

JOURNAL PROMPTS FOR MORE GOOD DAYS

Journaling helps us process our experiences and recognize the good in everyday life that we often overlook. Beyond the emotional benefits, the physical act of writing is good for your brain and supports learning and memory. Use the journal prompts below to reflect on thoughts and emotions as you work toward more good days.

Make a "good day" list. List 15 things that would make tomorrow a good day for you. Don't limit yourself, and don't be afraid to embrace the simple things and/or dream big. Then, choose 3 things from the list and think about how you can make them a reality. Is there a goal that you could start on today to make any of them possible for your future self?

Staying hopeful during difficult times can feel impossible. Think of a time in the past when hope helped you to overcome a fear, hardship, or challenge. What motivated you to keep going? How does hope show up in your body, interactions with others, and actions? Is there a tiny spark of hope that you would like to celebrate today?

Asking for help takes courage. What would you tell someone who was struggling to reach out during their time of need? Is there any part of this message that you need to hold on to for yourself?

Good days can be created through a combination of healthy choices, moment by moment. What helps you to make the best decisions for yourself throughout the day? How could your sleep schedule, healthy relationships, and physical movement create an opportunity for a brighter day?

Choose 10 things you can hear, smell, see, or feel in your surroundings. For each one, think of one thing you are grateful for. For example, "I am grateful to the bees for creating the honey in my tea," or "I'm thankful for the garbage truck driver for keeping our community clean."

Name one small action that a friend, loved one, or community member has taken to brighten your day recently. Why was it special to you?

Mindfulness and moments of stillness can improve focus and shift our perspective. What is one small way that you can create space for yourself, your family, friends, colleagues, or community to take a brain break today?

Starting from the top of your head and going down to the tip of your toes, think about how feelings like excitement, confidence, and calm show up in your body. Can you list 5 sensations that surprised you?

Write a letter to your future self, thanking them for getting you to a new day, month, or year. Celebrate the resilience that you believe you will notice in yourself. What things do you believe you will overcome between now and then? What do you believe you would need to hear to keep going?

**If having good days feels hard, know that help is available and that you are not alone.
Check on your mental health with a free, quick, anonymous test at mhascreening.org.**

Explore additional resources and tools for more good days at mhanational.org/may.