECOVERY JOURNAL

Daily Mental Health Journal Prompts

Morning

TODAY I AM GRATEFUL FOR...

1.
2.
3.

I AM FEELING...

.....
.....
.....

WHAT IS ON MY MIND?

.....
.....
.....

WHAT CAN I DO TODAY TO HELP?

1.
2.
3.

Evening

THE BEST PART OF MY DAY WAS...

.....
.....
.....

I AM FEELING...

.....
.....
.....

WHAT DO I NEED MORE OF TOMORROW?

1.
2.
3.

TONIGHT, I AM GRATEFUL FOR...

1.
2.
3.