

Start Here

This journal is yours

There is no right way to use it.

No timeline to follow.

No pressure to get it “right.”

Just show up as you are.



If you need support while
you're doing this...

I created something to walk with you.



Scan the code below to access the
Rebuild Guided Experience

short, guided support for when
you don't want to do it alone.

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How To Use This Journal

This journal is private.

This journal is not for solving.

This journal is not for planning.

You do not need to write every day.

You do not need to finish thoughts.

You do not need to be consistent.

Use this journal when things feel loud.

Stop when you feel steadier.



**This journal exists so you
don't have to carry everything
in your body.**



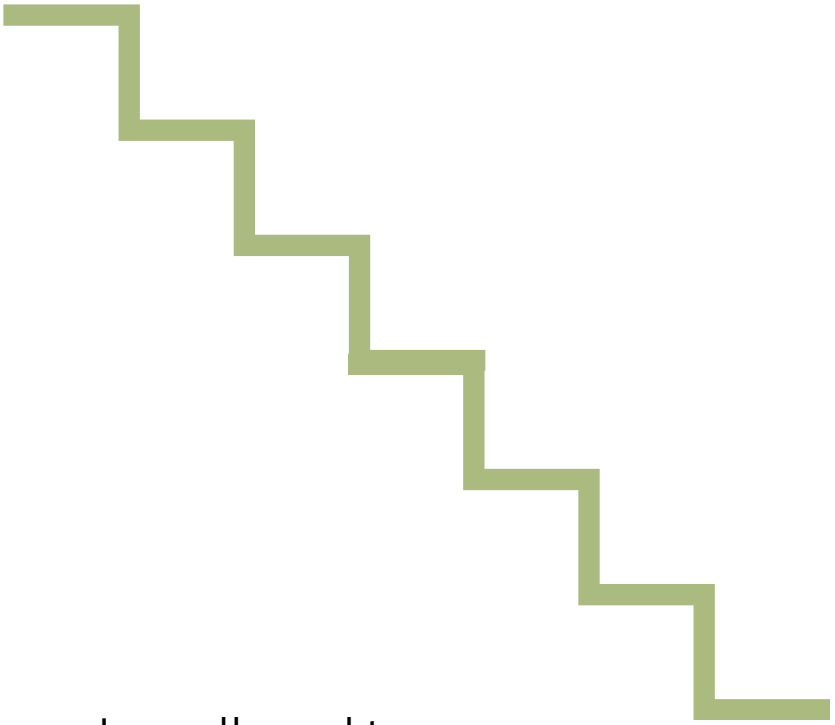
Right now, I feel:

Right now, what feels heavy:

**Pause for a moment.
Stay here as long as you need.**



What actually matters today:



I am allowed to pause.

Sit with this if it helps.
Turn the page if it doesn't.

If this lesson stirred something up,
There's space for reflection in your journal.
Meet yourself there.

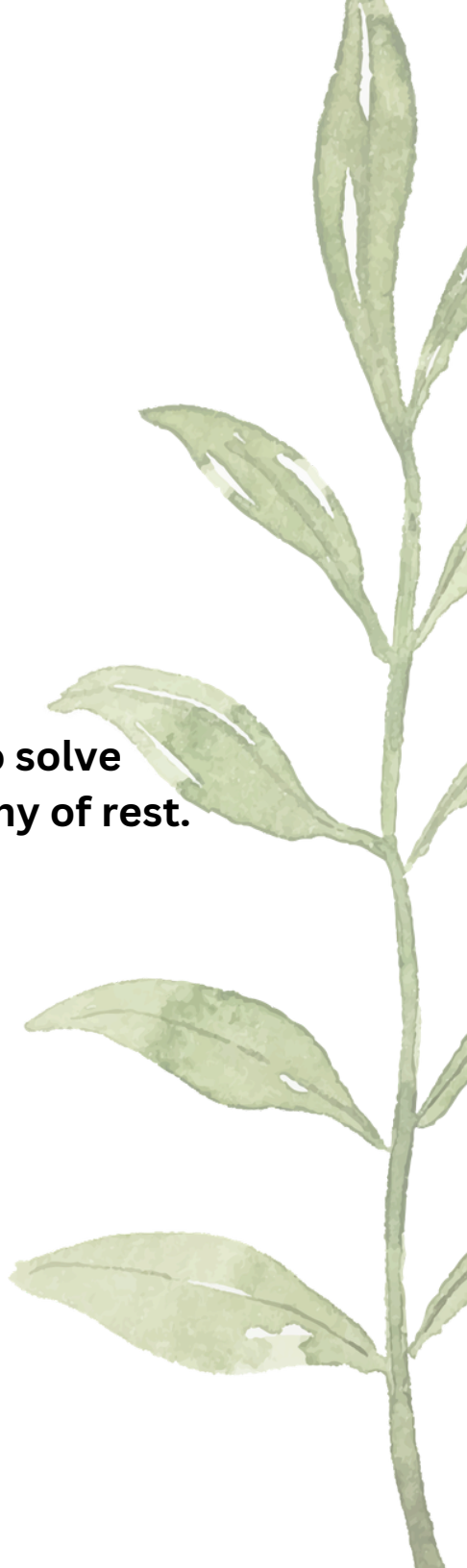


If this lesson stirred something up,
There's space for reflection in your journal.
Meet yourself there.



One thing that helped today:

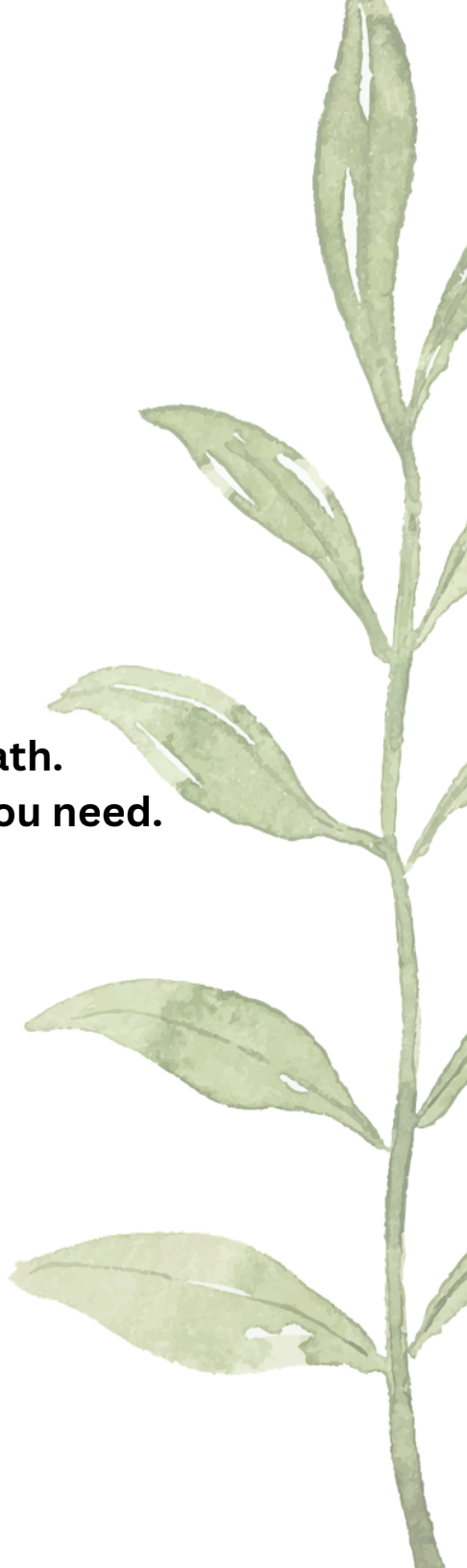
**You do not have to solve
everything to be worthy of rest.**



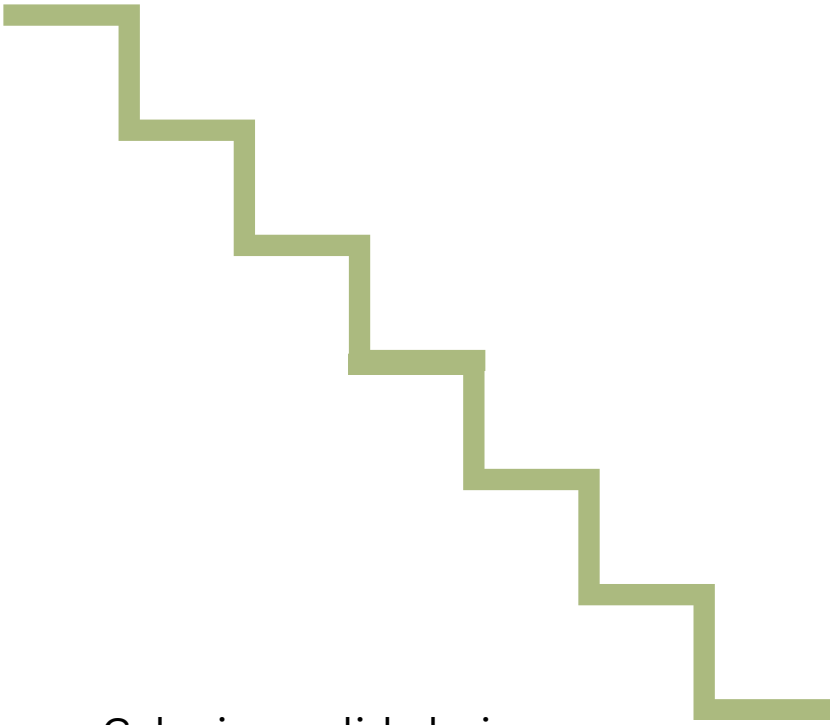
My body feels:

What I'm tired of holding:

**Notice your breath.
Stay here as long as you need.**



What can wait:



Calm is a valid choice.

Sit with this if it helps.
Turn the page if it doesn't.

One moment that felt lighter:

**Calm is not giving up.
Calm is choosing containment.**



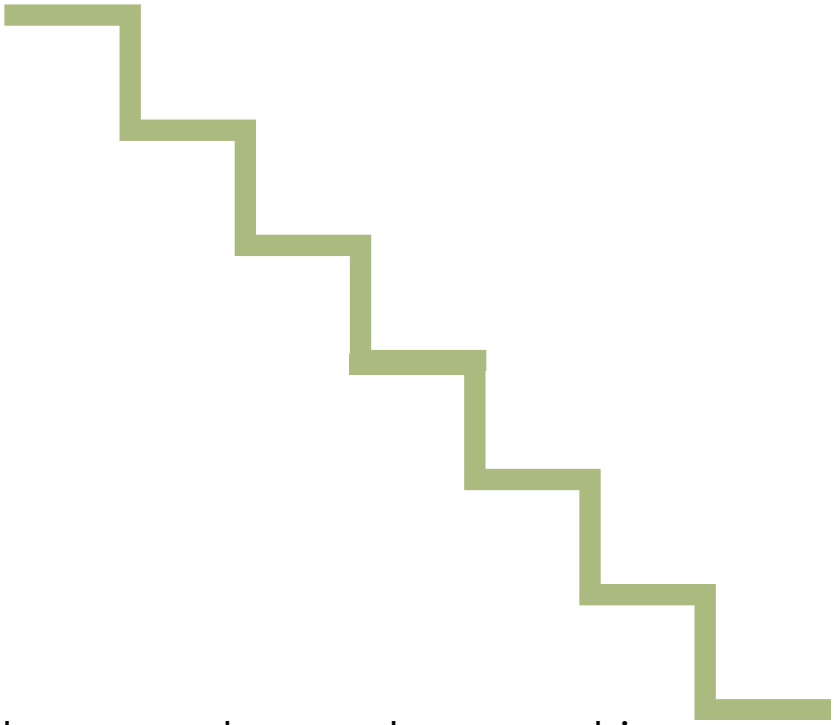
What feels loud right now:

If I didn't have to explain myself, I would say:

**Place your feet on the
ground.
Stay here as long as you
need.**



What is not mine to carry right now:



I do not need to resolve everything.

Sit with this if it helps.
Turn the page if it doesn't.

One thing I don't want to forget:

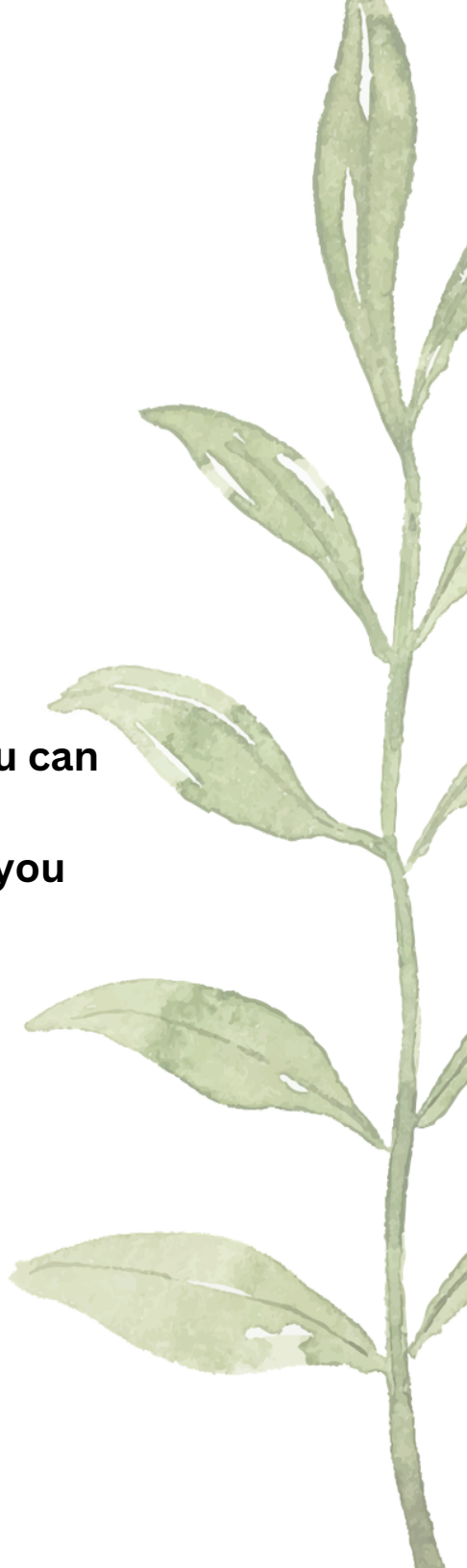
**You are allowed to move
slowly through hard seasons.**



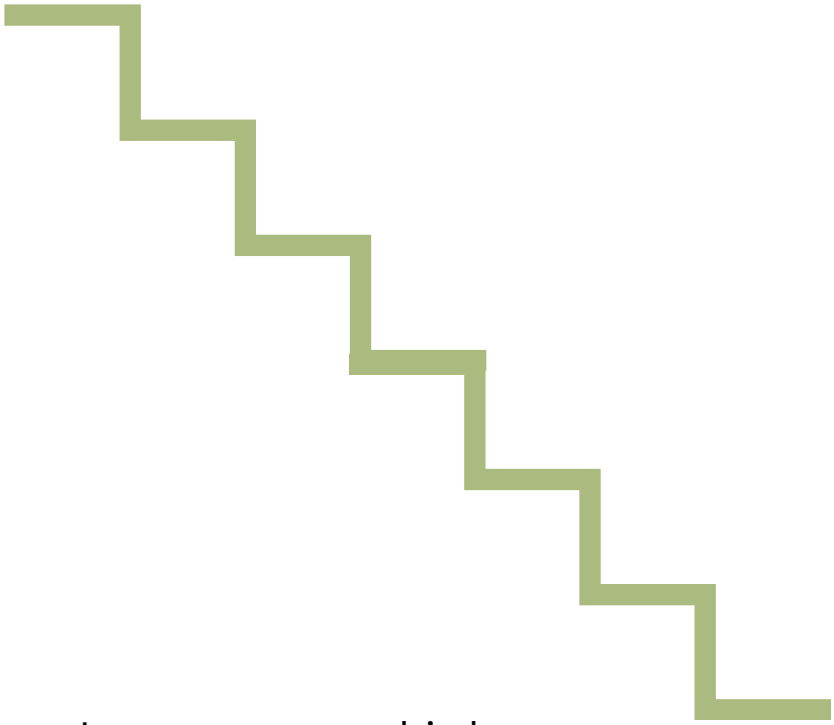
What feels steady, even a little:

What keeps looping in my mind:

**Name three things you can
see.
Stay here as long as you
need.**



What can remain unresolved:



I can return to this later.

Sit with this if it helps.
Turn the page if it doesn't.

One thing that softened the day:

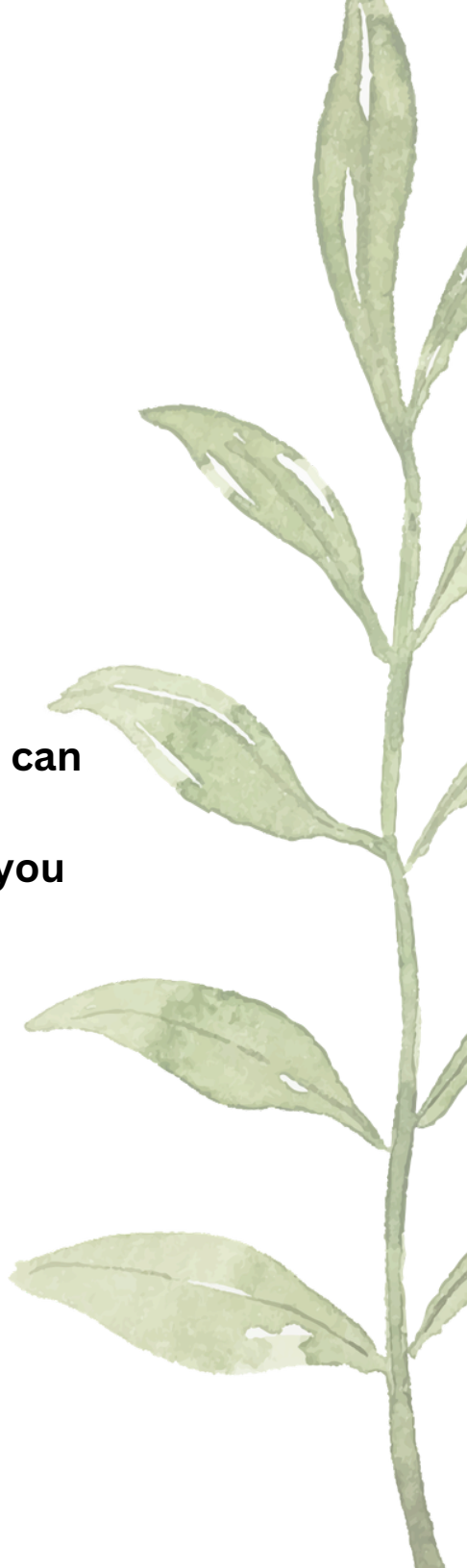
**Nothing about pausing
erases your strength.**



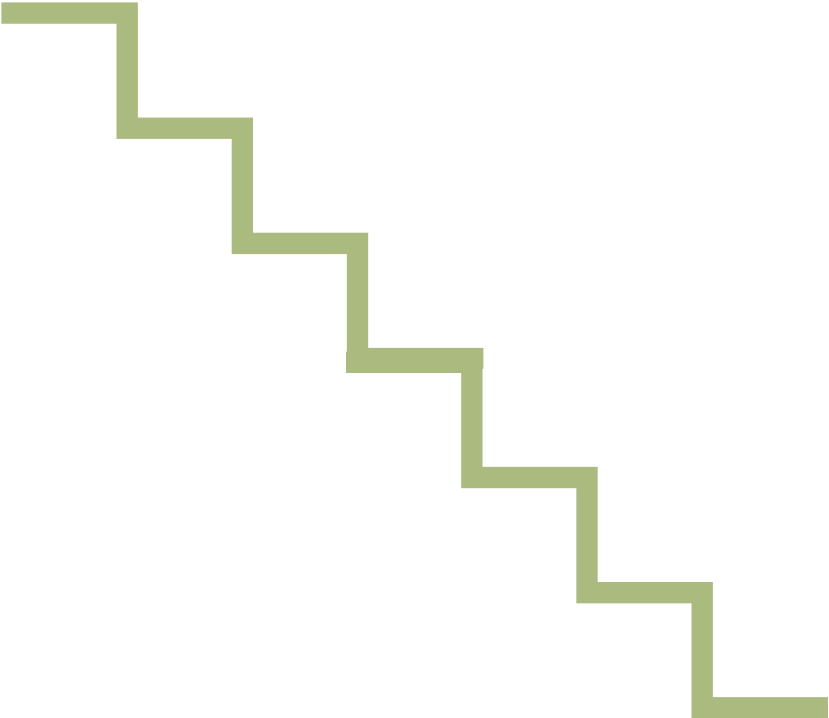
Right now, my energy feels like:

What I wish I didn't have to carry today:

**Name two things you can
hear.
Stay here as long as you
need.**



What does not need my attention right now:

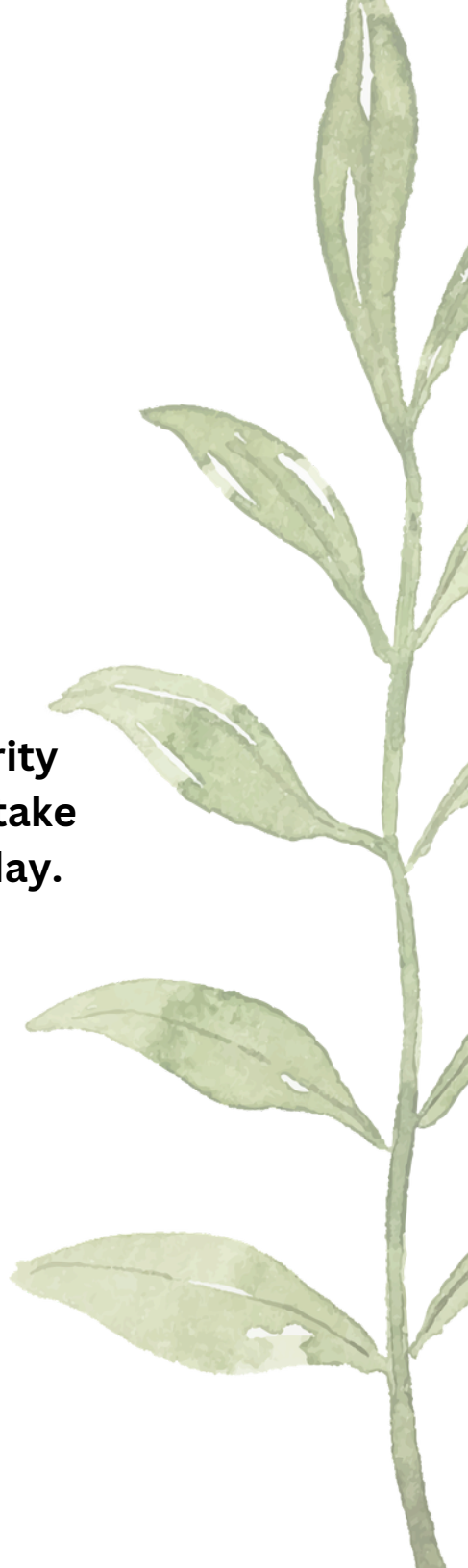


I do not need to react immediately.

Sit with this if it helps.
Turn the page if it doesn't.

Something that brought even brief relief:

**You don't need clarity
about the future to take
care of yourself today.**

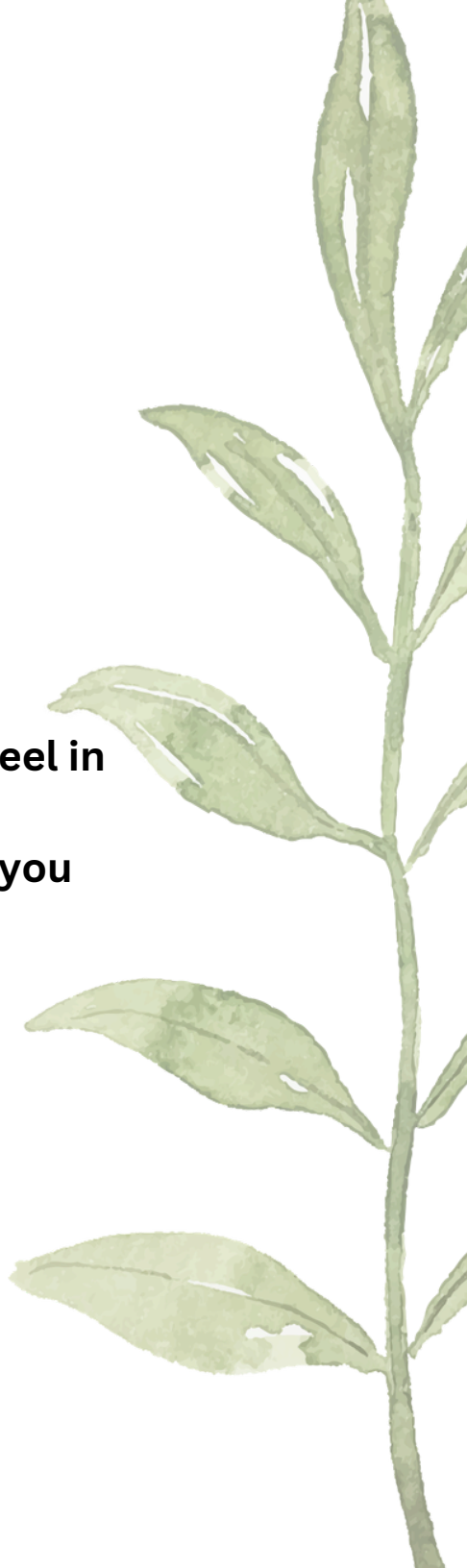


What feels unstable in my body:

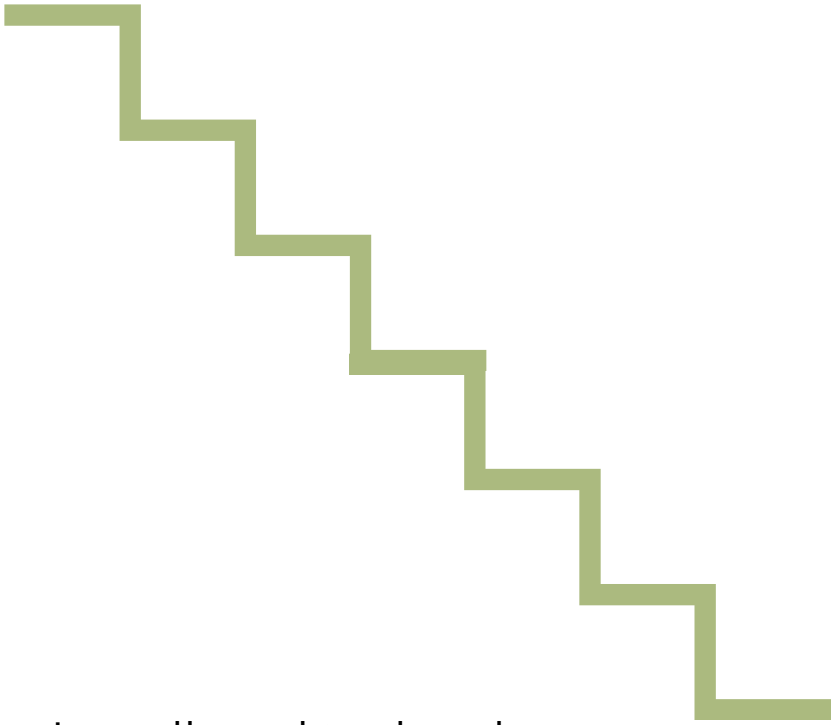
What I'm afraid to put down:

What I'm afraid to put down:

**Name one thing you feel in
your body.
Stay here as long as you
need.**



What feels less urgent than it did before:



I am allowed to slow down.

Sit with this if it helps.
Turn the page if it doesn't.

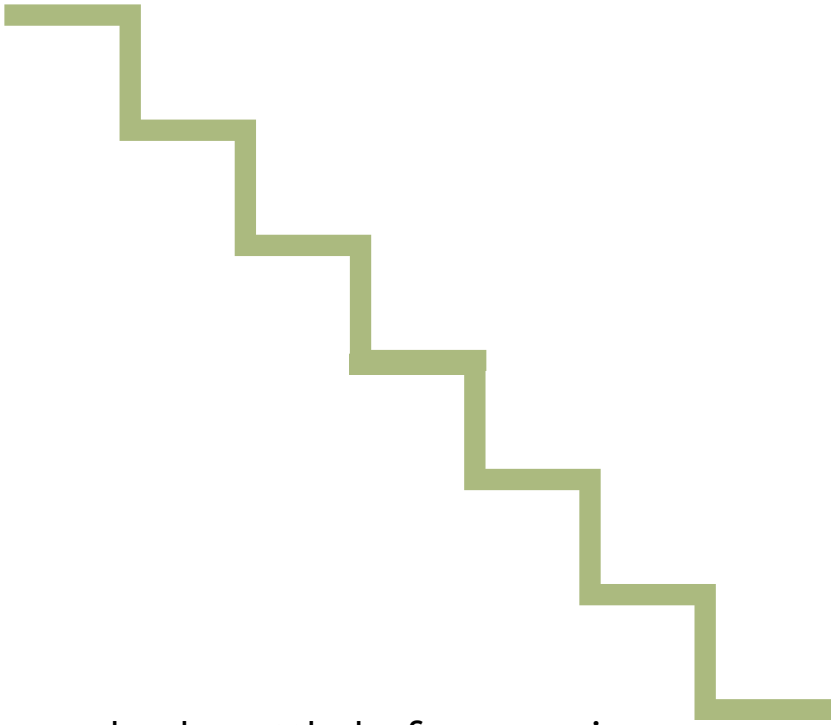
Something I don't want to lose sight of:

**Steadiness is till progress,
even when nothing looks
different yet.**



What feels stable enough to stand on:

What I am exhausted from explaining:



Let your body settle before moving on.

Sit with this if it helps.
Turn the page if it doesn't.

Closing

This journal does not ask for completion.
It asks for honesty and rest. You are
allowed to rebuild quietly.

You are allowed to move forward without
rushing and to rest without explaining.

Close this journal when your body feels
steadier.

