Day 1: On a scale of 1-10 how would I currently rate my anxiety and what can I start doing to better protect my mental health?
Day 2: What small steps will help me adjust to current changes?
Day 3: What do I need to let go of that’s out of my control today?
Day 4: What are 5 benefits of spending more time at home?
Day 5: What is one skill I can work on developing this month and how?
Day 6: Who are 3 people I’d like to call or video this month and why?
Day 7: What would your ideal morning and evening routine look like?
Day 8: What boundaries do I need to better focus on my tasks today?
Day 9: 5 indoor activities that bring me joy and I’d like to do more of are...
Day 10: How have I been doing with my time management lately? What do I need to adjust going forward?
Day 11: What matters most in life right now is...
Day 12: If my mood was a color today, what color would it be and why?
Day 13: What have recent changes taught me to appreciate more of?
Day 14: How have my sleep habits been lately? What helps or doesn’t help?
Day 15: 3 words that describe this season of my life are...because...
Day 16: What would my day look like if I were more present?
Day 17: Who has been a big support to me lately and how have they helped?
Day 18: If I had more time in the day what would I do with it and why?
Day 19: What are 5 principles I choose to live by no matter what it looks like?
Day 20: Describe 4 things I see, 3 things I feel, 2 things I hear, 1 thing I taste.
Say 21: When I feel triggered by anxiety or overwhelmed I choose to...
Day 22: What is the difference between being panicked and being prepared?
Day 23: What is 1 thing I feel convicted about changing in my life right now?
Day 24: What personal needs am I neglecting right now? What can I change?
Day 25: What is the best advice or quote I’ve heard this month and why?
Day 26: Three things that help me feel alive are...
Day 27: What does giving and receiving love look like practically right now?
Day 28: Describe three things I enjoyed doing this month and want to continue.
Day 29: Has anxiety gotten better or worse this month & why do I think so?
Day 30: What is one life lesson I’ve learned this past month?