ToolGPA

NOVEMBER 2026

Sanity & Self

The Insider's Guide

Guided audio self-care app for women, with expert chat



Every plan, grade, refund rule and rival among journaling apps, read from Sanity & Self's own pages.

Made by Moov, Inc. · checked Nov 12, 2026 · toolgpa.com

2.0
GPA



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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Sanity & Self's own pages, its app-store listings and our grades. Every fact in it is on Sanity & Self's page too, where it is kept up to date. Checked Nov 12, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

2.0

GPA, above 0 of the 40 other journaling apps we grade

Sanity & Self is a self-care app for women built mainly around guided audio sessions on mindfulness, relationships, sleep, stress and self-esteem, with some journaling, fitness and ritual sessions. It has an in-app community and a separate Chat 1:1 service for texting coaches and therapists. Free to download, with a paid Premium membership that unlocks the full session library.

> **Most of the library needs Premium, and no price list could be read.**
>
> From our report card of Sanity & Self

To get you started, here are **8 things to know about Sanity & Self**, taken from its own pages and our grades.

1 **Best for guided audio sessions for self-care**

Sanity & Self is a self-care app for women built around guided audio sessions, with some journaling sessions and a community tab.

2 **There is a free plan**

Free to download and explore some content; Premium unlocks all sessions.

3 **It runs on 2 platforms**

iOS and Android.

4 **Guided audio sessions**

Over 900 sessions of 2 to 45 minutes in series, on mindfulness, healing, relationships, sleep, breathing and more.

5 **Reflective journaling sessions**

The FAQ lists journaling and morning or evening rituals among the session types; some need materials noted on the session page.

6 **Community tab**

An in-app community where members ask for advice and share support.

7 **A 2.0 GPA, above 0 of 40**

That is against the other journaling apps we grade, on value, the free plan, features, ease of use and platforms.

8 **Keep it**

Nothing Sanity & Self does is plain enough to make in a weekend. The 3 things listed below take a company.

Sanity & Self at a glance

PRICING Free plan	FREE PLAN Yes
FREE TRIAL Annual Premium memberships bought through the App Store start with a free 7-day trial.	RUNS ON iOS, Android
MADE BY Moov, Inc.	CATEGORY Journaling Apps
OUR GRADE 2.0 GPA, fair	

The report card

Best for guided audio sessions for self-care

Sanity & Self is a self-care app for women built around guided audio sessions, with some journaling sessions and a community tab. Most of the library needs Premium, and no price list could be read.

TOOLGPA REPORT CARD	Sanity & Self	Graded Nov 12, 2026
SUBJECT	GRADE	COMMENT
Value for money	C	The FAQ says the annual plan averages about $5 a month, between the $4.17 middle and the $5.75 where the dearer quarter of journaling apps starts. No price list was found.
Free plan and trial	C	The app is free to download with some content, and annual plans from the App Store start with a 7-day trial, but most sessions need Premium.
Features	D	It is an audio library and journaling is one session type. It has no diary of your own entries, so you need another product for that.
Ease of use	B	Install and press play, with nothing to set up, though no store rating is on record.
Platforms and integrations	C	iPhone and Android only, with Chat 1:1 on iOS only, no web or computer app and no integrations.
Grade point average		Fair, out of 4.0 **2.0**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Sanity & Self is for

- ✓ Fits if you want guided audio sessions for stress, sleep and self-esteem
- ✓ Works for women who want a community tab alongside the sessions

Who it is not for

- ✕ Skip it if you want a diary for your own entries, since journaling here is guided sessions
- ✕ Tight if you stay free, because most of the library is Premium
- ✕ Skip it if you need a price list first, as none could be read
- ✕ Watch out: Chat 1:1 is a separate payment and runs on iOS only
- ✕ Watch out: the vendor's FAQ is the only pricing page

Good to know

Good for

- ✓ Women who want short guided audio for stress, sleep or self-esteem
- ✓ People who prefer listening to writing

Worth knowing

- ⓘ Pricing could not be read: the FAQ only says the annual plan averages $5 per month and no price list or App Store listing was found.
- ⓘ It is mostly an audio self-care library; journaling is one session type, not a diary tool with entries of your own.
- ⓘ Chat 1:1 is a separate payment from Premium and runs on iOS only.
- ⓘ Most of the library needs a paid Premium membership.

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

Sanity & Self's current pricing could not be confirmed from its own site.

We could not confirm Sanity & Self’s current prices from its own site, so this guide lists no plans. sanityandself.com has them.

What it does

Its main features, where it runs, what it works with and who makes it

2

Places it runs: iOS and Android

Guided audio self-care app for women, with expert chat. Here is what it does, as its own site describes it, and what it covers: works offline, community.

> **It is an audio library and journaling is one session type.**
>
> From our grade for features

Guided audio sessions

Over 900 sessions of 2 to 45 minutes in series, on mindfulness, healing, relationships, sleep, breathing and more.

Reflective journaling sessions

The FAQ lists journaling and morning or evening rituals among the session types; some need materials noted on the session page.

Community tab

An in-app community where members ask for advice and share support.

Chat 1:1

A separate service to text or video chat with coaches and licensed therapists; it is paid separately and available on iOS only.

Offline downloads

Premium subscribers can download sessions to listen to without a connection.

Where it runs

iOS Android

What it works with

Its own pages name no integrations.

Sanity & Self is made by Moov, Inc.

PART 04 · STANDING

Where it stands

Its grades against its category, and whether to keep it or make your own

0/40

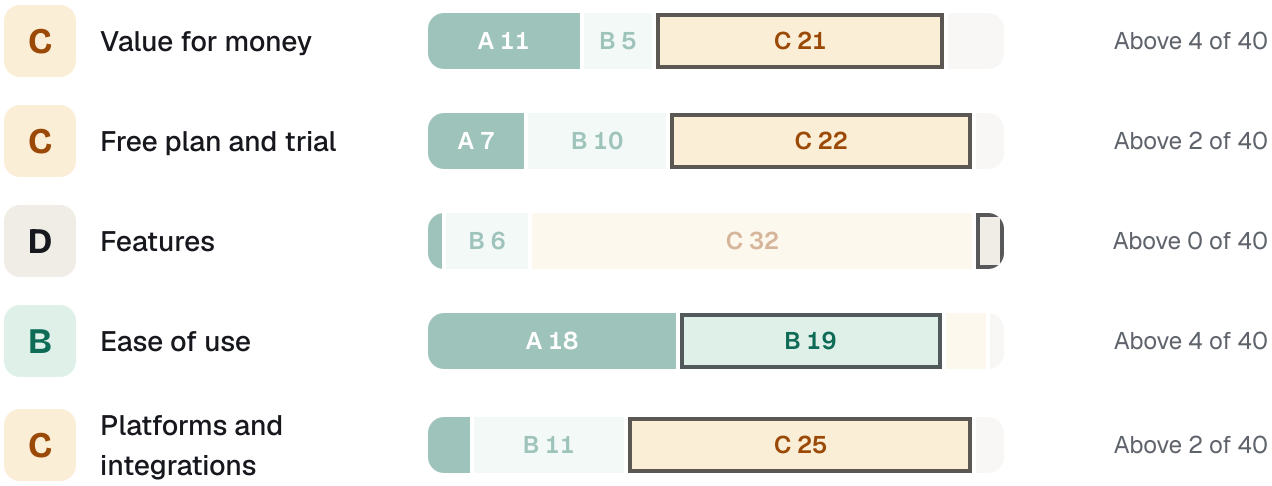
Other journaling apps it is graded above

Sanity & Self's GPA of 2.0 is higher than 0 of the 40 other journaling apps we grade, and level with 3.

It stands best on ease of use (B, above 4 of 40) and worst on features (D, above 0).

Each grade against the category

Every bar is all 41 journaling apps we grade, cut by the letter each got. Sanity & Self's own letter is outlined.



Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

Nothing Sanity & Self does is plain enough to make in a weekend. The 3 things listed below take a company.

That makes this kind of software worth paying for, not this one in particular: 37 of the 40 other journaling apps grade higher.

What you could not

- ✕ A members' space with posts, chat and events that people keep coming back to.
- ✕ A real app for iOS and Android. Something home-made would be a web page.
- ✕ People on the other end: coaches. No app builder makes those.

What this rests on. Sanity & Self's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

PART 05 · ALTERNATIVES

The alternatives

The tools it is most often weighed against, side by side



Reflectly, How We Feel, Stoic, Gratitude and Clearful

The 5 tools Sanity & Self is most often weighed against, with where each one differs from it.



2.2 GPA

Reflectly

Free plan · from $4.99

AI-guided journal and mood tracker for iPhone, iPad and Android.

- Sanity & Self also covers community.
- Reflectly also covers daily notes and mood tracking.

Sanity & Self and Reflectly compared in full



3.2 GPA

How We Feel

Free

Free emotion check-in journal from a science nonprofit.

- Sanity & Self also covers community.
- How We Feel also covers daily notes and mood tracking.

Sanity & Self and How We Feel compared in full

Stoic

2.6 GPA

Free plan · from $6.99

Guided journal with morning and evening reflections and mood tracking.

- Only Stoic lists a web app.
- Only Stoic lists a macOS app.
- Sanity & Self also covers community.

Sanity & Self and Stoic compared in full

Gratitude

2.4 GPA

Free plan · from $4.99/mo

Gratitude journal with affirmations and vision boards.

- Sanity & Self also covers community.
- Gratitude also covers daily notes.

Sanity & Self and Gratitude compared in full

Clearful

2.8 GPA

Free plan · from $9.99/mo

Guided journal with 400+ prompts and templates on every device.

- Only Clearful lists a web app.
- Only Clearful lists a macOS app.
- Sanity & Self also covers community.

Sanity & Self and Clearful compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

11

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Sanity & Self free?

Sanity & Self has a free plan. Free to download and explore some content; Premium unlocks all sessions.

What platforms does Sanity & Self work on?

Sanity & Self is available on iOS and Android.

Does Sanity & Self have a Windows app?

No Windows app was listed when its pages were read on Nov 12, 2026. Sanity & Self is listed for iOS and Android.

Does Sanity & Self have a macOS app?

No macOS app was listed when its pages were read on Nov 12, 2026. Sanity & Self is listed for iOS and Android.

Is Sanity & Self open source?

Sanity & Self is not described as open source on its own site, as read on Nov 12, 2026.

Does Sanity & Self work offline?

Yes, according to its own site. What works without a connection differs by plan and platform, so check the vendor's page for the detail.

Does Sanity & Self have a free trial?

Yes. Annual Premium memberships bought through the App Store start with a free 7-day trial.

Who makes Sanity & Self?

Sanity & Self is made by Moov, Inc.

What are the alternatives to Sanity & Self?

The closest alternatives to Sanity & Self in our directory are Reflectly, How We Feel, Stoic, Gratitude and Clearful.

How does Sanity & Self compare with other journaling apps?

Sanity & Self's GPA of 2.0 is higher than 0 of the 40 other journaling apps we grade, and level with 3.

Could I make my own version of Sanity & Self?

Nothing Sanity & Self does is plain enough to make in a weekend. The 3 things listed below take a company.

Where this guide comes from

The prices, plans, platforms and features were read from Sanity & Self's own pages on Nov 12, 2026, and the grades were given on Nov 12, 2026. Graded from this listing, whose facts were read from Sanity & Self's own pages on 12 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Moov, Inc. Prices change, so check sanityandself.com before you buy.

sanityandself.com/
sanityandself.com/faq-1-1
sanityandself.com/faq
sanityandself.com/terms

PART 07 · ABOUT

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at toolgpa.com.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Sanity & Self, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/sanity-and-self

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Sanity & Self: The Insider's Guide",
checked Nov 12, 2026.
https://toolgpa.com/tools/sanity-and-self
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Know someone choosing between journaling apps?

Send them this guide: toolgpa.com/tools/sanity-and-self/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded journaling apps after Sanity & Self, each with an Insider's Guide of its own.

Journaling Apps Insider's Guide

Every one of the 41 journaling apps we grade, compared

Apple Journal Insider's Guide

Apple's free journaling app for iPhone, iPad and Mac

3.2 GPA

Day One Insider's Guide

Encrypted journal for text, photos, audio and video across devices

3.2 GPA

Diarium Insider's Guide

Private journal with a one-time Pro purchase and your own cloud sync

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Sanity & Self's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Sanity & Self is a trademark of its owner, and this guide is not made, paid for or approved by Moov, Inc. Prices and plans change: check sanityandself.com before you buy.