

# JOURNAL PROMPTS

TO HELP EASE WORRY AND ANXIETY

How are you feeling right now?

What are three ways your body lets you know you are worried or anxious?

List three things that scare you the most, and the reasons why.

Write down all the ways you can calm yourself when feeling worried or anxious?

Think about three positive things that happened to you today and write them down.

Write down all the strategies you've used in the past that have helped you get through an anxiety attack.

Write a letter to your parents. Tell them what they have done that has helped you and tell them what you still need from them. (You do not need to give it to them)

Write down ten things that make you smile.

List all of the things that you're worried about right now.

Reply to your inner critic's opinions about something you did today.

Make a list of compliments you've gotten from others.

What is something you look forward to every day.

Think back to a moment when you experienced failure. What can you learn from it?

Think of the last time you felt anxious. What do you think your anxiety was trying to tell you?

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What are some things that trigger your anxiety?

List three things you've learned from your anxiety.

Imagine that you don't have anxiety. Write down how that might feel.

The next time you are listening to music, listen for inspiring lyrics that might help motivate you. Then, write them down.

What are some things you can do to take better care of yourself?

Write about all the things that you are grateful for. Make the list as long as possible.

Write a letter to three people who have helped you the most with your anxiety.

Write a love letter to yourself.