FREE 30-DAY JOURNAL

Mind Back on Track Journal

Started _____

Money stress is heavy, and it's easier to carry when you write it down. A few minutes a day to notice your mood, name what you're grateful for, and set down one worry. We're here for each other.

How to use it:

1. Each night, rate your mood from 1 (rough day) to 5 (good day).
2. Write one thing you're grateful for, however small.
3. Write one worry, then let it rest on the page.
4. On Sunday, notice who and what helped.

What I want to feel more of

What I want to feel less of

Things that help me feel better fill in your own

WHEN I FEEL	SOMETHING THAT HELPS
Stressed about money	
Lonely	
Overwhelmed	
Angry	

People I can call or text when it's hard

Mind Back on Track: Week 1

Week of _____

DAY	MOOD	I'M GRATEFUL FOR	A WORRY I'M SETTING DOWN	A KIND MOMENT
Mon	1 2 3 4 5			
Tue	1 2 3 4 5			
Wed	1 2 3 4 5			
Thu	1 2 3 4 5			
Fri	1 2 3 4 5			
Sat	1 2 3 4 5			
Sun	1 2 3 4 5			

Who I connected with this week

What helped my mood most

Mind Back on Track: Week 2

Week of _____

DAY	MOOD	I'M GRATEFUL FOR	A WORRY I'M SETTING DOWN	A KIND MOMENT
Mon	1 2 3 4 5			
Tue	1 2 3 4 5			
Wed	1 2 3 4 5			
Thu	1 2 3 4 5			
Fri	1 2 3 4 5			
Sat	1 2 3 4 5			
Sun	1 2 3 4 5			

Who I connected with this week

What helped my mood most

Mind Back on Track: Week 3

Week of _____

DAY	MOOD	I'M GRATEFUL FOR	A WORRY I'M SETTING DOWN	A KIND MOMENT
Mon	1 2 3 4 5			
Tue	1 2 3 4 5			
Wed	1 2 3 4 5			
Thu	1 2 3 4 5			
Fri	1 2 3 4 5			
Sat	1 2 3 4 5			
Sun	1 2 3 4 5			

Who I connected with this week

What helped my mood most

Mind Back on Track: Week 4

Week of _____

DAY	MOOD	I'M GRATEFUL FOR	A WORRY I'M SETTING DOWN	A KIND MOMENT
Mon	1 2 3 4 5			
Tue	1 2 3 4 5			
Wed	1 2 3 4 5			
Thu	1 2 3 4 5			
Fri	1 2 3 4 5			
Sat	1 2 3 4 5			
Sun	1 2 3 4 5			

Who I connected with this week

What helped my mood most

30 days: looking back

Month _____

Days that felt good, and why

What drained me

What I'm grateful for most

Worries that turned out smaller

Someone I want to thank

What I want for next month

When it's more than a hard day

If you're thinking about hurting yourself or feel you can't go on, call or text **988** in the US to reach the 988 Suicide & Crisis Lifeline, any time of day. In an emergency, call 911. You can also talk with your doctor or someone you trust. Reaching out is a strong thing to do.