JOURNAL PROMPTS

Quiet the Noise

For when your mind won't stop talking.

What's been taking up the most space in my mind lately?

What am I overthinking right now?

What feels uncertain to me at the moment?

What's actually true right now?

What pressure have I been putting on myself lately?

What's making me feel mentally exhausted?

What usually helps calm me when I feel overwhelmed?

What would help me feel a little more grounded today?

What helps me feel safe and supported?

What's one thing I can let go of for tonight?

Quiet the Noise

CUT ALONG THE DASHED LINES

NO. 1



What's been taking up the most space in my mind lately?

NO. 2



What am I overthinking right now?

NO. 3



What feels uncertain to me at the moment?

NO. 4



What's actually true right now?

NO. 5



What pressure have I been putting on myself lately?

NO. 6



What's making me feel mentally exhausted?

NO. 7



What usually helps calm me when I feel overwhelmed?

NO. 8



What would help me feel a little more grounded today?

NO. 9



What helps me feel safe and supported?

NO. 10



What's one thing I can let go of for tonight?

