

MINDBRIDGE



HOME JOURNAL

Instructions:

- For each given day, spend anywhere from 5 - 30 minutes “free journaling”
- You can either write about whatever comes to your mind
OR choose from one of the prompts below
- Journaling every day can help us identify, understand, and change our unhelpful thoughts and behaviors

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Prompts:

- Draw or write about how you are feeling today. What color is your feeling? Can you show it with a picture or a word?
- What helps you feel calm when you are upset? Can you draw or list these things?
- If your worry or anger was an animal or a color, what animal/color would it be? Why?
- What are three qualities that make a good friend? Do you see these in yourself or others?
- When you feel upset, what can you do to help yourself feel better? Draw or list your ideas
- Write or draw about a problem you had this week. What did you do? What could you try next time?
- Write or draw a thought that makes you feel bad. Is there another way to think about it that might help you feel better?
- What is something you are proud of? Why?
- What are your favorite things to do? Draw or write about them.
- What helps you feel comfortable in a new place?

Day 1:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 2:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 3:

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Day 15:

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This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.

Day 18:

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Day 19:

Day 20:

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