

The Mental Health Journal

Ten weeks of noticing yourself on purpose.

INTRODUCTION

You cannot outrun your own attention.

This journal is not therapy. It's the warm-up. Ten weeks of gentle questions that make it easier to answer harder ones — with a friend, a therapist, or yourself at 2am.

Write in it after coffee, before bed, on the bus. There is no right dose. Some weeks you will fill every line. Some weeks one word is the whole answer.

If any prompt kicks up more than you can carry alone, please talk to someone. 988 in the US. Real help exists and it is not a failure to use it.

WEEK 01 · REFLECTION

What did my body try to tell me this week that I ignored?

Tight jaw, tired eyes, held breath. Bodies keep excellent notes.

WEEK 02 · REFLECTION

Where did I feel most like myself
this week?

The room, the person, the task. Do more of that on purpose.

WEEK 02 · TRACKER

Mood check

DAY	1-5	TRIGGER
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

NOTES FOR THE WEEK

WEEK 03 · REFLECTION

What did I say out loud that I did not mean?

And what would the true version have sounded like?

WEEK 03 · CHECK-IN

Weekly check-in

How am I really — one word?

What do I need more of next week?

What do I need less of?

WEEK 04 · REFLECTION

What am I currently pretending is fine that is not?

You do not have to fix it today. Just stop lying to your journal about it.

WEEK 04 · TRACKER

Sleep

DAY	HOURS	QUALITY
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

NOTES FOR THE WEEK

WEEK 05 · REFLECTION

Who did I compare myself to, and what did I actually want?

Envy is a map. It shows what you'd move toward if it felt safe.

WEEK 06 · REFLECTION

What is one small kindness I did for myself this week?

Even the smallest one. Especially the smallest one.

WEEK 06 · TRACKER

Movement / rest

DAY	MIN	TYPE
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

NOTES FOR THE WEEK

WEEK 06 · CHECK-IN

Weekly check-in

How am I really — one word?

What do I need more of next week?

What do I need less of?

WEEK 07 · REFLECTION

When did I feel the anxious thing coming, and what helped?

A walk, a text, a bath, nothing. All valid data.

WEEK 08 · REFLECTION

What am I carrying that isn't mine?

A parent's opinion, a partner's mood, a coworker's chaos. Name it, then set it down.

WEEK 08 · TRACKER

Mood check

DAY	1-5	TRIGGER
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

NOTES FOR THE WEEK

WEEK 09 · REFLECTION

That's your real voice. Try to use it more often.

WEEK 09 · CHECK-IN

Weekly check-in

How am I really — one word?

What do I need more of next week?

What do I need less of?

WEEK 10 · REFLECTION

Ten weeks in — what feels lighter?
What is still heavy?

Both are wins. Both are honest.

WEEK 10 · TRACKER

Sleep

DAY	HOURS	QUALITY
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

NOTES FOR THE WEEK