



# *Harvesting Wellness*

**A GUIDED DIGITAL JOURNAL FOR MENTAL  
HEALTH AND GOAL SETTING THIS FALL**



**INTEGRATED**  
*Mind*

*By My Integrated Mind, LLC*

(Day):

(Month):

(Year):

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## *Integrated Mind*

This worksheet is designed to help you reflect on your mental health, set meaningful goals, and create actionable steps to achieve them. Use this space to think about what you want to prioritize in the coming months and how you can nurture your mental well-being.

### *Step 1: Reflect on Your Mental Health*

*Each day, take time to pause and reflect on how you're feeling emotionally, mentally, and physically. By regularly checking in with yourself, you'll develop a better understanding of your patterns and emotional triggers. Use the prompts below for daily reflection.*

# *Integrated Mind*

## *How do you feel emotionally on a day-to-day basis?*

- Example: "I've been feeling anxious, stressed, or overwhelmed."
- Reflection: What recurring emotions are you noticing? Are they fluctuating, or do you generally feel the same day to day?

## *What are your current stressors or challenges?*

- Example: work pressure, family responsibilities, health concerns.
- Reflection: What is something that has been affecting your mental health in a positive way? e.g., exercise, meditation, social support, therapy.)

### **Journal:**

- Today, I am feeling

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- This week, I've noticed

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- When do I feel most emotionally balanced?

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## Step 2: Set Your Mental Health Goals for Fall

Now, identify specific areas you want to improve or maintain in your mental health. Keep these goals realistic and focused on what feels achievable.

**Goal #1:** What is one major mental health goal you'd like to focus on? (e.g., "I want to reduce my stress and anxiety," "I want to improve my sleep routine.")

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**Goal #2:** What is a smaller, daily or weekly habit you can build to support your well-being? (e.g., "Practice mindfulness for 5 minutes each day," "Take a daily walk to clear my mind.")

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**Goal #3:** What is something fun or fulfilling you can do this fall to improve your mental health? (e.g., "Take up a hobby like painting," "Spend more time in nature.")

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## Step 3: Break Down Your Goals

Now, let's break these goals into smaller, actionable steps. Think about what you can do regularly to achieve your goals and create a realistic timeline.

### **Goal #1 Action Plan:**

What specific actions will you take to achieve this goal? (e.g., "Schedule one stress-management activity per week.")

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### **Goal #2 Action Plan:**

What small habits or activities can help you stay consistent? (e.g., "Set a daily reminder on my phone to practice mindfulness.")

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### **Goal #3 Action Plan:**

How will you make time for this activity or self-care practice? (e.g., "Block out time on the weekends for my new hobby or relaxation.")

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## *Step 4: Identify Your Support System*

*No one reaches their goals alone. Think about who or what can help support your mental health goals.*

**Who can support you during your mental health journey?  
(e.g., friends, family, a therapist, a support group.)**

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**What resources or tools do you need to help you stay on track?  
(e.g., journaling, meditation apps, therapy, mental health coaching.)**

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## *Step 5: Track Your Progress*

*Keep track of your progress throughout the fall. You can use this space to reflect on what's working, what needs adjusting, and how you're feeling overall.*

### **WEEKLY CHECK-IN:**

***How are you feeling about your goals?***

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***What progress have you made this week?***

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***What's working well for you?***

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***What's one thing you could adjust or improve?***

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## *Step 5: Track Your Progress Continued...*

*Keep track of your progress throughout the fall. You can use this space to reflect on what's working, what needs adjusting, and how you're feeling overall.*

### **WEEKLY CHECK-IN:**

***How are you feeling about your goals?***

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***What progress have you made this week?***

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***What's working well for you?***

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***What's one thing you could adjust or improve?***

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## *Step 5: Track Your Progress Continued...*

*Keep track of your progress throughout the fall. You can use this space to reflect on what's working, what needs adjusting, and how you're feeling overall.*

### **WEEKLY CHECK-IN:**

***How are you feeling about your goals?***

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***What progress have you made this week?***

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***What's working well for you?***

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***What's one thing you could adjust or improve?***

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## *Step 5: Track Your Progress Continued...*

*Keep track of your progress throughout the fall. You can use this space to reflect on what's working, what needs adjusting, and how you're feeling overall.*

### **WEEKLY CHECK-IN:**

***How are you feeling about your goals?***

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***What progress have you made this week?***

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***What's working well for you?***

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***What's one thing you could adjust or improve?***

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# *Closing Reflections: Embracing Your Mental Health Journey This Fall*

*As you come to the end of your Fall Mental Health Goal-Setting Workbook, take a moment to reflect on the progress you've made over the past weeks. Fall is a season of change and transformation—a time when nature sheds what no longer serves it, making space for growth and renewal. You've done the same for yourself through this workbook.*

## **Celebrate Your Growth**

***What goals have you achieved or made progress toward?***

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***What positive changes have you noticed in your mental health?***

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***How has your emotional awareness evolved?***

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# *Looking Ahead: Carrying Fall's Lessons Forward*

*As we approach the end of fall and the transition into winter, it's important to recognize that the work you've done here doesn't end with the season. Mental health is a lifelong journey, one that requires continual nurturing and self-reflection.*

## **Questions for Reflection:**

*What lessons have you learned this fall?*

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*Think about any new habits, mindsets, or coping strategies you've developed. How can you continue to integrate them into your daily life?*

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*What challenges do you still want to work on?*

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*Mental health is not a straight line, and setbacks are part of the process. What are some areas you'd like to keep focusing on?*

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## CONTINUED...

***What are you looking forward to in the months ahead?***

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***As the year draws to a close, consider what you want to carry into winter and beyond. How can you prepare yourself mentally and emotionally for the changes that come with new seasons?***

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### **MY FALL AFFIRMATION:**

*"I honor my mental health journey, embracing change, growth, and self-compassion. I will continue to nurture myself through all seasons, knowing that every step, no matter how small, is a step toward my well-being."*

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## *Final Thought*

***As you move beyond this workbook and continue your mental health journey, remind yourself that progress is not always linear.***

***Just like the trees in fall, we must sometimes let go of what no longer serves us to make room for new growth. Be patient, be kind to yourself, and trust in the process of change.***

***Take a deep breath, congratulate yourself for completing this workbook, and step into the next season of your life with confidence and self-compassion.***

***Thank you for taking this time to invest in your well-being. May you continue to flourish, grow, and find peace in every season of your journey.***

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