

Mental Health Reset Journal

1. Emotional Check-In

How are you feeling today? (Circle all that apply or write your own)

■ Happy ■ Sad ■ Angry ■ Anxious ■ Tired ■ Overwhelmed ■ Other: _____

2. Energy In vs. Energy Out

What is fueling you right now? What is draining you?

Energy In (Fueling Me)	Energy Out (Draining Me)
_____	_____
_____	_____
_____	_____

3. One Small Goal for the Week

This week, I will focus on:

4. Brain Dump

Write down everything on your mind right now. Let it out.

