Journaling

A gentle weekly worksheet to explore this habit and reflect on your experience.

This Week's Practice

- ■ Write freely for a few minutes
- ■ Let thoughts flow without editing
- ■ Notice patterns or emotions
- ■ Write about one meaningful moment
- ■ End with a grounding sentence
- ■ Journal at a consistent time

Reflection

What themes or feelings emerged as you wrote this week? Did anything surprise you?

Weekly Intention

Gentle Reminders

• Writing reveals what is already there.

• There is no right way to journal.

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