



Mindful Moments Journal

A Companion for Self-Care
and Reflection

Take Action

FOR MENTAL HEALTH



TakeAction4MH.com





Let's Start With This Moment: Embrace the Full Range of Your Mental Health

Every journey begins somewhere, and for you, it's this moment. This journal is meant to support you as you take small, meaningful steps — acknowledging where you are right now and recognizing that every part of your experience matters.



Mental health isn't a straight line, and it doesn't have a finish line. It's a continuum — in other words, it's dynamic, fluid, and ever-changing. Some days, you'll feel like reflecting deeply. Other days, it might feel like too much. That's okay.

This journal is here to meet you wherever you are within the full spectrum of mental health — whether that's a place of thriving or a time of stress or struggle. Use the prompts, tips, and reflections in this journal whenever you need them, now or in the future.



Tips on how to get started

There's no right or wrong way to use this journal. You may feel like writing, or you might just need to turn the page. Progress is personal, and this journal is here to remind you that it's okay to go at your own pace. Use it to write, draw, doodle, pause, or even just to hold space for yourself. However you engage, every moment spent here is a step forward.

Start with lighter "Mindful Moments" prompts for smaller reflections. When you're ready, explore the deeper prompts for more meaningful self-discovery.

As you use this journal, keep these reminders in mind:

- There's no wrong way to reflect.
- Progress is personal, and every step matters.
- Be patient with yourself — your mental health and emotions are valid, and this space is yours.
- Take breaks when you need and return when you're ready.

Here are a few affirmations you can use or make your own — try them in a way that feels right for you.

- "It's okay to be exactly where I am right now."
- "Every small step forward is progress."
- "My emotions are valid, no matter what they are."



Mindful Moment Prompts

Sometimes, we just need a quick moment to pause and reflect. These prompts are designed to be light and easy, giving you a chance to check in with yourself, no matter where you are or how much time you have.

How am I feeling today?

Don't worry about labeling it perfectly. Write a word, draw a shape, or simply circle a mood that resonates with you.

Did I do something small for myself today?

Maybe it was just getting out of bed, making a cup of tea, or stepping outside for a moment. Acknowledge that.



What's one thing I experienced today that felt difficult, and what did I learn from it?

Every experience, even the hard ones, is part of your journey. Think about a moment that felt challenging today. How did it make you feel, and what can it teach you about where you are right now?

Mindful Moment Prompts

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Did I take a moment to slow down or check in with myself today? Could I try to do that tomorrow?

Slowing down doesn't always mean resting — it can be pausing to take a deep breath, noticing how your body feels, or even recognizing when you need a break. If not, how could you create a moment like that tomorrow?



What's one way I supported myself today?

Support can look different every day — maybe you stayed hydrated, moved your body, or gave yourself permission to rest. Every small act of care is part of your progress.

What's one moment from today that felt meaningful or stood out to me?

It could be a quiet moment, a connection with someone, or something as simple as noticing something beautiful around you.

A Deeper Check-In

When you feel ready to reflect more deeply, these prompts are here to help you explore your emotions, thoughts, and progress. Take your time and remember: there's no rush to find answers.

What's one thing I've learned about myself recently?

This could be something big or small — anything counts.



What's one thing I'm proud of accomplishing?

Did you set a boundary, show kindness, or get through something tough? Write it here and celebrate your progress.

A Deeper Check-In

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What's one thing I need to let go of or focus less on?

Letting go can be an act of self-care. It's okay to release something that's not serving you — whether it's a thought, a habit, or an expectation.



What's one way I cared for my mental health?

Think about a small or big way you supported your own well-being. Did you take time to rest, reach out to someone, or do something that brought you joy?

A Deeper Check-In

When you feel ready to reflect more deeply, these prompts are here to help you explore your emotions, thoughts, and progress. Take your time and remember: there's no rush to find answers.

What's something I want to carry with me into the future?

Is there a lesson, a habit, or a feeling you want to hold onto as you move forward?

The Continuum of Mental Health: Exploring the Range of Mental Health

Your emotions exist on a continuum, shifting and changing over time. All feelings — from joy to sadness, calm to worry — are part of this range, and they're all valid. Take a moment to reflect on where you are today without judgment. This section features prompts to inspire reflection on where you currently fall within the spectrum of mental health. This space is here for drawing, doodling, writing, or simply naming what you feel.

Where am I on the mental health continuum today?

Our mental health is fluid. You may feel multiple things at once — joy and sadness, calm and worry. Take a moment to sit with those feelings and name them without judgment. This is part of the continuum.

What emotions or thoughts are coming up for me right now?

If words feel hard, try drawing or doodling as you think.

What would support me in this moment?

This could be a great time to reach out to a friend or a loved one. Or perhaps support right now looks like taking a nap, pausing to enjoy a cup of coffee or tea, practicing breathing activities or moving your body.

The Continuum of You: Check In with Your Mental Health

As you move through the journal, the below wheel can be used to help you identify and name your emotions, gain deeper insight into your mental state, and guide your reflections along the way.



A Space for Your Thoughts

This space is yours. Write, draw, paint, collage, doodle... whatever feels right.



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[illegible]

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