

33 Prompts to Promote Optimism and Health on Positive Thinking Day

1. What is something that always puts you in a good mood?
2. What is the best way to lift someone else's spirits?
3. Do you consider yourself to be an optimist? Why or why not?
4. Create a morning mantra for yourself that you could use to start each day off right. Write about what it means to you.
5. Do you believe that setting a good intention for your day can help you have a better day? Why or why not?
6. Imagine your perfect day and write about what it would look like.
7. Write about a time when a situation that seemed bad turned out okay in the end.
8. Make a gratitude list of everything you're thankful for this week. Then, choose one thing to write about in detail.
9. Who is the most positive person you know? How do you feel when you are around him or her?
10. What are a few small things you could do to have a more positive attitude?
11. What is your favorite thing about yourself? Write about how it impacts your life.
12. Did you know that positive thinking can be good for your physical health? Why do you think this is?
13. What is the nicest thing someone has ever said about you? How did it make you feel?
14. What would you do if your best friend needed to be cheered up?
15. It's only human to make mistakes! Write about a time when you could have used this reminder.
16. Try to keep a smile on your face for as much of the day as possible. Then, write about your experience.
17. Do you find it easy to express your feelings? Why or why not?
18. What can you do today to make someone else's day a little better?
19. Make a list of positive "I am..." statements that you can read to yourself when you're feeling sad.
20. When you're in a bad mood or feeling tired, do you prefer to be left alone or spend time with others? Why?
21. People say, "Every cloud has a silver lining." What does this phrase mean to you?
22. What do you like to do to make yourself feel better when you're feeling down? Why?

Taken from

<https://www.journalbuddies.com/journal-prompts-writing-ideas/positive-thinking-day/>

23. What inspires you to be a better person? Why?
24. Who can you turn to when you need advice or support? How will that person help you?
25. Does your home feel like a positive environment to you? Why or why not?
26. What is one negative thing you could easily eliminate from your life?
27. Think of one nice thing you can do for a stranger today. Then, write about what you will do.
28. Write about a time when you used positive thinking to reframe a negative situation.
29. Spend a day doing things more slowly. Then, write about your experience and any changes to your mood that you noticed.
30. Think of something that scares you. Then, consider a reason you don't need to be scared of it and write about your thoughts.
31. What is one healthy habit you could maintain each day that would have a positive effect on your life?
32. People say, "Laughter is the best medicine." What is something that always makes you laugh? Does it make you feel better when you are upset?
33. Think of something that has bothered you lately. Do you think you will still care about it in a month? Or in a year? Why or why not?