

5 DAYS OF JOURNAL PROMPTS

QUESTIONS FOR INTROSPECTION
& SELF-AWARENESS



WELCOME! WE'RE GLAD YOU'VE CHOSEN TO PARTICIPATE IN OUR SERIES OF JOURNAL PROMPTS.

THIS JOURNAL DOCUMENT IS DESIGNED TO BE COMPLETED OVER A SPAN OF FIVE DAYS.

EACH DAY CONSISTS OF SEVEN QUESTIONS.

THERE IS AN EXTRA LINED SHEET BETWEEN EACH DAY FOR YOU TO JOT DOWN ANY OTHER THOUGHTS YOU MAY HAVE.

BE HONEST WITH YOURSELF. NO ONE WILL SEE YOUR ANSWERS. THIS IS FOR YOUR BENEFIT.

SEE WHERE YOU ARE GROWING, WHERE YOU ARE THRIVING, AND WHERE YOU MAY NEED ASSISTANCE TO MAKE PROGRESS.

LET'S GET STARTED!

JOURNAL PROMPT DAY ONE

1. HOW AM I FEELING TODAY, AND WHAT HAS
CAUSED ME TO FEEL THIS WAY?

JOURNAL PROMPT DAY ONE

2. HOW DO I RESPOND TO SITUATIONS
I HAVE NO CONTROL OVER?

WHAT IS A HEALTHIER WAY TO RESPOND?

JOURNAL PROMPT DAY ONE

3. AM I HAPPY WITH HOW I SPEND MY TIME?
WHAT WOULD I CHANGE?



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JOURNAL PROMPT DAY ONE

4. WHAT ARE THREE EXCUSES I OFTEN MAKE
TO AVOID NEW CHALLENGES?



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JOURNAL PROMPT DAY ONE

5. WHEN DO I FEEL MOST
COMFORTABLE WITH MYSELF ?

JOURNAL PROMPT DAY ONE

6. WHAT ARE THREE QUALITIES
I LIKE ABOUT MYSELF?

JOURNAL PROMPT DAY ONE

7. HOW CAN I SHOW
MYSELF LOVE TODAY?

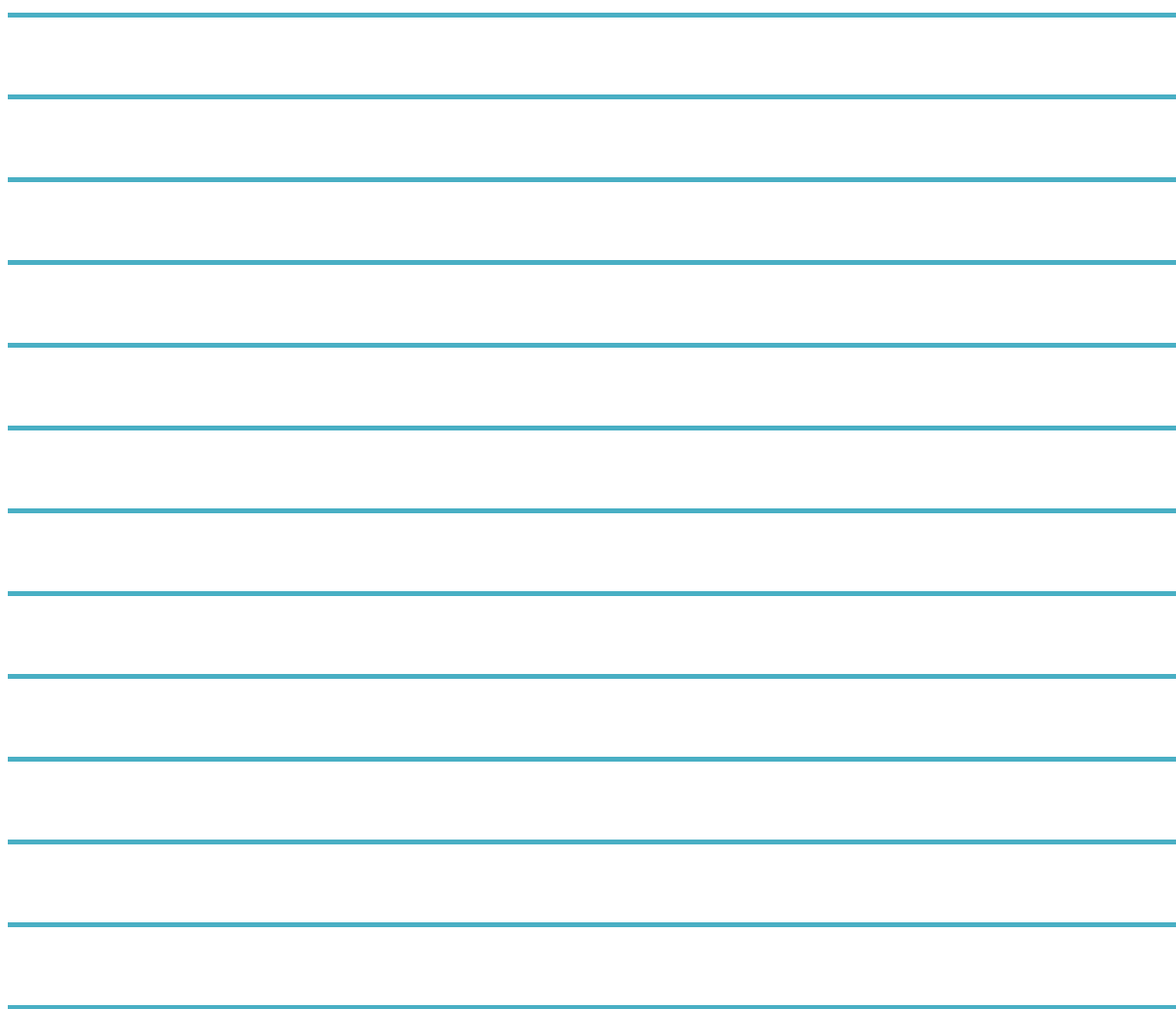
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JOURNAL PROMPT DAY TWO

1. ONE THING I DID FOR MYSELF
YESTERDAY WAS...

JOURNAL PROMPT DAY TWO

2. IF I COULD CHANGE ANYTHING RIGHT NOW,
WHAT WOULD IT BE?



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JOURNAL PROMPT DAY TWO

3. WHAT DOES MY INNER CRITIC SAY TO ME?

WRITE TRUTHFUL STATEMENTS TO SET IT STRAIGHT.



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JOURNAL PROMPT DAY TWO

4. IS THERE ANYONE NEGATIVELY AFFECTING MY MENTAL HEALTH? IF SO, WHO ARE THEY, & HOW ARE THEY DOING THIS?

JOURNAL PROMPT DAY TWO

5. LIST THREE TO FIVE WAYS:

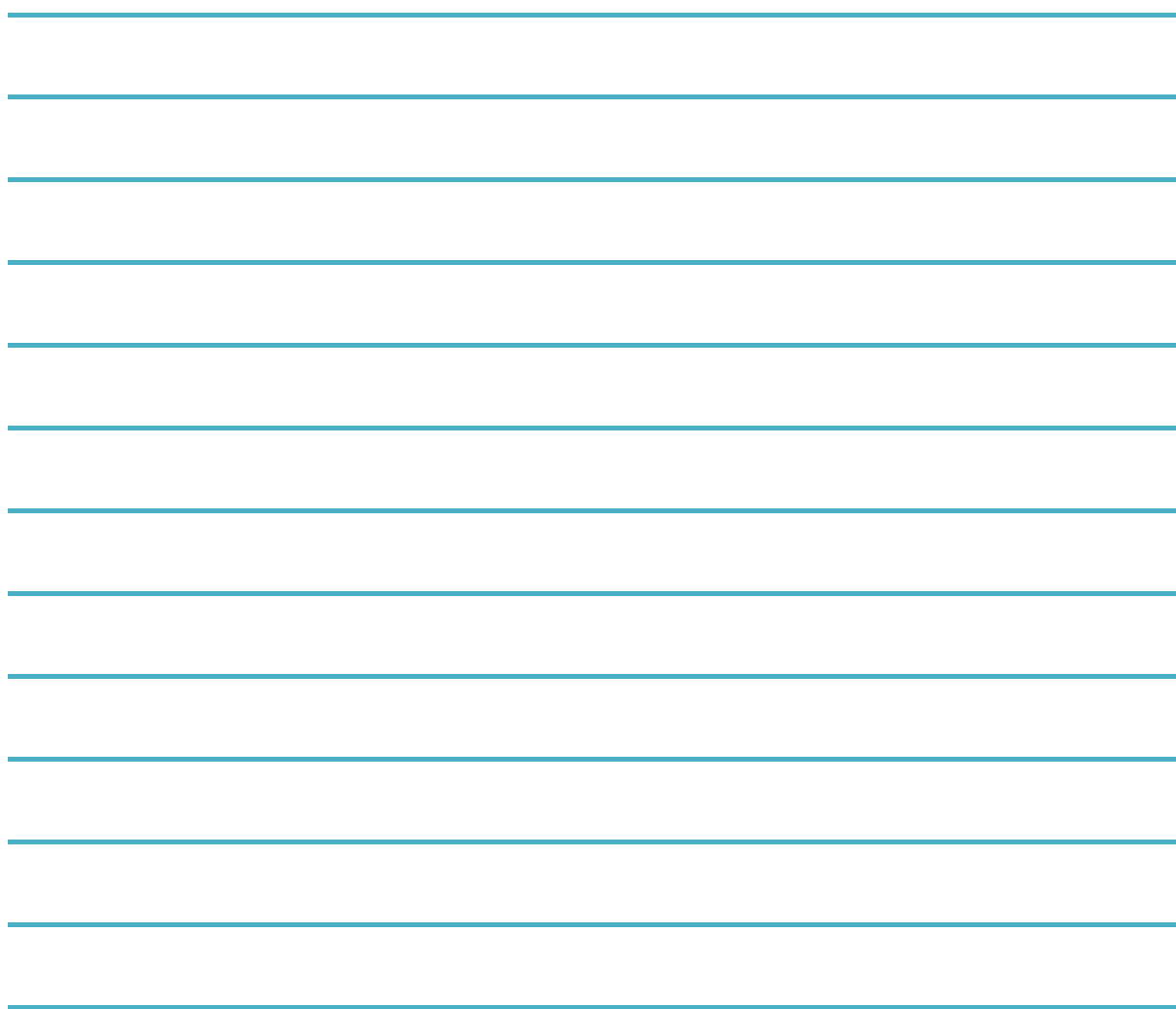
I WILL NOT ACCEPT BEING TREATED &
HOW I WILL ACCEPT BEING TREATED INSTEAD



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JOURNAL PROMPT DAY TWO

6. WHICH PEOPLE IN MY LIFE SUPPORT & ENCOURAGE ME? IN WHAT WAYS DO THEY DO THIS?



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JOURNAL PROMPT DAY TWO

7. COMPLETE THIS SENTENCE:

I FEEL EMPOWERED WHEN...

[illegible]

JOURNAL PROMPT DAY THREE

1. TODAY I'M GRATEFUL FOR FIVE OF THE
FOLLOWING THINGS...



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JOURNAL PROMPT DAY THREE

2. HOW DO I DEAL WITH SITUATIONS THAT
FORCE ME TO GET OUT OF MY COMFORT ZONE?

JOURNAL PROMPT DAY THREE

3. HOW DO I RESPOND TO REJECTION?
WHY DO I THINK I RESPOND THAT WAY?

JOURNAL PROMPT DAY THREE

4. THE ONE THING IN MY LIFE I REGRET
I DID/DIDN'T DO IS...



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JOURNAL PROMPT DAY THREE

5. WHAT IS MY RESPONSE WHEN I MAKE A
MISTAKE/FAIL AT SOMETHING?

WHAT IS A HEALTHIER WAY TO HANDLE THIS?

JOURNAL PROMPT DAY THREE

6. HOW OFTEN DO I PRIORITIZE SPENDING TIME & ENERGY ON MYSELF & MY PASSIONS? HOW CAN I MAKE MYSELF MORE OF A PRIORITY?

JOURNAL PROMPT DAY THREE

7. WHAT ARE THREE WAYS I CAN SUPPORT
MYSELF & MY NEEDS TODAY?



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[illegible]

JOURNAL PROMPT DAY FOUR

1. WHAT WAS MY FAVORITE ACTIVITY AS A CHILD?

WHAT DID I ENJOY ABOUT IT?

JOURNAL PROMPT DAY FOUR

2. WHO SUPPORTED ME WHEN DOING THIS ACTIVITY?
WHO DISCOURAGED ME? HOW DID I RESPOND?

JOURNAL PROMPT DAY FOUR

3. WHEN DID I STOP DOING THIS ACTIVITY?
WHY DID I STOP? HOW DID THIS MAKE ME FEEL?

JOURNAL PROMPT DAY FOUR

4. IS THIS ACTIVITY SOMETHING I'D LIKE TO DO AGAIN? IF YES, HOW DO I MAKE THIS HAPPEN?

JOURNAL PROMPT DAY FOUR

5. WHO WAS MY BIGGEST SUPPORTER GROWING UP?
HOW DID THEY IMPACT ME?



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JOURNAL PROMPT DAY FOUR

6. IF I COULD RELIVE ONE DAY OF MY LIFE,
WHAT DAY WOULD IT BE, AND WHY?

JOURNAL PROMPT DAY FOUR

7. WHAT AM I LEARNING ABOUT MYSELF?
HOW CAN I SUPPORT MYSELF IN THIS PROCESS?

[illegible]

JOURNAL PROMPT DAY FIVE

1. WHAT IS MY FIRST THOUGHT WHEN I OPEN MY EYES IN THE MORNING? AM I HAPPY WITH THIS?

JOURNAL PROMPT DAY FIVE

2. WHAT'S BEEN ON MY MIND A LOT LATELY?

HOW CAN I ADDRESS THIS?

JOURNAL PROMPT DAY FIVE

3. WHAT DO I JUDGE MYSELF FOR? HOW CAN I
BE MORE COMPASSIONATE TOWARDS MYSELF?

JOURNAL PROMPT DAY FIVE

4. WHAT AM I SCARED TO ADMIT OUT LOUD?
HOW DO I NEED TO ADDRESS THIS ISSUE?

JOURNAL PROMPT DAY FIVE

5. HOW DO I DEAL WITH EMOTIONAL DISCOMFORT?

WHAT DO I REACH FOR INSTEAD?

WHAT FEELINGS AM I TRYING TO AVOID?



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JOURNAL PROMPT DAY FIVE

6. IN WHAT WAYS DO I WANT TO GROW & IMPROVE?
HOW DO I MAKE STEPS TOWARDS THIS?



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JOURNAL PROMPT DAY FIVE

7. IF I COULD TALK TO A YOUNGER VERSION OF MYSELF, WHAT WOULD I SAY? WHAT WOULD A FUTURE VERSION OF MYSELF SAY TO ME NOW?

[illegible]

YOU DID IT! YOU COMPLETED YOUR JOURNAL PROMPT GUIDE.

WE HOPE THIS SERVED YOU IN DISCOVERING MORE ABOUT YOURSELF.

IF YOU RECOGNIZED THINGS YOU ARE UNABLE TO WORK THROUGH ON YOUR OWN, PLEASE REACH OUT TO A PROFESSIONAL IN YOUR LOCATION FOR ASSISTANCE.

IF YOU'RE IN THE OCEAN CITY, NEW JERSEY AREA, ONE OF OUR CARING THERAPISTS WOULD LOVE TO WORK WITH YOU THROUGH YOUR PROCESS.

WE CAN BE REACHED AT (609) 525-4517
OR VIA EMAIL AT RECEPTION@COUNSELINGBYTHESEANJ.COM

THANK YOU FOR PARTICIPATING IN OUR JOURNAL PROMPT GUIDE.
WE HOPE THIS HAS AIDED IN YOUR JOURNEY TOWARDS A HAPPIER & HEALTHIER YOU!