

Develop a Positive Mindset

Journal Prompts

1. Do you think that you have a positive mindset?
2. How can positive thinking make your life better?
3. What makes you happy?
4. What positive lessons have you learned in life?
5. How did you overcome a difficult time in your life?
6. What is one thing that you can do to maintain a more positive outlook?
7. What do you like to do to make yourself feel better when you're feeling down?
8. What is one negative thing you could easily eliminate from your life?
9. Write about a time when you used positive thinking to reframe a negative situation.
10. Imagine your dream life. What does it look like?
11. What one positive emotion are you feeling right now?
12. What would you like to do more of that you would make you happy?
13. What are some of your positive traits?
14. What new positive changes can you make to your life?
15. What is one positive thing you can do today to move you toward your goals and dreams?
16. What is your favorite positive quotation?
17. What is your favorite positive affirmation?
18. Write a mantra or affirmation that you can use throughout the day to use as a reminder to stay positive.
19. What positive feelings do you want to experience today?
20. What can you do to maintain positive thoughts throughout the day?
21. What is something that made you laugh recently?
22. What is your favorite happy song?
23. What is something you can do every day that will make you feel happy?
24. What are you grateful for today?
25. What limits do you place on yourself and how can you overcome them?
26. What do you enjoy about this time of year?
27. When you're feeling down, what can you do to reframe the situation so it feels more positive?
28. What is one thing that always puts you in a more positive mood?
29. How can you add more fun into life on a daily basis?
30. What would your perfect day look like?

