

The
Mental Wealth Co.

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The Mental Wealth Journal

Twelve journaling frameworks for a fuller, more honest inner life.

A FREE RESOURCE · [THEMENTALWEALTHCO.COM](https://thementalwealthco.com)

Hello,

Journaling isn't a personality trait. It's a skill, and like any skill, it gets a lot easier once you have some structures to lean on.

This journal is a collection of twelve frameworks — small, reusable ways of thinking on paper. Use one a day, one a week, or return to the same one for a month. The frameworks aren't precious. They're scaffolding.

Start where you're curious. Skip anything that doesn't fit. Come back to what works.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

1 • The Full Sentence Feelings Check

Move past 'fine.' Write one full sentence for each prompt.

I feel...

Because...

What I need right now is...

What I don't need right now is...

2 · The Three-Line Morning

A tiny morning ritual. Three lines, no more.

Today, I'm carrying...

Today, I need...

Today, I'm looking forward to...

3 · The Evening Debrief

Close out the day on purpose.

What actually happened today?

How am I really feeling about it?

What do I want to leave here before I sleep?

4 · The 'What's Underneath' Prompt

For when a feeling is too big to name at the surface.

The obvious feeling on top is...

Underneath that is...

And underneath that is...

5 · The Values Check

When you're stuck on a decision, ask this trio.

What matters most to me in this decision?

Which option would future-me thank me for?

What would I choose if no one else's opinion mattered?

6 · The Boundary Reflection

For after a hard conversation.

What actually happened?

What did I need that I didn't ask for?

What will I do differently next time — with kindness to myself?

7 · The 'Small Win' Log

You already do more than you notice.

Three small wins from today:

Something I did that past-me would be proud of:

A version of care I gave myself today:

8 · The Anxious-Thought Sort

Give a worry the attention it's demanding — then set it down.

The specific worry is...

Is this something I can influence, or only carry? (choose one)

If I can influence it, one small action is...

If I can only carry it, one small comfort is...

9 · The Gratitude With Detail

Skip 'I'm grateful for my family.' Get specific.

A small thing I loved today:

A person I'm grateful for — and one specific reason why:

Something my body did well today:

Something in my life today that past-me was praying for:

10 · The Relationship Reset

For thinking honestly about someone in your life.

What is this relationship giving me right now?

What is it costing me?

What do I want it to be, honestly?

One conversation I could have — or one boundary I could hold:

11 · The Season Snapshot

A monthly zoom-out. Come back to it in six months.

This month I felt mostly...

This month I learned...

This month I let go of...

This month I'm proud of...

12 · The Note to Future-Me

Speak to the version of you who will read this later.

Dear future me,

Here's what I want you to remember about this season...

Here's what I hope you're doing now that I couldn't do yet...

I love you. Keep going.

A gentle note.

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If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

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With warmth,
The Mental Wealth Co.