

B E C O M I N G

FIRE FLOWER

your morning journal



DR. YOO YOUNG DOMINIQUE LEE

Welcome

When life burns down the path you thought you were on, we lose sight of our own light. Standing in the destruction, it can feel like your compass too has been destroyed. This journal is for those moments. A place to pause, breathe, and find your footing again.

Fireweed is one of the first plants to regrow after a wildfire. It rises quietly, steadily, through charred ground, beauty rising from what seems unrestorable. This journal is designed to accompany you in your quiet rise. Over the next 12 weeks, you will map your on light, reconnecting with your values, what makes you uniquely you, and shaping your days around what truly matters to you.

A psychologist once told me that hope grows when we regain control of the hours of our days. At the time, I didn't believe her. But as I began aligning my days with my values, instead of other people's expectations, slowly something shifted. The constant noise from the demands of the day started to fade and eventually confidence found its way back. Not feeling chased or inadequate helped me to feel I was in control of my time and life again. That's the quiet magic of this work.

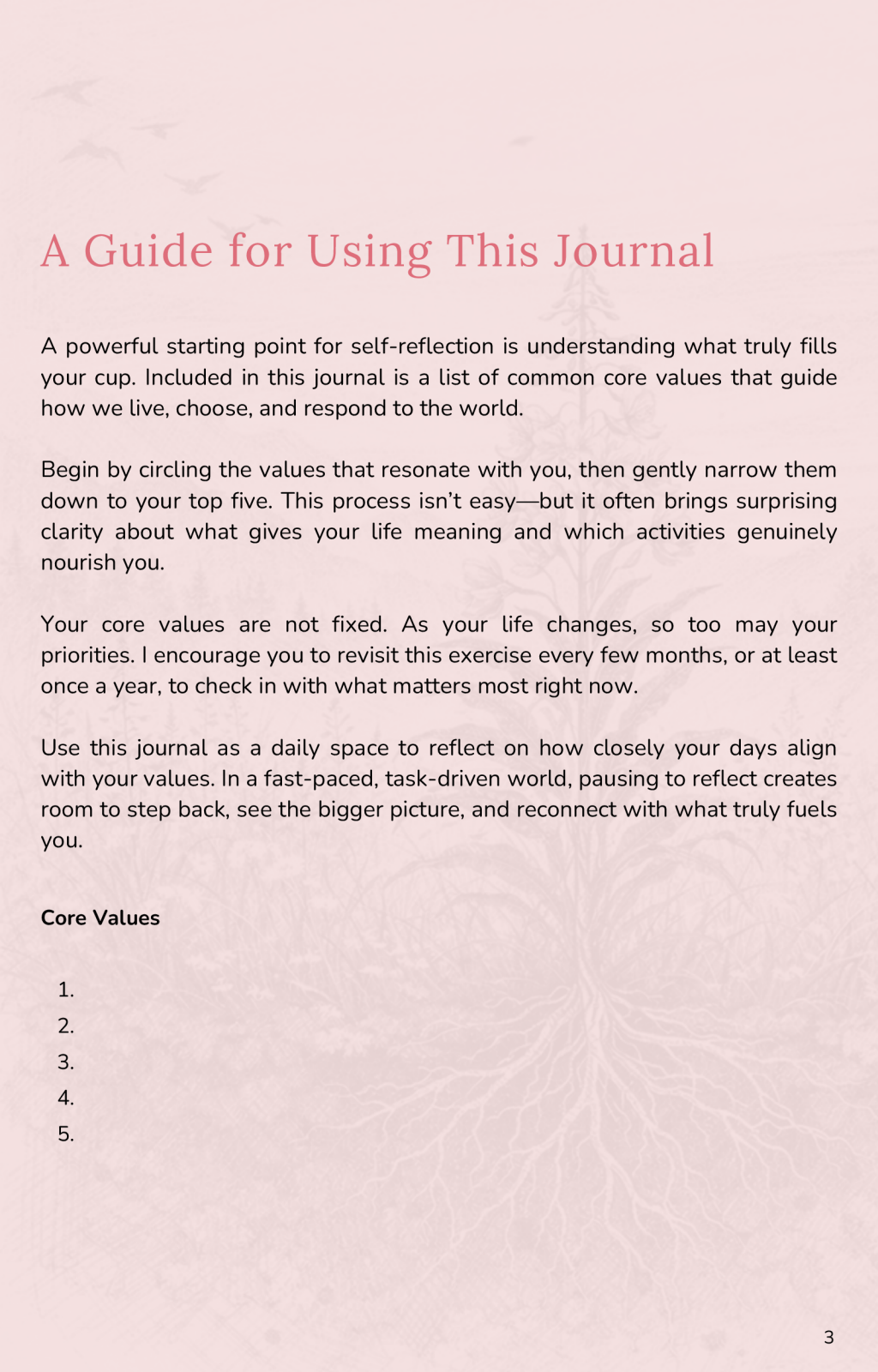
There is no right way to journal. This simple five-minute practice is just an invitation to show up for yourself, one day at a time. And as you turn down the noise, reflect and listen to your quiet voice, you will see the light you thought was lost.

So, hang in there. Trust the slow work. Give yourself the grace of small steps. I hope you will too look back and see your transformation.

Thank you for letting me walk with you.

Love,

Dominique

A decorative background featuring a light pink color. In the upper left, there are faint silhouettes of birds in flight. In the center and right, there is a faint, stylized illustration of a tree with many roots and branches, rendered in a light green or grey tone.

A Guide for Using This Journal

A powerful starting point for self-reflection is understanding what truly fills your cup. Included in this journal is a list of common core values that guide how we live, choose, and respond to the world.

Begin by circling the values that resonate with you, then gently narrow them down to your top five. This process isn't easy—but it often brings surprising clarity about what gives your life meaning and which activities genuinely nourish you.

Your core values are not fixed. As your life changes, so too may your priorities. I encourage you to revisit this exercise every few months, or at least once a year, to check in with what matters most right now.

Use this journal as a daily space to reflect on how closely your days align with your values. In a fast-paced, task-driven world, pausing to reflect creates room to step back, see the bigger picture, and reconnect with what truly fuels you.

Core Values

- 1.
- 2.
- 3.
- 4.
- 5.

Core Values

- Love
- Family
- Belonging
- Friendship
- Community
- Trust
- Loyalty
- Service
- Honesty
- Integrity
- Authenticity
- Accountability
- Fairness
- Ethics
- Learning
- Curiosity
- Growth
- Self - development
- Wisdom
- Purpose
- Meaning
- Contribution
- Making a difference
- Legacy
- Independence
- Autonomy
- Choice
- Agency
- Self-direction
- Diligence
- Achievement
- Competence
- Excellence
- Ambition

- Success
- Recognition
- Safety
- Security
- Stability
- Predictability
- Financial security
- Physical health
- Mental wellbeing
- Balance
- Rest
- Vitality
- Kindness
- Compassion
- Empathy
- Care
- Altruism
- Creativity
- Expression
- Imagination
- Innovation
- Play
- Dignity
- Respect
- Equality
- Inclusion
- Justice
- Joy
- Happiness
- Fulfilment
- Pleasure
- Enjoyment
- _____
- _____

Mapping Your Vision

This section invites you to take a step back from getting through the day and look ahead. Where do you want to be in 1 year, 5 years, and 10 years? What kind of life are you intentionally building?

By exploring short-term goals and long-term aspirations, you create a roadmap that aligns with your values, passions, and the kind of person you want to become. These reflections can help guide daily decisions, anchor your focus, and keep you moving with purpose—even through uncertainty.

There's no perfect answer, only honest ones.
Be bold. Be specific. Be curious.



1-Year Goals –“What do I want to nurture now?”

PERSONAL

PROFESSIONAL

WELLBEING (PHYSICAL, EMOTIONAL, MENTAL, SPIRITUAL)

RELATIONSHIPS & COMMUNITY

SOMETHING BOLD OR BRAVE

Mapping Your Vision



5-Year Goals – “What am I building toward?”

PERSONAL

PROFESSIONAL

WELLBEING (PHYSICAL, EMOTIONAL, MENTAL, SPIRITUAL)

RELATIONSHIPS & COMMUNITY

LEGACY / IMPACT

Mapping Your Vision



10-Year Vision – “What kind of life do I want to be living?”

BIG-PICTURE LIFESTYLE AND PURPOSE

HOW DO I WANT TO FEEL?

WHAT DO I WANT TO BE KNOWN FOR?

WHAT NEEDS TO CHANGE BETWEEN NOW AND THEN?

Congratulations! You've got this!

I know that was not easy. I hope the process of mapping your vision has filled you with a renewed sense of hope, purpose, and meaning.

Over the next three months, this journal will accompany you as you take small, intentional steps toward a life that feels more aligned and meaningful to you. Progress doesn't happen all at once—it happens inch by inch, through the choices you make each day.

In this section, write in bullet points the key areas you want to focus on over the next three months. These are the actions, habits, or priorities that will help set you up to move closer to your goals over the next 12 months.

Take your time. You're welcome to skip this section for now and return to it over the next few weeks as your vision becomes clearer. This process is not about getting it perfect. It's about finding direction and allowing to unfold in its own time.



Plan for Month 1

WEEK 1

WEEK 2

WEEK 3

WEEK 4



Plan for Month 2

WEEK 1

WEEK 2

WEEK 3

WEEK 4





Plan for Month 3

WEEK 1

WEEK 2

WEEK 3

WEEK 4



Emotions

Positive	Negative
Calm Grounded Settled Safe Relaxed Centred Content At ease	Stressed Overwhelmed Pressured Burnt out Exhausted Drained Frazzled
Joy Happy Joyful Delighted Playful Light-hearted Amused Energised Alive	Anxiety & Fear Anxious Worried Afraid Panicky On edge Tense Hypervigilant
Connection Loved Loving Connected Warm Affectionate Seen Understood Compassionate Confident	Sadness Sad Low Empty Lonely Grieving Disappointed Hopeless



Emotions

Positive	Negative
Confidence Confident Capable Proud Secure Empowered Resilient Self-assured	Anger & Frustration Angry Irritated Frustrated Resentful Annoyed Bitter Enraged
Hope &Meaning Hopeful Optimistic Inspired Motivated Purposeful Grateful Appreciative	Shame & Self-Judgement Ashamed Guilty Embarrassed Inadequate Unworthy Self-critical
	Disconnection Numb Disconnected Detached Shut down Apathetic Withdrawn



Dear Friends.

I confess that I used to be a self-improvement book addict. Surrounded by a constant sense of inadequacy, I believed that almost everything about me needed fixing. Journalling, at first, fell into the same trap.

For a long time, I poured energy into trying to design the perfect journal format—one that would launch the ideal day or rescue me from my lowest moments. Only recently did I realise I was applying my perfectionism to a space meant for no one but me. A journal isn't meant to be polished or productive. It's meant to hold the truth. There is no right or wrong way to journal. Its purpose is simply to capture what's alive in the moment.

In these pages, I am allowed to write whatever I feel. I can swear. I can be angry. I can be messy, contradictory, and honest. I can write about secret fears, quiet hopes, and desires I've never said out loud. This is my safe place. No one else will read it. No one else is judging my words. I don't have to be perfect.

Journalling is about self-exploration without judgement. After years of harsh self-criticism, returning to journalling again and again helped me see myself through a gentler lens. It was here that I slowly discovered self-compassion and, eventually, self-love.

In my early thirties, I could barely find the words to describe how I felt. Now, I'm proud to say I can name my emotions with clarity in almost any situation. Simply understanding what I'm feeling often brings relief—it's the first step toward addressing what's hard, and it also helps me truly notice what's good. This work has been quietly transformative. It's an ongoing, deeply human journey.

Early mornings are a powerful time to prepare for the day ahead—an opportunity to honour your priorities before the demands of the day take over. This is your chance to care for yourself as well as meet the needs of others. When you create your to-do list, make sure at least one item reflects your core values. Living in alignment with what matters most will help you feel more settled and content when the day comes to a close.

Limiting your to-do list to five items can feel challenging, but it's intentional. Anything you do beyond those five is a bonus—not a failure to do more. I used to generate endless lists where every completed task was immediately replaced with another, leaving me feeling like I was never done. Reducing expectations was a turning point.

Focus on doing the most important things first. Allow yourself to feel satisfied with what you've accomplished, and give yourself credit when you do more. A small shift in perspective can change how your entire day feels.

To assist you, I've included an emotion reference at the back of this journal for you to explore what you're feeling.

I hope that through this process, you too find moments of peace, joy, and a renewed sense of purpose.

With love,

Dominique

Date _____

How am I feeling this morning?



How charged is my battery right now?

Five priorities for today

- 1.
- 2.
- 3.
- 4.
- 5.

Which of these align with my core values?

Intention for the day

Today, I choose to show up with



Intention for the day

Today, I choose to show up with....

Today, I choose to show up with...

Today, I choose to focus on...

Today, I choose to protect...

Today, I choose to let go of...

Today, I choose to prioritise...

Today, I choose to be guided by...

Today, I choose to honour...

Today, I choose to give myself...

Today, I choose to do less of...

Today, I choose to do more of...

Today, I choose to respond with...

Today, I choose to be gentle about...

Today, I choose to trust...

Today, I choose to accept...

Today, I choose to lean into...

Today, I choose to create space for...

Today, I choose to notice...

Today, I choose to release...

Today, I choose to move toward...

Today, I choose to pause before...

Today, I choose to believe...



Intention for the day

Today, I choose to act in alignment with...

Today, I choose to meet challenges with...

Today, I choose to define success as...

Today, I choose to show myself...

Today, I choose to carry forward...

Today, I choose to care for...

Today, I choose to act in alignment with...

Today, I choose to meet challenges with...

Today, I choose to define success as...

Today, I choose to show myself...

Today, I choose to carry forward...

Today, I choose to care for...

Today, I choose to remain open to...

Today, I choose to forgive...

Today, I choose to begin with...





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