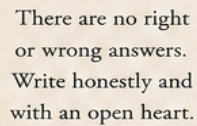




This is a space to explore your beliefs, values, meaning, purpose, faith, hope, wonder, and the things that remind you you are part of something bigger.



Use this page whenever you want to reflect on what gives your life meaning, what you're grateful for, or what nourishes your spirit.



Listen.
Respond.
Adjust.



*Writing doesn't always give us the answers.
Sometimes it simply helps us hear
ourselves more clearly.*





SOUTH TRAIL

FEELING SELF

JOURNAL



*What feeling is
asking for my attention?*

Give your feelings space. Write without judgment.
Sometimes emotions become easier to understand
once they are expressed.



TRAIL SIGN

Use this page whenever
your emotions feel big,
uncertain, overwhelming,
or simply need a safe
place to be heard.

There are no right
or wrong feelings.
Name what you feel,
and let it be.

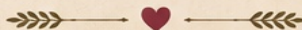
*Listen.
Respond.
Adjust.*

A large rectangular area with horizontal lines for writing. In the background, there is a faint, large compass rose with the letter 'N' at the top.



GUIDE'S DISCOVERY

*Writing doesn't always give us the answers.
Sometimes it simply helps us hear
ourselves more clearly.*





EAST TRAIL

THINKING SELF

JOURNAL



*What thoughts are asking
for my attention?*

Capture ideas, questions, perspectives, or beliefs you're exploring.

Not every thought needs to be solved—sometimes writing it
down is enough to see it more clearly.



TRAIL SIGN

Use this page whenever
your mind feels full, a
new idea emerges, or
you simply need space
to think.

There are no right
or wrong thoughts.
Write freely and
with curiosity.

*Listen.
Respond.
Adjust.*

A large rectangular area with horizontal lines for writing. In the center, there is a faint, large compass rose watermark with the letter 'N' at the top.

GUIDE'S DISCOVERY

*Writing doesn't always give us the answers.
Sometimes it simply helps us hear
ourselves more clearly.*





This is a place to notice sensations, patterns, energy, rest, movement, nourishment, and anything your body is asking you to pay attention to.



Use this page whenever you want to check in with your body, capture observations, or explore what you need more of or less of.



There are no right
or wrong answers.
Write freely and let
your body lead.

Listen.
Respond.
Adjust.



— GUIDE'S DISCOVERY —

*Writing doesn't always give us the answers.
Sometimes it simply helps us hear
ourselves more clearly.*

