

Mental Health Checklist for Business Owners

By **LJ Learn** Partners Laban Johnson and Samantha Binstock, LPC-A Supervised by Sharon Bien, LPC-S



Empowering Lifelong Learners

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About LJ Learn and Our Team



At **LJ Learn**, we are passionate about empowering lifelong learners and professionals with the tools and resources they need to thrive. Founded by **Laban “LJ” Johnson**, a dedicated educator and lifelong learner, LJ Learn is committed to bridging the gap between personal development and professional success.



Samantha Binstock, LPC-A supervised by **Sharon Bien, LPC-S**, brings her dual expertise in mental health and education, to provide thoughtful guidance and mental health insights. Together, we aim to foster a community where growth and well-being go hand in hand.

Let us support you on your journey to achieving a balanced, successful, and fulfilling life. 😊



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How to Use this Business Owner Mental Health Checklist

- 🕒 Set Aside Time**
Dedicate 10–15 minutes in a quiet space to review the checklist without interruptions. Treat this as a personal check-in.
- 😞 Be Honest**
Answer each item truthfully. This isn't about perfection but about understanding your current mental health status.
- ✅ Take Action on One Item**
Start small. Choose one item from the checklist to focus on today—whether it's drinking more water, taking a short walk, or scheduling a break. Small actions lead to big changes.
- 📊 Track Your Progress**
Keep the checklist visible—on your desk or saved on your phone. Check in weekly to see how you're doing and celebrate progress. 🎉
- 🔍 Identify Patterns**
Notice areas where you struggle consistently. These might indicate where more support or resources could be helpful.



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Daily Practices for Mental Wellness

- 🌙 Do you maintain a consistent sleep schedule?
 - 🥗 Are you eating nutritious meals and staying hydrated throughout the day?
 - 🚶 Do you engage in regular physical activity, even if just a short walk?
 - 🧘 Do you set aside time for mindfulness or relaxation (e.g., meditation, deep breathing)?
 - 📵 Are you limiting excessive screen time, especially before bed?
-

Work-Life Balance

- ⚖️ Do you set clear boundaries between work and personal life?
 - 🛑 Are you able to take breaks during the day to recharge?
 - 🙋 Do you feel comfortable delegating tasks or asking for help?
 - 🏖️ Have you scheduled regular vacations or time off?
-

Stress and Emotional Health

- ⚠️ Do you recognize the signs of stress, such as fatigue or irritability?
 - 💪 Are you able to manage stress through healthy coping mechanisms?
 - 👥 Do you have a support system, such as friends, family, or a mentor?
 - 🧠 Are you addressing feelings of anxiety, depression, or burnout?
-

Professional and Personal Growth

- 🎯 Do you set realistic and achievable goals for yourself?
- 🎨 Are you engaging in activities outside of work that bring you joy?
- ☀️ Do you feel confident in your ability to adapt to challenges?
- 📖 Are you seeking guidance or mentorship when needed?



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Helpful Next Steps


1.  [Take the "Is Therapy Right for You?" Quiz](#)
Get a better sense of your mental health needs and whether therapy might help. It's quick, insightful, and completely private.
2.  **Download the Checklist Again**
Make it part of your regular self-care routine by revisiting it every month.
3.  [Book a Free Consultation with LJ Learn's Wellness Partner, Samantha Binstock](#)
If you're feeling stuck or unsure, schedule a no-obligation conversation with Samantha to discuss your concerns and explore solutions.
4.  [Join the LJ Learn Newsletter](#)
Stay connected for more tools, tips, and resources to help you thrive in business and life.

✨ Remember: Success isn't just about achieving your goals—it's about sustaining your health and well-being along the way. Start small, take the next step, and know you're not alone in this journey.



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