



## Mental Health Fitness Plan – Gentle Journal Companion

This gentle journal companion is designed to support your ongoing mental health fitness journey.

It invites self-reflection, mindfulness, and compassion — helping you stay connected to your emotional well-being.

### 1. Today's Emotional Check-In

How am I feeling right now — in body, mind, and heart?

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### 2. What's Been Nourishing Me Lately?

What activities, thoughts, or people have helped me feel supported, calm, or joyful?

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### 3. My Mental Fitness Moments

When have I felt strong, centered, or proud of how I handled something?

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### 4. Gentle Reminders to Myself

What kind, encouraging words do I need to hear today?

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## 5. My Calm & Grounding Practices

Which practices (breathing, walking, journaling, connecting) help me feel steady and safe?

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## 6. Small Wins & Gratitude

What am I thankful for today — big or small?

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## 7. Looking Ahead with Intention

What's one small thing I can do tomorrow to support my mental fitness and inner peace?

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Remember: Your mental fitness journey is not about perfection — it's about compassion, growth, and consistency. Every small act of self-care adds strength to your emotional foundation.

Grow through all that you go through and learn to THRIVE!