

journaling prompts

THE WINTER OF MY
DISCONTENT

mental health

1. Write about your coping mechanisms.
2. Dear past me...
3. Dear future me...
4. Make a list of 30 things that make you smile.
5. Write about your first panic attack.
6. Write about your support system.
7. Write a letter to one of your fears.
8. How do you know when you're feeling mentally unwell?
9. Make a playlist for your life soundtrack.
10. How would your life be different without mental illness?
11. Write about all of the things that you love about yourself.
12. Write a letter to your parents.
13. Describe your perfect day.

poetry

1. Describe how your favorite color tastes.
2. A haiku about your favorite pet
3. Write about body positivity.
4. Write about a weird fact that you know.
5. Write about something small.
6. Write about living in a pandemic.
7. Get inspired by a line in your favorite book.
8. Write a poem about the future.
9. Write about getting a do-over

micro-journaling

1. Make a List of the places you want to visit
2. Write about your favorite part of the day.
3. Write 3 things you are grateful for.
4. What are your top 5 long-term goals?
5. What are your top 5 short-term goals?
6. What scares you?
7. What is your secret desire?
8. List 3 things you can't live without.

creative writing

1. Write something inspired by a dream you've had.
2. If your mirror started talking to you, what would it say?
3. What does Memory Lane look like and how would you get there?
4. Write about your brain as though it were a physical place.
5. Write from within a bubble.
6. "I couldn't believe my eyes..."
7. Write a story that continuously contradicts itself.
8. Write a love story with a twist.
9. Write from the perspective of an ancestor
10. "It only took 5 seconds to..."
11. You're jogging. What are you thinking about?

art journaling

1. Use geometric shapes.
2. Draw a mandala.
3. Doodle faces.
4. Create a piece expressing anger.
5. Create a piece based on your favorite book.
6. Start with a path...
7. Get inspired by the word "be."
8. Doodle until you fill an entire page.
9. Draw your inner critic as a monster.
10. What's on your mind?
11. Illustrate your favorite song.
12. Theme: Peace