

Prompts for Mental Health

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1. **WHOW AM I FEELING TODAY?**
2. **HOW WOULD I LIKE TO FEEL?**
3. **WHAT CAN I DO TO FEEL BETTER TODAY?**
4. **WHAT MADE ME SMILE THIS WEEK?**
5. **WRITE A LETTER TO YOUR FUTURE SELF.**
6. **WHAT ARE THE GOOD THINGS ABOUT MY LIFE RIGHT NOW?**
7. **I AM HAPPIEST WHEN...**
8. **WHAT WENT WRONG TODAY? WHAT CAN I DO IF IT HAPPENS AGAIN?**
9. **LIST AND DESCRIBE ALL OF YOUR EMOTIONS.**
10. **WHAT AM I LOOKING FORWARD TO?**
11. **WHAT IMPROVEMENTS WOULD YOU LIKE TO MAKE OVER THE NEXT 5 YEARS?**
12. **HOW ARE THINGS DIFFERENT FROM WHAT THEY WERE 5 YEARS AGO?**
13. **WRITE AN ENCOURAGING MESSAGE FOR YOU TO READ ON BAD DAYS.**
14. **WRITE ABOUT A SINGLE DAY IN YOUR LIFE THAT MADE YOU HAPPY.**
15. **WRITE DOWN ALL OF YOUR COPING MECHANISMS. WHICH ONES HELP THE MOST?
WHICH ONES ARE COUNTERPRODUCTIVE?**