

# May Journal Prompts

- Day 1:** My top 5 goals to accomplish this month are...
- Day 2:** List 3 practices you should prioritize each week for your mental health.
- Day 3:** On a scale of 1-10 today my mental health is at a...because...
- Day 4:** List 7 things you can turn to that will aid or uplift you in a mental crisis.  
(Use this list to look back on.)
- Day 5:** Self-Awareness: What are some signs your mental and spiritual health is declining?
- Day 6:** How can you be better about building up & guarding your spirit and mind?
- Day 7:** Write a letter to your inner critic setting boundaries. ([Here's an example](#))
- Day 8:** List 10 words that come to mind when you think of who God is. How do you tend to see Him in the midst of a crisis?
- Day 9:** Self expression: Recognize and write about the areas you need help in.
- Day 10:** "5 lies I believe about myself are..." Write to each lie as if you were your best friend.
- Day 11:** "7 things I'm feeling grateful for today are..."
- Day 12:** List 10 of your favorite places to go to. Plan to visit one this month.
- Day 13:** "You are allowed to be both a masterpiece and a work in progress simultaneously" - Sophia Bush. What does this mean to you?
- Day 14:** Write about something you need to let go of and give to God.
- Day 15:** Write about the areas you need to have grace & patience with yourself in.
- Day 16:** List 7 things you want yourself to remember when times get tough.
- Day 17:** "If I had the courage I would..."
- Day 18:** "Right now I am being challenged by..."
- Day 19:** Write about something you wish most people understood about you.
- Day 20:** "Instead of fearing \_\_\_\_\_, today I'm going to pray about..."
- Day 21:** Write about something you stopped doing that was good for you.
- Day 22:** Write about an activity, place or practice that makes you feel alive.
- Day 23:** Write a word of advice to someone who is struggling with the same things.
- Day 24:** Write about an experience where you showed strength.
- Day 25:** "This week I'm going to step out of my comfort zone and try to..."
- Day 26:** "When I feel \_\_\_\_ I usually \_\_\_\_\_ but instead I'm going to start \_\_\_\_\_"
- Day 27:** What do you think the difference in mindsets looks like from Romans 8:6?
- Day 28:** Write about any of [these 5 mentalities](#) you've struggled with.
- Day 29:** Do you believe contentment is about circumstance or a choice of attitude?
- Day 30:** List 5 reasons not to give up.
- Day 31:** Write about the accomplishments you've made so far this month!