

Thanks for Downloading

Hey lovelies, I'm Rose. I am the creator of Signature By Rose and lifetime journaler. There's been some really hard things in my life that journaling helped me stay sane through.

I created this free download to help you navigate your way through it all, in case you only have your journal and God. But really that's everything you need!

Get started journaling with these cute journal pages [cute free and paid ones here.](#)

I'm working hard to create more great printables to make journaling (and planning) super fun and enjoyable! xoxo

Signature By Rose

signaturebyrose.com

31 Days to Mental Health

1. Write a letter of apology to yourself or another person.
2. Who do you want to be in 3 years (and your plan to get there)
3. Trustworthy: who is it and why did you pick them?
4. Who do you think God is? Why does He have you here?
5. List the best things about you.
6. What makes you happy?
7. What makes you mad?
8. Who has hurt you the most? How?
9. What's your happiest childhood memory?
10. What do you fear most? Why? Write 3 ways to overcome it.
11. Name your favorite person in the world and what makes them special.
12. Be real about what stresses you out, list 2 things you can do to lower that stress.
13. List the things that make you feel better and cared for
14. Describe what you will do today for self-care
15. Write about a person who has positively impacted your life.
16. What are your core values?
17. Describe a time when you felt overwhelmed and how you managed those feelings.
18. Write about a goal you have for yourself.
19. Reflect on a mistake you've made and what you learned from it.
20. Write about a fear or insecurity you have and how you can work on overcoming it.
21. Describe a choice you regret. What did you learn from it?
22. Do a brain dump of all the tasks you need to do or are expected of you.
23. Describe a time when you felt powerful. What happened?
24. Write 3 words to describe yourself and 3 words to display who you can and should be.
25. Write about a dream day, the perfect day.
26. List all of your loved ones, highlight any best friends, favorite cousins, etc.
27. Create a plan to make new friends
28. Make a list of 31 things you are grateful for
29. Do you feel appreciated at work/school? Why or why not?
30. What boundaries could you set in your relationships to safeguard your own well-being?
31. Explore an opinion you held in the past but now question. What led you to change that opinion?

Date
