

20 JOURNAL PROMPTS  
FOR SELF-REFLECTION  
AND HEALTHY MINDSET

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A collection of free journal prompts to help you get  
out of your own head and meet your higher self



**Free Journal Prompts  
for Self-reflection  
and Healthy Mindset**

20 Journal Prompts to help you get out  
of your own head and attain mental calm  
in your regular life

[psychicstrong.in](http://psychicstrong.in)

by PSYCHIC STRONG

THANK YOU for downloading these free self-reflection and mindset journal prompts. I'm glad you've taken this step to get out of your own head and attain mental calm.



In case we haven't met, I'm Shweta, who shares inspirational blogs and has taken an initiative to help people suffering with anxiety, fear and depression. I help over-thinkers to get out of their own way so that they can stress less and feel confident to take action and stay positive and focused.



Shweta

## HAPPY JOURNALING

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## INTRODUCTION TO JOURNALING

Journaling is a self-help practice to shift your mindset, get mental clarity, reduce brain fog and attain calm and positivity. It is the best way to discover a greater connection with your own self.

Journaling is one of the most preferred techniques used by the life and mindset coaches to help their clients express themselves on an honest term. It helps us to create self-awareness in our lives by identifying patterns, themes and habits that come up for us on a regular basis.

I myself have been personally journaling from more than 8 years. Back when I was younger, I pretty much wrote only about the clothes that I want to buy or how will I get ready for occasion. Haha!! But now that I'm older and wiser, journaling has helped me to understand that why I respond to the situations in a way that I do.. It helps me to understand how not to get stucked or keep regretting about the mistakes that I make and how to find ways to deal with the situations positively instead of letting them consume me.

To attain a clear, healthy and positive mindset – Self-Reflection is one of the most ultimate way because it is a practice to know your own self better.

If you're a beginner and have no idea what to fill your journals with – Don't worry, I've got some resources for you. I know it often happens that may be you love the idea of journaling, but you don't know where to start. You want to make journaling a habit, but get a writer's block whenever you open a page.

If you're the one who can relate to the above scenarios, the following journal prompts are for you.

**“All that you are seeking outside is already within you, You just need to uncover that”**

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## THE JOURNAL PROMPTS

### PRESENTLY

1. What is going on in my mind right now?
2. What happened today/yesterday that is weighing me down?
3. What feels like a struggle at this moment?
4. What advice do I need to give myself right now?

### SELF-LOVE

1. What self-doubts do I currently have and how can I ease them?
2. What are my potentials (the strengths that give me confidence)?
3. How can I be kinder to myself? What do I need to let go at this moment?
4. What are the things that are holding me back and what steps can I take to move forward?

### MENTAL CLARITY

1. What are the things that stress me out and what can I do to reduce them?
2. What thoughts do I keep repeating in my head lately. Are they true? How can I stop them?
3. What things are making my life complicated and what steps can I take to simplify them?
4. What can I do to take better care of my mental health?

### GOALS

1. What I want to be as a persona and what is my long term goal?
2. Why is this my goal? Is this really what I exactly want?
3. What will my life look like in 3 years if I'll achieve my goals?
4. What are my greatest strengths to achieve this goal and in what areas do I need to get better?

### JOY AND HAPPINESS

1. What things bring me joy and how can I make time for them?
2. What would my perfect day look like?
3. What am I most grateful for today?
4. What does my regular days look like and how can I add more fun into it?