

22 Journal Prompts to Stop Overthinking

1. What thoughts have been looping in your mind lately? How can you challenge your thoughts to give them less power?
2. If you knew for certain that everything was going to work out in your favor, how would you feel right now?
3. What is something you're trying to control that might actually be safe to let go of?
4. Write about a time in your life when things worked out better than you expected. How can you carry that trust forward now?
5. What would it feel like to truly relax and let go of stress around this situation? Describe that feeling in detail.
6. How is overthinking trying to "protect" you, and is that protection actually helping?
7. What would it look like to have more faith than fear right now?
8. Imagine a calm, wise version of you five years from now. What would they say to reassure you today?
9. What are three things going well for you in your life right now?
10. If you were to stop overthinking, what would you do instead with that energy?
11. Where in your life do you need more peace, and what might help create it?
12. Describe a version of what you're worrying about where everything goes smoothly. What actions can you take to help manifest that version?
13. What's something unexpectedly good that could happen?
14. Write down an affirmation (or several) to let go of fear and choose trust.
15. Why do you think some people are so chill and never overthink things? How can you be one of those people?

16. What helps you feel calm, present, and grounded?
17. Have you ever noticed signs or synchronicities that have guided you in a positive way? What were they?
18. What's making you feel good today? Hopeful? Willing to relax? Willing to try a new perspective?
19. How can you show yourself more compassion or grace in moments when your mind won't stop racing?
20. What fear are you holding onto that might be rooted in a past experience, not your current reality?
21. What would happen if you gave yourself full permission to pause and not solve everything right now?
22. What is one step or action you can take today that's rooted in peace, faith, and trust?