

## Mood & Thought Journal Prompts

### Daily Check-In Prompts

What emotion am I feeling most strongly right now?

What physical sensations do I notice in my body?

What thoughts are running through my mind?

How intense is this feeling on a scale of 1–10?

What might have triggered this emotion or thought?

Is there a deeper need behind this emotion?

### Exploring Patterns

Are there recurring emotions I've been feeling lately?

Do certain thoughts keep showing up? What are they saying?

When I feel [insert emotion], what do I tend to do next?

Are there environments, people, or times of day that impact my mood?

What beliefs might be shaping these thoughts or feelings?

### Regulation & Response

What do I need right now to feel more supported or grounded?

What has helped me cope with this emotion in the past?

How can I show myself compassion in this moment?

What would I say to a friend feeling this way?

Is there a small action I can take now that would help me feel better?



### Evening Reflection

What emotion showed up the most today?

What was the high point of my day? The low point?

What thoughts or beliefs shaped my day?

What helped me feel grounded, safe, or calm?

What do I want to carry forward into tomorrow?

