

VIBEMOTION LABS

Mental Performance *Journal*

Stay mentally in the game while your body heals.

\$17

Daily prompts and weekly reviews to preserve your athletic identity through the full recovery arc.

HOW TO USE THIS JOURNAL

- Complete the daily check-in each morning — it takes five minutes.
 - Use the weekly review every Sunday to track your mental progress across the week.
 - Be completely honest — this journal is for you alone, not your coach or physio.
 - The goal is not to feel perfect. It is to understand yourself more clearly.
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DAILY CHECK-IN TEMPLATE

Daily Check-In

DATE AND WEEK OF RECOVERY

Date: _____ Recovery Week: _____

PAIN LEVEL TODAY

Physical pain (0–10): _____ Emotional pain (0–10): _____

TODAY I AM FEELING

Circle one: Motivated · Frustrated · Hopeful · Anxious · Numb · Proud

ONE THING I AM GRATEFUL FOR TODAY

MY REHABILITATION GOAL FOR TODAY

THE BIGGEST MENTAL CHALLENGE I AM FACING RIGHT NOW

ONE THING THAT IS FULLY WITHIN MY CONTROL TODAY

END OF DAY — DID I SHOW UP FOR MYSELF TODAY?

Yes · Mostly · Struggled If struggled, because: _____

WEEKLY REVIEW TEMPLATE

Weekly Review

WINS THIS WEEK — LARGE OR SMALL

WHAT HELD ME BACK THIS WEEK

FEAR OF RE-INJURY (1 = NO FEAR, 10 = COMPLETELY HOLDS ME BACK)

Score: _____

MY ATHLETIC IDENTITY THIS WEEK FELT

Circle one: Strong · Shaky · Distant · Growing

WHAT MY BODY IS TELLING ME

MY INTENTION FOR NEXT WEEK

A MESSAGE TO MY FUTURE SELF — RETURNING TO FULL SPORT
