



FOR CLIENTS WORKING ON VALUES CLARIFICATION, GOALS, OR BEHAVIOR CHANGE

## Values & goal work

Your interventions stay yours. This use plan is a recommended structure for InkWell to support your client's work between sessions, and everything in it runs on the free tier.

### Goal

A values-grounded goal built through a guided flow, light capture of value-aligned action during the week, and a written weekly check-in. The WISH steps follow the Mental Contrasting and Implementation Intentions research tradition (Oettingen, Gollwitzer, and colleagues). Goal progress appears in the Practice Summary alongside adherence.

### How to use this plan

- 1 Match it to your work.** Page 2 is the client's take-home: a one-time guided goal build, then a light weekly rhythm. Swap in a goal you've already shaped in session if one exists; this is a starting structure, not a prescription.
- 2 Introduce it in session.** The client downloads InkWell free on web, iOS, or Android, and you walk the take-home page together. A way to say it is below.
- 3 Review together.** After a week or two of use, the client emails themselves a Practice Summary and forwards it to you. What it shows, and what it never includes, is in the Practice Summary box below.

#### A WAY TO SAY IT

*"Between sessions, I'd like you to try a journaling app called InkWell. It's free, and this page shows exactly how we'll use it. First you'll build one goal through a guided values flow, which takes about half an hour, and then the week is light: quick notes when you act on what matters to you, and a short check-in once a week. Your writing stays yours unless you choose to share it. We'll look at how it went next time."*

### What the Practice Summary shows you

- Days journaled and cadence over 7, 30, or 90 days
- Practice mix: how often quick capture and check-ins were used, plus WISH goal progress
- Writing rhythm and word-count trend
- Self-rated FeelCheck shift once enough pairs exist

Client-generated, sent to the client's own email, forwarded to you by the client. Usage patterns only; entry text, titles, and tags are never included.

### Scope

- Not crisis care, and no substitute for crisis services or your clinical judgment
- Not treatment: InkWell is a wellness journaling tool and doesn't diagnose or treat
- Not a medical record: the Practice Summary is a client-shared usage snapshot
- The free tier is complete; nothing in this plan requires the client to pay



YOUR TAKE-HOME PLAN · VALUES & GOALS

## Your week with InkWell

Your practitioner uses InkWell to give the work you do together somewhere to live between sessions. This plan starts with one guided build, and then stays light: small actions, captured as they happen.

### The plan

| WHEN                        | WHAT TO DO                                                                                                                                                                      |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Once, to start (~30 min)    | <b>Build your goal:</b> in Goals, work through the guided values steps and build one WISH goal: what you Want, Imagine it done, the Snags in the way, and How you'll meet them. |
| A few times a week, 1–2 min | <b>Quick capture:</b> jot one small action you took that lined up with your values, and how it felt. Type it or speak it.                                                       |
| Once a week                 | <b>Check-in:</b> a short entry on your goal. What moved, what snagged, and the smallest next step for the coming week.                                                          |
| Optional, per practice      | <b>FeelCheck:</b> rate how heavy things feel, 1 to 5, before and after a practice. It's a feeling, not a grade; it helps you notice what shifts.                                |

#### Good to know

- Missed a day? That's normal, and nothing is lost. Open the app and write when you're back.
- This plan is a best-possible week, not a test. Some weeks you'll do all of it, some weeks one entry. All of it counts.
- Small counts. One tiny action that lines up with your values beats a perfect week that stays imagined.
- Your words stay yours. The summary you can share with your practitioner shows patterns only, never what you wrote.

#### Getting started

- Go to [inkwelljournal.io](https://inkwelljournal.io) or search **InkWell: Journal & Insight** on the App Store or Google Play.
- Create a free account. Everything in this plan is on the free tier.
- Questions about the app? Email [support@inkwelljournal.io](mailto:support@inkwelljournal.io).
- Questions about the plan? Bring them to your next session.

If things ever feel too heavy to carry alone, support is available right now: call or text **988** (Suicide & Crisis Lifeline) or text **HOME to 741741**. InkWell is a journal, not crisis care.