



STRONG MIND FOR SUCCESS





This Journal
Belongs To:

Positive Daily Affirmations

I am unique
I am special
I am handsome
I am wonderfully made
I love who I am
I love the way I look
I am at peace with who I am
I deserve all the good in life
I deserve the best
I am enough
I forgive myself
I am brilliant
I am talented
I am loaded with potential
I am okay the way I am
I can change the world
I am a hard worker
I love challenges
Challenges help me grow
I am disciplined
I am healthy
I am a gift to the world
I am joyful
I am full of peace
I have clarity of thoughts
I am a problem solver



JOURNALING PROMPTS FOR STRESS

How do you handle stressful situations?

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Write about a time when you had to make a difficult decision, and how you decided what to do.

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What would you do if you had an entire day free?

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JOURNALING PROMPTS FOR STRESS

What situations make you feel most relaxed?

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What one or two things do you have the power to change about your life that would reduce your stress levels?

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What would you do if you had an entire day free?

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Journal Prompts for Feeling Depressed

Where do you feel most depressed in your body?

What are your negative thoughts at this moment? What are 3 positive thoughts for each of those negative thoughts you have?

What coping mechanisms did you practice today? (Or, what things did you do that made you feel better?)

Journal Prompts for Feeling Depressed

Looking back, were some early signs that you were heading toward depression?

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What things or events activate or worsen your depression symptoms?

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If depression is a messenger, what is it trying to tell you in this moment? (If depression could talk, what would it say?)

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Mental Health Writing Prompts

What are you grateful for?

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What do you think are the biggest challenges for you so far?

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Who are the people that you love the most? What are their characteristics?

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Mental Health Writing Prompts

What is your scariest moment (real life or fantasy moment..)

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When do you feel the happiest?

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How do you think others see you? Why?

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Mental Health Writing Prompts

What is something that you believe in strongly?

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How can you help yourself to relief the anxiety, stress, sadness?

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Write about time when you felt really mad.

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Mental Health Writing Prompts

What is the first symptom you notice when you feel anxious/stressed/sad?

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How can you help yourself to relief the anxiety, stress, sadness?

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Write about time when you felt really mad.

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Mental Health Writing Prompts

What frightens you?

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In your opinion, what is the best movie you've ever seen. Why?

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What topics are you afraid to talk about? Why?

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Mental Health Writing Prompts

Describe one event/action you have taken that you are proud of.

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Write about something you struggle to understand.

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Who do you know that possesses great perseverance?

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Mental Health Writing Prompts

What makes you grumpy? What pushes your buttons? How can you combat them?

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Describe what you are working towards currently.

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When faced with a challenge is your initial response to avoid it or embrace it?

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Mental Health Writing Prompts

Accepting criticism... how can I do it with humility?

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Who fights for me?

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Create your own mission statement.

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Mental Health Writing Prompts

What act of kindness I can do for someone else today without them knowing. Then write how this made you feel?

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Finish the sentence “I am....”

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If you had all the courage in the world to try something new, what would you try?

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Self-Care Planner

TOP 3 PRIORITIES

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SELF-CARE ACTIVITIES

AFFIRMATIONS

DAILY WATER TRACKER



NOTES

MY DAILY MOOD TRACKER



Date : _____

Quote

What I did:

How I felt:

Relax



Hydrate



Socialize



Meditate



Stretch



Note



MY DAILY GRATITUDE

Date : _____

Today's Affirmation

I am thankful for...

Best Part of My Day

Quote

MY SELF LOVE JOURNAL



Date : _____

To Do List





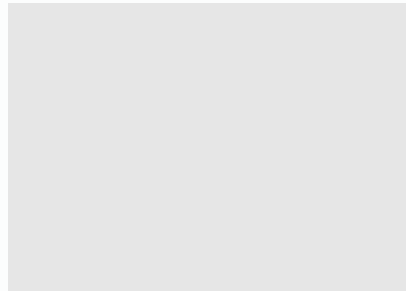




My Priorities

Notes:

Personal Reminder





MY DAILY REFLECTION

Get to Know Myself

Date : _____

What did I accomplish today?

What was I grateful for?

What am I looking forward to?

Reminder

List of Affirmations



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Visit our website

www.sportsuccess.org

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