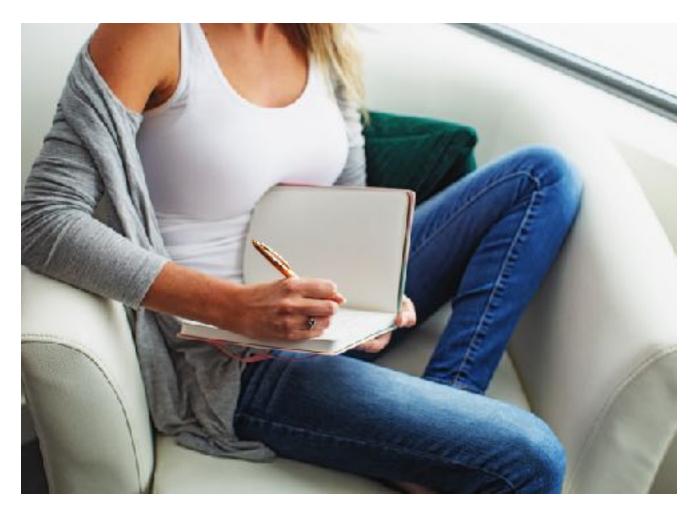
## JOURNAL PROMPTS FOR STRESS & ANXIETY

## 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:**

- \* Reduces stress
- \* Creates mindfulness
- \* Encourages creativity
- \* Boosts memory, mood and confidence

## **JOURNAL PROMPTS FOR STRESS & ANXIETY**

		WWW.ROBYNLIECHTI.COM
18.	Today I will focus on, because	guided keepsake and self-care journals!
17.	What did you learn from the challenge?	Check out our collection of
16.	How did you overcome the challenge?	Happy Journaling!
	Describe a recent challenge you've overcome.	BONUS: I love, accept, and embrace my true self because
14.	List three things you're grateful for today.	30. Write three positive intentions you will set for today.
13.	Write two actions you can take today to let go of negative thoughts or feelings.	29. List three things you CAN control today.
12.	I would like to feel instead.	28. Describe five things you love about yourself.
11.	How do you feel when you are stressed or anxious?	27. Write a goodbye letter to your negative thoughts, stress and anxiety.
10.	Describe a time you were anxious about something that turned out to be okay.	26. Write any limiting beliefs you have and replace them with new and empowering ones.
9.	Remind yourself "I am in control of my thoughts, and I believe I can"	25. List three positive experiences you'd like to create this year.
8.	Write out a positive daily affirmation ten times that brings you joy.	24. Today I will spend 15 minutes just for myself by
7.	What can you replace the anxious thoughts with?	23. How do you cope with your stress or anxiety?
6.	List your top three anxious thoughts.	What did you look like, how did you feel, and what were you doing?
5.	Why are you stressed or anxious about this?	22. Close your eyes and visualize your happiest self.
4.	What are you currently stressed or anxious about?	21. I enjoy being around, because
3.	What can you do today that brings you joy?	20. I can set new boundaries by
2.	What was the best thing that happened today?	<del>-</del>
1.	I feel happiest when I, because:	19. Am I around a person or situation that adds to my stress or anxiety?