



my Mental Wellness Journal



Welcome

Please enjoy this free mental wellness journal, courtesy of KariLynnM.com. I, Kari Lynn M., hope you enjoy the following worksheets, worry distractions, and mood-boosters!

This journal may be saved and used digitally (you can write in it with a digital pen), or you may print the journal as many times as you'd like. Please keep in mind, though, that **this journal is copyright protected and is not to be distributed for sale in any form.**

Please note that this free journal is not designed to diagnose or cure any illness.

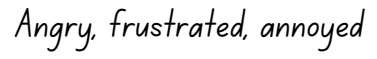
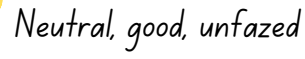
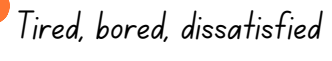
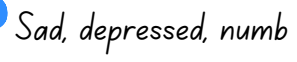
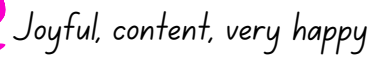
Now, enjoy this next step in your mental wellness journey.

Happy journaling!

Mood Tracker

Date started: _____

[illegible]

[illegible]

Tracking Triggers

<i>Date</i>	<i>Type</i>	<i>Physical Effect</i>

Would You Rather

Self-Care Edition

Would you rather...

Take a bath	<input type="checkbox"/>	<input type="checkbox"/>	Read a book
Drink tea	<input type="checkbox"/>	<input type="checkbox"/>	Meditate
Go to bed early	<input type="checkbox"/>	<input type="checkbox"/>	Have dessert
Listen to music	<input type="checkbox"/>	<input type="checkbox"/>	Watch a movie
Use a face mask	<input type="checkbox"/>	<input type="checkbox"/>	Try breathing exercises
Sit in the sun	<input type="checkbox"/>	<input type="checkbox"/>	Smell essential oils
Stargaze	<input type="checkbox"/>	<input type="checkbox"/>	Cloudgaze
Stretch	<input type="checkbox"/>	<input type="checkbox"/>	Use a lotion
Massage your scalp	<input type="checkbox"/>	<input type="checkbox"/>	Ask for a hug

Reflections #1

Name 5 things you are *grateful* for right now:

1.

2.

3.

4.

5.

What is something that has been *bothering you* lately?
Describe what it is in detail.

How has this thing been affecting you *mentally*? Has it
changed your *mood*?

How has this thing been affecting you *physically*? How does
it manifest in your *body*?

Create-An-Affirmation

Affirmations are great, let's not get that wrong. However, sometimes, it's hard to find the right affirmation for each of our situations. So, let's make some of our own!

Create-an-affirmation works like this... *just fill in* the rest of the statements below.

I will always be successful and ...

My personality is good and...

My efforts help me to...

I deserve happiness and...

Word Search

"Pieces of Peace"

N	A	R	H	W	H	R	C	I	Z	M	E	Y	M	Q
B	O	M	K	U	I	A	A	D	E	Q	R	V	U	Q
X	R	I	L	N	B	F	P	D	B	S	A	B	H	T
F	L	E	S	N	E	L	I	P	M	C	C	Q	A	Q
Q	J	Y	A	S	Z	T	I	G	I	U	R	Y	F	V
S	G	N	W	T	A	W	G	G	T	N	G	R	J	V
E	J	W	Z	T	H	P	R	Q	S	Q	E	Z	P	I
N	K	V	E	F	K	E	M	U	U	E	L	S	F	B
J	Y	N	C	E	J	M	C	O	X	A	Q	W	S	X
O	A	K	A	S	J	O	I	V	C	Q	X	Q	G	P
Y	S	H	L	P	F	C	E	W	F	Z	L	H	A	H
M	G	E	M	D	G	Y	Y	D	O	V	V	N	V	P
E	E	N	C	O	U	R	A	G	E	M	E	N	T	C
N	O	Y	J	D	P	Z	S	H	C	M	H	I	B	E
T	D	H	Z	R	B	Y	E	N	I	H	S	N	U	S

BREATHE CALM MEDITATE SUNSHINE COMPASSION

CARE FOCUS ENCOURAGEMENT HAPPINESS ENJOYMENT

The Done List

Forget to-do lists. They're so yesterday. This is *the done list!*

This week, I have accomplished...









































"Why?"

We all know three-year-olds love to ask "why?" over and over again.
And, maybe, you think this can be terribly irritating.

However, sometimes, getting curious and asking simple questions can help us understand the root of our issues. So, let's take cues from the toddlers!

First, *name* the emotion(s) you are feeling right now.

My emotion: _____

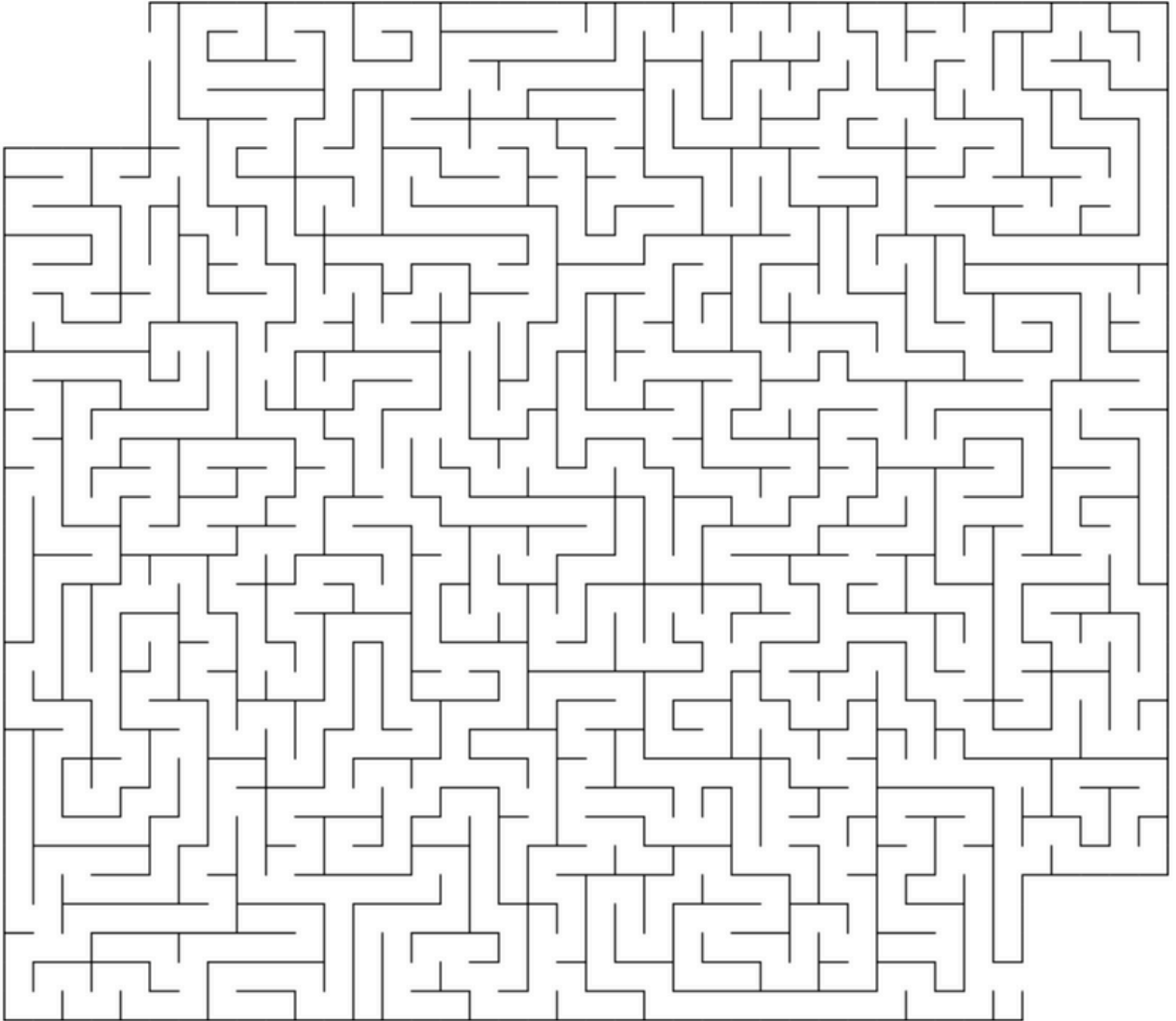
Now, *why* do you feel this way?

And... *why* is that?

Why's that?

But... *why*?

Maze Break



*"There is hope,
even when your brain tells you there isn't."*

-John Green

Self-Care Faves

These are a few of my favorite things...



Songs:



Books:



Hobbies + Sports:

Reflections #2

Name 5 things you believe you are *good* at:

- 1.
- 2.
- 3.
- 4.
- 5.

Name one recent *setback* or *mishap* you have experienced.
Describe this in detail.

How did you feel *emotionally* when you experienced this setback? Did it affect just your mood or your *physical wellbeing* as well?

Stop. Check-in.

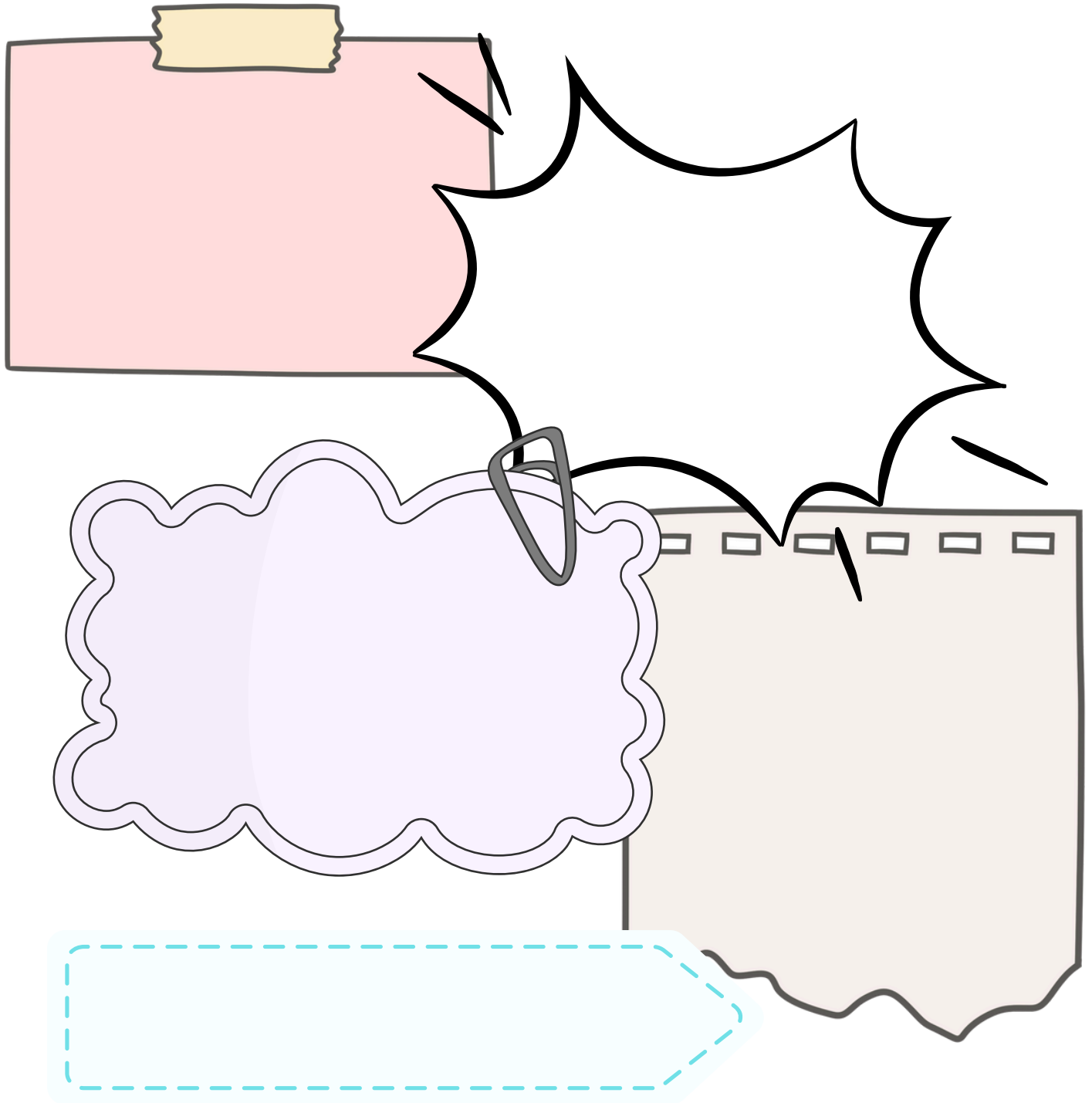
Halt! Before you turn another page, let's check-in with your wellness today.

Have you...	YES	NO	UNABLE TODAY
Slept well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stayed hydrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken care of my hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smiled or laughed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spoken kindness to myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ate well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talked to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken deep breaths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gone outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercised/stretched	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Now, place a star next to each item you plan to do today. Before bed, come back and cross it off the list, too!

Notes of Positivity

*Whether you're feeling grateful, happy, or just plain good,
write it on a fresh note!*



My Trait Box

Our personalities are full of traits, and there are always some that we can feel proud of. Let's build your trait box by reflecting on the things that make your personality great!

Circle all of the following traits that you feel are your "strong suits."

Confidence	Honesty	Compassion
Flexibility	Leadership	
Reliability	Generosity	Competence
Bravery	Imagination	
Sincerity	Gratefulness	Thoughtfulness
Drive	Persuasion	
Mindfulness	Positivity	Fairness

List **additional** traits you come up with here:

An Ode to Myself

An ode is a special type of poem that is written to honor something, whether it's a person, a place, or a thing. Today, though, we're going to honor *you* with a guided poem-writing exercise.

An Ode to _____
(your name or nickname)

You have a beautiful smile, I know

and a beautiful _____

But perhaps what I love most

is the way you _____

and how you always _____

With those eyes that always see _____

you can turn a bad situation around in a beat

Your spirit is strong and _____

oh, how I love you

and wish you nothing but _____

Reflections #3

Name 5 *kind* things you have done for yourself this week:

- 1.
- 2.
- 3.
- 4.
- 5.

Are there any times you have *avoided* showing yourself kindness? Why do you believe you did this?

Think of 5 *new ways* you can show yourself kindness and care:

- 1.
- 2.
- 3.
- 4.
- 5.

Make It Positive

We all have negative thoughts, and they can weigh us down if we give them too much attention. One great way to take away their attention, though, is by flipping them into a positive.

Let's practice this by re-writing the following statements into something more positive. See the example below for tips.

From negative



to positive!

I cannot reach my goals.

I can achieve anything.

I am not worthy of goodness.

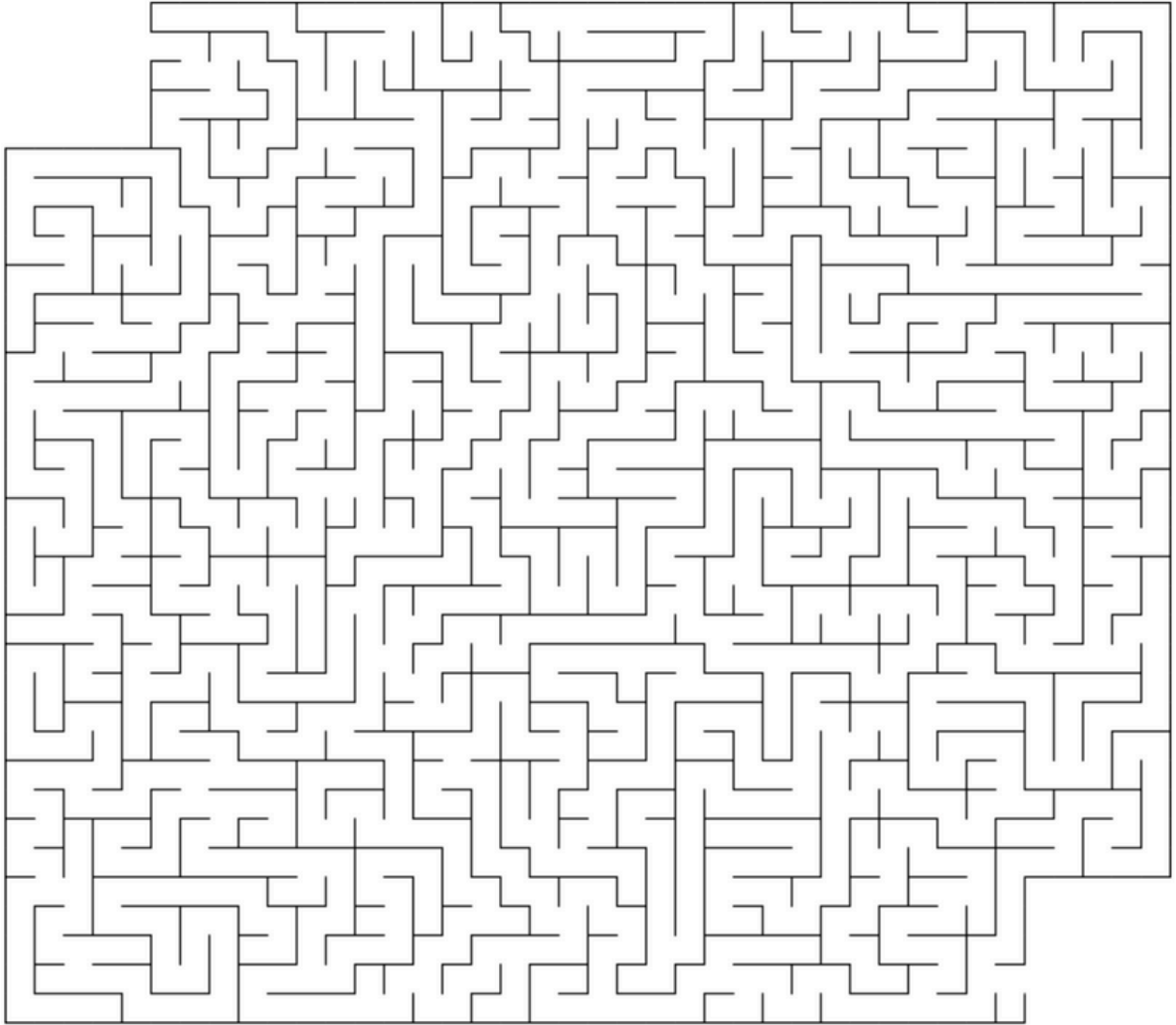
I am weak.

I can't improve myself.

My mistakes have defined me.

*My motivation is always
empty.*

Maze Break



*"The best way out is **always through.**"*

-Robert Frost

my values

Values are important! To identify yours, rank each of the following items on a scale of 1 to 10, determining how important they are to you personally.

Note: 10 is the most importance while 1 is the least.

_____ Family	_____ Safety	_____ Gratitude
_____ Education	_____ Happiness	_____ Trust
_____ Self-Love	_____ Creativity	_____ Time
_____ Empathy	_____ Hard work	_____ Hobbies
_____ Wealth	_____ Respect	_____ Pride
_____ Intelligence	_____ Health	_____ Beauty
_____ Friends	_____ Organization	_____ Independence
_____ Spirituality	_____ Freedoms	_____ Energy

My *top five* values: _____ , _____

_____ , _____ & _____

5-Level Living

In each of the following categories, rate how well you feel you are doing right now by coloring in the chart.

Example:	
----------	--

Level	1	2	3	4	5
Finances					
Physical wellness					
Mental wellness					
Recreation/Hobbies					
Social wellness					
Intellectual work					

Remember, it's never too late to *improve your levels*, too!

Congrats

on starting your journaling journey!

I hope you have enjoyed this free mental wellness journal. Feel free to share copies of it with others, especially on social media, so we can help others start their own journaling journeys!

Additionally, this journal is a sample of my full, 100-page mental health journal that you can [find on Etsy here!](#) Alternatively, you can find it by scanning the QR code below.



In the full version, you'll find even more worksheets, mood trackers, and activities designed to help you improve self-esteem, address your inner child, and heal negative thoughts. Plus, the full journal is printed in a premium book and shipped directly to you, so check it out!

Remember, this is only the start of your self-improvement journey. Feel free to repeat any of the exercises found in this book on your own, and, above all, *never stop journaling.*

--Kari <3