



Mood tracker

Use your journal to track your mood. You can use a scale (e.g 1-10), an adjective (e.g happy) or an emoji. Then add a note explaining why you felt that way.





Brain dump

Use your journal to as a way
to unload whatever is on
your mind.



This is useful in stressful /
overwhelming moments to
clear your head.





Cognitive Behavioural Therapy exercises

Write down a negative thought, then challenge it and replace with a positive.

E.g. I made a mistake on my exam, I'm so stupid. - I was nervous and made a mistake, which is a normal thing to do and will not affect my grade.



Gratitude lists

Write down 3-5 things that
you're grateful for.

This will help to reframe your
mindset and help you to
focus on the positives.





Habit and routine tracker

Track habits such as how much water you've drank or how many steps you'd like to do per day.

Seeing progress over the things you can control can be motivating.





Reflection prompts

Use structured prompts such as “What’s one thing I handled well today...” “... Today I handled my anger well and talked through an issue bothering me.”

Over time, this will help you to think more about your thoughts and emotions.





Venting without judgement

This is your space to let out thoughts that may be troubling you.

This can help to reduce mental clutter and keep a clear mind.





Inner critic vs inner coach dialogue

Split the page into two columns - one for your inner critic, and use the other to come up with a rational, compassionate “inner coach” response.



This will help reframe negative thoughts.





Affirmation practice

Write and repeat a positive affirmation. You can make these personal to you.

This will help you to think positively.





Coping skills toolbox

Write down 3-5 healthy coping strategies that work for you, e.g. stepping back and counting to 10.

This will be a go-to section of your journal on tough days.





Creative expression

Take some space in your journal to doodle, jot down a quote or add in some fun stickers, etc



You can use this to express what you're feeling when words don't fit.





Therapy companion

Use this journal alongside discussions like that with your HDYES Youth Worker to jot down your feelings, for example.



Writing things down may help you to process what you're going through.





Smile file

Write down an experience in which you surprised yourself, or something positive you think / someone has said about you.

This is great to look back on when self-doubt creeps in.





Goal setting / intentions

Set short-term goals - these can be mental health specific or something that fits in with your life, like a fitness goal.

Tracking progress can be a great motivator.





Self-care

It's important to take some time out for yourself.

Use this section of your notebook to jot down some examples of what you can do for you. For example, playing football outside.

