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# JOURNAL PROMPTS FOR STRESS & ANXIETY

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## 30 Days of Writing Prompts for Stress & Anxiety



If you're reading this you're likely among so many of us that have felt stressed, unsure, fearful and anxious the past year. I assure you... You are not alone! These journal prompts were created to encourage you to pause, take a deep breath and focus on the present moment one day at a time.

Let's focus on a positive mindset, let go of negative thoughts, and live life happier and mindful. What can we control? Our thoughts, our habits, our mindset, so let's get straight to it. Happy Journaling!

### Benefits of Journaling:

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- \* Reduces stress
  - \* Creates mindfulness
  - \* Encourages creativity
  - \* Boosts memory, mood and confidence
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1. I feel happiest when I \_\_\_\_\_, because:

\_\_\_\_\_

2. What was the best thing that happened today?

\_\_\_\_\_

3. What can you do today that brings you joy?

\_\_\_\_\_

4. What are you currently stressed or anxious about?

\_\_\_\_\_

5. Why are you stressed or anxious about this?

\_\_\_\_\_

6. List your top three anxious thoughts.

\_\_\_\_\_

7. What can you replace the anxious thoughts with?

\_\_\_\_\_

8. Write out a positive daily affirmation ten times that brings you joy.

\_\_\_\_\_

9. Remind yourself "I am in control of my thoughts, and I believe I can \_\_\_\_\_."

\_\_\_\_\_

10. Describe a time you were anxious about something that turned out to be okay.

\_\_\_\_\_

11. How do you feel when you are stressed or anxious?

\_\_\_\_\_

12. I would like to feel \_\_\_\_\_ instead.

\_\_\_\_\_

13. Write two actions you can take today to let go of negative thoughts or feelings.

\_\_\_\_\_

14. List three things you're grateful for today.

\_\_\_\_\_

15. Describe a recent challenge you've overcome.

\_\_\_\_\_

16. How did you overcome the challenge?

\_\_\_\_\_

17. What did you learn from the challenge?

\_\_\_\_\_

18. Today I will focus on \_\_\_\_\_, because

\_\_\_\_\_.

\_\_\_\_\_

\_\_\_\_\_

19. Am I around a person or situation that adds to my stress or anxiety?

\_\_\_\_\_

20. I can set new boundaries by \_\_\_\_\_.

\_\_\_\_\_

21. I enjoy being around \_\_\_\_\_, because

\_\_\_\_\_.

\_\_\_\_\_

22. Close your eyes and visualize your happiest self. What did you look like, how did you feel, and what were you doing?

\_\_\_\_\_

23. How do you cope with your stress or anxiety?

\_\_\_\_\_

24. Today I will spend 15 minutes just for myself by

\_\_\_\_\_.

\_\_\_\_\_

25. List three positive experiences you'd like to create this year.

\_\_\_\_\_

26. Write any limiting beliefs you have and replace them with new and empowering ones.

\_\_\_\_\_

27. Write a goodbye letter to your negative thoughts, stress and anxiety.

\_\_\_\_\_

28. Describe five things you love about yourself.

\_\_\_\_\_

29. List three things you CAN control today.

\_\_\_\_\_

30. Write three positive intentions you will set for today.

\_\_\_\_\_

BONUS: I love, accept, and embrace my true self because \_\_\_\_\_.

\_\_\_\_\_

**Happy Journaling!**

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**guided keepsake and self-care journals!**

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