

Daily Affirmation: "I can allow my uncomfortable feelings to be without trying to fix, change or figure them out"

Day 1 journaling prompts

An emotion I am struggling with right now is...

I believe I struggle with this because...

I would like to feel more... (journal about an emotion you would like more of in your life)

A journaling template featuring a vertical red dashed line on the left side, creating a margin. The rest of the page is filled with horizontal blue lines for writing.

Daily tip: Take a moment...

Take a seat on the floor with your back leaning against the wall. Close your eyes and take 3 deep belly breaths. Ask yourself: "How am I feeling right now?" Now pause and allow space to breathe and let whatever answers surface to this question that need to.

Sit with those answers without judgement, without trying to fix or change anything.

Daily Affirmation: "I have everything I need to heal within me. I am the author of my own story"

Day 2 journaling prompts

The values that are most important to me in life are...
I honour & uphold those values in these ways...
I have come out of alignment with this value..... in this way...
I will realign myself by...

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Daily tip:

We often don't take time to sit down and reflect on our values and whether or not we are living in alignment with them. When we get out of sync with what we value we can often feel out of kilter without knowing why.

Sit down, take 3 deep breaths and repeat this mantra to yourself 3 times: "I honour my values and deserve the peace that comes with living in line with them"

Daily Affirmation: "I can choose my actions. I can choose to take care of myself"

Day 3 journaling prompts

If I woke up this morning, and a miracle had occurred overnight and my problems were all gone... How would I know this has happened? How would my day unfold? What would I notice first? How would I act differently?



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Daily tip:

Your responses to the prompts above can shed a lot of light into not only how your future could be, but how you may be able to get there... The clues are in your answer.

Sit down, close your eyes and ask yourself "taking into account what I wrote above, what could I begin to do right not to move towards those changes? How could I begin to act in ways that reflected a life free of 'this problem'?" - Breathe deeply & allow your answers to organically surface.

Daily Affirmation: "My worth is not determined by what other people do, say or think of me. Those things are not in my control"

Day 4 journaling prompts

*What ares of myself do I feel are unworthy of love?
How can I move towards acceptance of these things?
What would a loved one say to me about this?*



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Daily tip:

Think of someone in your life who you love & believe is a worth person. Write out the qualities about that person that make you think that way.

Pick 3 of the top qualities they have from that list.

Now write down some examples of how YOU embody those same 3 qualities.

Daily Affirmation: "I deserve love. I am worthy of healing"

Day 5 journaling prompts

What are some of the unhelpful or unhealthy beliefs that I have about myself?

Where did these come from?

What has continued to support, sustain & maintain them?

What are some examples in my life that prove these beliefs aren't true?



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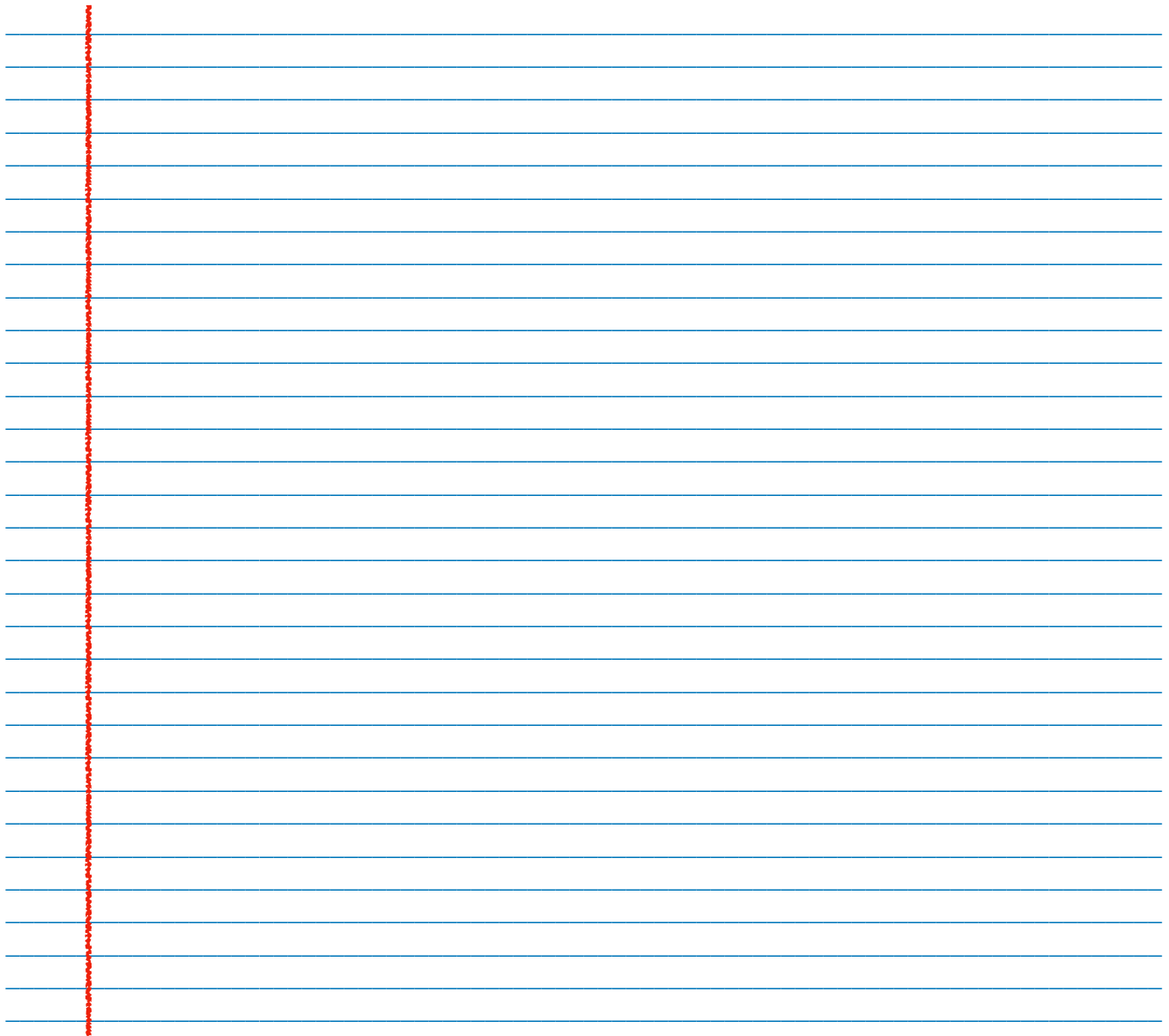
Daily tip:

Write out a positive core belief for yourself - the opposite of the ones you found and journaled about above. Now write out a bullet point list of the things that prove and provide evidence to support this belief. Keep this with you in your pocket or on your phone and read this back to yourself each day.

Daily Affirmation: "Just because I have a thought does not make it true"

Day 6 journaling prompts

Is there something that you have been holding on to that evokes a feeling of shame or regret in you? Journal about how you could move towards forgiveness and allowing yourself to let this go...

A journaling template consisting of a vertical red dashed line on the left side, creating a margin. To the right of the line are horizontal blue lines for writing, spanning the width of the page.

Daily tip:

We cannot change the past. Shame & regret hold us back from living a free life, where we can experience joy and self-acceptance. You deserve to treat yourself with the same compassion that you show to others. Take a seat, wrap yourself up tight in a blanket, breathe deeply and repeat these words: "I deserve to forgive myself. I am worthy of self-compassion"

Daily Affirmation: "My emotions are signals to me as to what I need the most. I am safe in my body"

Today's journaling prompts

What in my life gives me joy? What people? Places? Activities? Things?

I am grateful to my body for...

If I loved myself and nothing changed externally, how would I treat myself differently?



A series of horizontal blue lines for journaling, with a vertical red dashed line on the left side.

Daily tip:

Try to do at least one thing each day that either brings you joy or honours your self-care needs. Get out your phone and schedule in a reminder to do something little each day. It can be as small as taking a minute to sit & focus on your breath, or bigger; like setting boundaries with people in your life that are overstepping. Topping up your own tank is crucial to your wellbeing and mental health.