

The
Mental Wealth Co.

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The Weekly Mental Wealth Check-In

A four-week practice for honest, honest-to-yourself reflection.

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

Hello,

This check-in was designed to be simple, honest, and something you can actually come back to week after week. So often we move through our lives without stopping to notice what we're carrying — what we're feeling, what feels heavy, what feels steady.

Over the next four weeks, use one page each week. There is no right way to answer. There is no right amount to write. The point is not to produce something polished; the point is to give yourself a quiet moment of attention.

If a prompt doesn't apply, skip it. If a prompt opens something bigger, stay with it. Consider the whole practice a small, weekly investment in your own mental wealth.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

How to use this check-in

The check-in is designed to be used once a week — Sunday evening, Monday morning, or any quiet moment that fits your life. Fifteen minutes is enough.

A rhythm you can keep

The same eight prompts appear on each weekly spread. That repetition is intentional. Over time, your answers become a private record of what shifts and what stays the same.

What to have with you

- A pen you actually like using.
- A cup of tea or coffee, if that's your thing.
- Somewhere quiet — even ten minutes on the couch counts.

A few gentle rules

- Answer honestly, not impressively.
- Skip what doesn't apply.
- Notice, don't fix — this is a check-in, not a solve.
- Come back next week.

If it helps, save each finished page. At the end of four weeks, read them together. Patterns you didn't notice in the moment often become obvious in review.

Week 1

Take fifteen minutes. Answer honestly. Skip what doesn't apply.

WEEK 1 · How am I feeling today?

What has been taking up the most mental space this week?

What went well this week — even something small?

What felt difficult?

What do I need more of?

What do I need less of?

One thing I can do for myself this week:

My intention for the week ahead:

Week 2

Take fifteen minutes. Answer honestly. Skip what doesn't apply.

WEEK 2 · How am I feeling today?

What has been taking up the most mental space this week?

What went well this week — even something small?

What felt difficult?

What do I need more of?

What do I need less of?

One thing I can do for myself this week:

My intention for the week ahead:

Week 3

Take fifteen minutes. Answer honestly. Skip what doesn't apply.

WEEK 3 · How am I feeling today?

What has been taking up the most mental space this week?

What went well this week — even something small?

What felt difficult?

What do I need more of?

What do I need less of?

One thing I can do for myself this week:

My intention for the week ahead:

Week 4

Take fifteen minutes. Answer honestly. Skip what doesn't apply.

WEEK 4 · How am I feeling today?

What has been taking up the most mental space this week?

What went well this week — even something small?

What felt difficult?

What do I need more of?

What do I need less of?

One thing I can do for myself this week:

My intention for the week ahead:

After four weeks: what did I notice?

Read back through your four weekly pages before answering these final prompts. You're looking for patterns, not perfection.

Themes that repeated

Which words, feelings, or situations kept showing up?

What actually helped

When something felt lighter this month, what preceded it?

What I want to keep doing

One practice, boundary, or shift worth carrying into next month.

What I want to release

One habit, expectation, or story that isn't serving you.

Small, honest attention — repeated over time — is how mental wealth quietly compounds.

A gentle note.

This resource was created by The Mental Wealth Co. for educational and informational purposes only. It is not a substitute for individualized mental health care, diagnosis, or treatment, and using it does not create a therapist-client relationship.

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.