

JOURNAL PROMPTS

Resilience and Growth

1. In what ways have you shown strength this year, even if no one else noticed?
2. If your strength had a color, a sound, or an image — what would it be?
3. What helps you bounce back when life gets hard?
4. What part of your story are you most proud of?
5. What story about yourself are you ready to rewrite?



Self-Reflection

1. What does it mean to feel safe — emotionally, mentally, or physically?
2. What are three things you've done that once felt impossible?
3. How do you recognize when you're holding stress in your body? What helps you release it?
4. Who in your life helps you feel seen and heard? How do they do that?
5. What is a part of your story that you're still learning to accept or embrace?



Hope & Vision

1. What message would you send to your younger self?
2. What role does connection play in your mental health?
3. What small acts of self-care help you feel grounded when life gets overwhelming?
4. What's a belief about yourself that you've outgrown? What do you believe now?
5. When do you feel most like yourself? What environments help you thrive?



Connection & Community

1. Who in your life has helped you feel strong? How?
2. When did someone truly listen to you? How did it feel?
3. How did helping someone shape your view on connection?
4. What does resilience mean to you in your own words?
5. Think about a time you surprised yourself. What did that reveal?

