

The background is a watercolor illustration of a landscape. It features soft, layered mountains in shades of light blue and grey. Below the mountains is a calm body of water, depicted with horizontal washes of light blue and white. The foreground consists of a sandy or grassy shore in warm, earthy tones of brown and tan. The overall style is soft and artistic, with visible watercolor textures and layered paper effects.

MESSY, REAL & WELLNHAPPY: A GUIDED JOURNAL FOR WOMEN

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Messy, Real, and WellNHappy: A Guided Journal for Women

Welcome to Messy, Real, and WellNHappy

Life is messy. It is unpredictable, chaotic, and full of ups and downs. But within that mess lies something beautiful, the perfection of imperfection. This guided journal is your space to embrace the realness of life, clear your mind, and create happiness in a world that never slows down.

You do not need to have it all figured out. You do not need to be perfect. You just need to show up for yourself, one moment at a time. Through stories, reflections, and simple but powerful challenges, this journal will help you navigate the chaos, find joy in the little things, and build a life that feels authentically you.

So take a deep breath. Let go of the pressure. And let's step into a WellNHappy life. It is messy, real, and perfectly imperfect.

What you will find and where.

Chapter 1: The Beauty in the Chaos

Chapter 2: When Life Knocks You Down

Chapter 3: Self-Care That Works

Chapter 4: Navigating Relationships

Chapter 5: Finding Purpose in Everyday

Chapter 6: Celebrating Progress, Not Perfection

Chapter 7: You Wisdom

Chapter 1: The Beauty in the Chaos

The lesson we need to absorb into our being is that life will never be perfectly smooth, but there's beauty in the mess. The unpredictability of the unexpected moments is an opportunity to teach us to find beauty in the chaos. They can lead us to growth, joy, and a deeper understanding of ourselves. Once we know ourselves, then we can get to know others!

Albert Einstein was more than a scientist. He was a philosopher who sought to understand the world in a way that was different to his experience of it. Einstein teaches that 'in the middle of difficulties lies opportunities'. Have you ever made it to the end of a tough time and thought, wow, I am happy that that all happened? Imagine if the shit did not hit the fan and you did not get to know how resilient you are or how great you could be without that person, that job, that chain that was dragging you down?

Finding the beauty in the chaos is not an easy task. It takes guts and grit. Often, for me, anyone it takes the courage and grit I did not even know I had.

One of the most challenging times in my life was when I was a newly single mother with two beautiful girls. I felt weak, hurt, abused and alone. I could not figure out how to give my children the life I wanted for them – a life of safety and love. With help from friends and professionals, I figured out a path to change my trajectory. I build a new way to be in this world. I discovered a new career, people who could help me, and an inner strength I did not know I had.

I learned about protecting myself with firm boundaries, too. I was too fragile to let nearly anyone in. I learned not to shut these people out but to forgive them and let them go. I was ashamed of what happened to our little family, and I was deeply wounded. I needed time to heal, and healing takes time. The boundaries I had enforced at the time became bridges later on in my life when I had the strength to be myself. Looking back now, I recognise that what happens in these times of difficulties matters. Doing what you know is right for you is crucial. Trusting that you know what to do is even more critical. As the adage says, good fences make good neighbours, so good boundaries make good bridges.

Your Affirmation:

I am embracing the chaos of life as part of my journey. I am trusting that every twist and turn brings me closer to my authentic self.

Your invitation here is to start noticing your day's small, beautiful things. Take a walk, look at the sky, listen to laughter, swim in the ocean and stay open to possibility. It is in these moments that the messiness becomes magical.

Take Action:

Write down one thing from today that felt chaotic but was beautiful.

Let's Reflect.

Play some music and grab your crayons, paints or pencils. Use this space to reflect on the chaos and beauty in their lives.

Challenge:

Tomorrow, take a moment to embrace something unexpected. Has life got messy and thrown you a detour in your day? Maybe it is a challenging conversation or a spontaneous moment. Reflect on how it feels to let go of control and embrace what comes.

Chapter 2: When Life Knocks You Down

The lesson is that life can get messy! We get knocked down unexpectedly, but we have the power to rise again, stronger and wiser. Resilience isn't about avoiding setbacks. It is more about how we face them and learn from them.

I read a lot about happiness. In fact, during my doctoral studies, I discovered that joy has cognitive benefits – yes, it helps adults learn! How cool is that!! When I think about the happy people in my life, I discover they are all about moving forward. They seemed to be able to let go of comparing themselves with others or judging what someone else thought, did or looked like! Happy people are not always satisfied, but they are generally delighted and working out how to do more things that make them happy.

J.R.R. Tolkien says it is 'not the strength of the body that counts, but the strength of the spirit'. My aunty became a quadriplegic when she was 17 years old. I never knew her as a person who could walk. I loved this woman with all the love a child could have for a beautiful soul. I always wanted to be like her.

She was always grateful for her life and everything in it. She married and had a child. When her husband died, she moved into care. I was anxious when I went to visit her because I knew her life had changed. Our visits were always joyfully insightful for me. My aunty continued to teach me about loving life in all the moments when you get knocked down. She found happiness in her new surroundings and this new life. She had become a grandmother and loved her new role and the new family members. Some people say we can live life through others, but my aunty was living her life with life. She had it all. She had my love.

This chapter is about resilience and the strength you find when life knocks you down. The resilience affirmation to use as often as needed is:

I am resilient. I am capable of overcoming challenges and emerging stronger from them.

Resilience takes time, and mindsets shift to perfection. Happiness happens when you can let go. I use affirmations that resonate with me repeatedly. Practically, breathing helps me centre, stop and continue. When you face challenges, take a deep breath and remind yourself of your inner strength. Now is an opportunity to reframe the setback as an opportunity to learn and grow. What are you learning? How will you change?

Take action:

Write about a time when you faced a challenge and came out stronger on the other side.
What did you learn from that experience?

Play some music and grab your crayons, paints or pencils. Use this space to reflect on the challenges faced and lessons learned.

Challenge: The next time you face a challenge, pause and reflect on what lessons may hold for you. Write down one way you can reframe the situation to turn it into an opportunity for growth.

Chapter 3: Self-Care That Works

For me, self-care is a lifelong lesson. Self-care isn't just about bubble baths and massages. Proper self-care means taking care of your mind, body, and soul in a way that nourishes you for the long haul. It's about setting boundaries, prioritising your needs, and making time for what truly rejuvenates you.

Have you heard that 'you cannot pour from an empty cup'? As much as we program ourselves to give, give, and program our body to go, go, go, this is not taking care of ourselves. The rest of the quotes say, 'Take care of yourself first'. Stop reading for a moment and breathe that one in.

Take care of yourself first.

What does 'take care of yourself first' mean in the real world? I used to think it was having a glass of nice wine after work, on a Friday, or at a celebration or a commemoration. I now know that for me, wine is not self-care. Wine is an escape from feeling; anything I use habitually to take me away from who I am is not my self-care. I remember riding my push bike on a Saturday morning and stopping to be sick. In my head, I heard the voice remind me of the healthy mind and healthy body adage. I was exercising my body to stay fit and healthy, and yet I could happily drink enough 'good' wine to make me sick the following day while riding my bike. Self-care is about supporting our mind, body and spirit, not hurting it.

Try this Affirmation and write it on your bathroom mirror.

I am worthy of taking time to care for myself. I am prioritising my well-being so I can show up as my best self.

Significant changes in how we think and reason take time. Go gently in life as you tread your path to self-care. Start small by carving out five minutes each day for self-care. It could be as simple as taking a walk, journaling, or practising deep breathing. Self-care is kind to your body, your mind and your spirit.

Here is an action step for you to try today. Write down one self-care practice you can commit to today. It doesn't have to be big and bold. It just needs to be something that nourishes you.

Reflection Space

Play some music and grab your crayons, paints or pencils. Use this space to reflect on self-care practices and boundaries. What does this look like, feel like, sound like?

Your challenge if you choose to accept it:

For the next week, schedule one intentional self-care activity each day. At the end of the week, reflect on how your mind and body feel.

Chapter 4: Navigating Relationships

Relationships are often the heart of life's messiness. Messy relationships exist in close relationships, maybe with your loved ones, including family, friends, or romantic partners. Navigating these relationships requires vulnerability, boundaries, and a deep understanding. When we nurture these relationships with care, they become sources of strength and joy, even during the toughest times.

Mahatma Gandhi famously teaches that 'the best way to find yourself is to lose yourself in the service of others'. Think about all the professions in the world, from prime minister to fruit picker. They have in common that each of these professions shares the requirement to be of service to others. Service is a core need for a happy human. We are interdependent pack animals.

Unlike dependence, where one human may rely on another, or independence, where a human operates without reliance on another, interdependence acknowledges the interconnectedness of all people involved. We are connected as a species; relationships are part of life, and part of relationships is the messiness of it all.

Try this Affirmation for navigating the relationships that are a necessity for our life:

I am worthy of healthy, supportive relationships. I am committed to building connections that nourish my soul.

Read it, repeat it often

A practical step is to take time to check in with your relationships.

What are your most essential relationships now?

Are they balanced?

How can you set necessary boundaries in conversation?

Boundaries are bridges, so how can you set a boundary that builds a bridge to a healthy relationship and a healthy you?

Your Action Step:

Write down one relationship you want to nurture today. It could be reaching out to someone, having an honest conversation, or simply showing appreciation.

Now Reflect:

Play some music and grab your crayons, paints or pencils. Use this space to reflect on the key relationships in your life.

Challenge:

Identify one boundary you need to set in a relationship. It could be around time, energy, or emotional space. Practice communicating it clearly and kindly. What words could you use to build a bridge with this boundary?

Chapter 5: Finding Purpose in the Everyday

The lesson in finding purpose in the every day is knowing that purpose is not always about grand, life-altering moments. Often, it's found in the simple, everyday actions that bring us joy and fulfilment. By showing up for the little things with intention, we can create a life that feels deeply meaningful and aligned with our values.

I spent many years pondering my purpose. Why am I here? I have travelled extensively, wandering the world, trying to learn about and experience life. I have four degrees because I thought I'd find my place in the world with a new course or qualification. While I believe I have had an exceptional life wandering and learning, I have often sought to discover my purpose in a profession. I did not find it there.

Ralph Waldo Emerson teaches that

"The purpose of life is not to be happy. It is to be useful, honourable, compassionate, and have it make some difference that you have lived and lived well."

I have lived a primarily honourable life through the mess. I have been valuable and compassionate and still strive to make a difference. I am living my purpose every day, and I have a purpose in showing up every day – just like you. I have learned that I have a purpose in my daily routine.

The Affirmation to write, read and repeat to acknowledge your purpose is:

I am creating purpose in my daily life. Every small action I take contributes to a meaningful and fulfilling life.

The Practical Step:

What brings you joy? I enjoy my morning walk with my old dog. The walk is becoming slower as she needs to sniff and explore the identical posts we walk by daily. Every day, she spends time exploring the smells around the same post. Then, we come home, I make myself a matcha latte, and she rests. I call this my matcha meditation. My morning walk, and my matcha meditation brings me joy.

What is one small daily task that brings you joy or a sense of accomplishment? Focus on that task with intention and notice how it contributes to your greater purpose.

The Action Step:

Write down one small thing you can do today to connect to your purpose.

Let's Reflect:

Play some music and grab your crayons, paints or pencils. Use this space to reflect on the daily actions that bring you fulfilment.

Your Challenge:

This week, find purpose in the smallest of tasks. Whether it's making your bed or having a meaningful conversation, notice the impact of these actions on your well-being and sense of purpose.

Chapter 6: Celebrating Progress, Not Perfection

I love this lesson! It is a big one. Life isn't about achieving perfection because perfection is impossible. It is a judgment in someone else's eye. When we aim for perfection, we set ourselves up for failure because life is imperfect. The goal to be perfect comes from a feeling that you are not. It creates fear.

Progress in life comes from the creation of energy. An energy that builds and expands, not restricts. Life is about growth, learning, and progress. Celebrating the small wins, the lessons learned, and the moments of joy along the way helps us stay grounded and connected to the journey. It expands us rather than contract us by aiming to be something unreal.

Robert Collier explains, "Success is the sum of small efforts, repeated day in and day out." It is a process where we celebrate the little bits along the way. During my research, a few of my adult learners expressed a symptom of 'imposter syndrome'. The adult learners explained that they felt they were not good enough or confident enough to be the professionals they had enrolled in the course. Often, they would worry about being found out as not knowing what they needed to know or being who others thought they could be. It caused incredible stress and anxiety. Perfectionism holds you back. It is a fear-based response to life that limits possibility.

The Affirmation to redirect thinking to progress from perfection is:

I am celebrating my progress, not my perfection. Every step I take is a step toward the life I am creating.

A practical step to help you celebrate progress, not perfection, is to start a gratitude practice where you acknowledge the small wins in your day. Whether it's finishing a project, learning something new, or simply showing up for yourself, these moments are worth celebrating.

Your Action Step to celebrate progress is to write down three small wins from today. Are they personal or professional wins? What are you grateful for? Doing this every day before you go to sleep is a great idea. It is a healthy habit to cultivate.

Play some music and grab your crayons, pencils and paint to reflect!

Reflect now on your progress. What are you celebrating? How can you shift your focus from perfectionism to progress?

I challenge you: Focus on celebrating one small victory each day over the next week. At the end of the week, reflect on how these moments of progress have shaped your journey.

Chapter 7: Your Wisdom

This chapter is for you to write. Be you in charge. You be the artist of your world, the creator of life.

What do you know to be true about you? Truth is love-based, so you can only have love-based truths. Words and concepts that make you smile that resonate with your soul.

What is your future story?

What is your lesson to share?

What is your truth quote?

What is your Affirmation?

What is your practical step?

What is your action step?

What is your reflection? (Use music and your crayons, paints, or pencils)

What is the challenge to set yourself to remember your wisdom?

Sending Big Love – Thank you for taking this journey.

Connect with me and let's chat.