

Self Help Journal Template

Name: _____

Reflect on today

List 3 things you are grateful for today

Identify a habit you wish to change. Why do you want to change this?

How are you feeling right now? Why do you think you are feeling this way?

If you could write a letter to your future self, what would you say?

Explore a recent success you have endured. Focus on your emotions.

Identify your values in life. Why do you think these values are instilled in you?

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Describe a situation where you felt like you were outside ofn your comfort zone. Why do you think you were?

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Here you can add your own prompts

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