

NOTES

*A Gentle, Faith-Rooted
Companion*

TO SELF

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A Gentle, Faith-Rooted Companion

A self-care journal designed for reflection, healing, and alignment with God's truth.

As Written by Jai

Welcome

This is a gentle, faith-rooted companion for the woman learning to slow down and care for herself with intention.

In a world that often rewards striving and speed, this space invites something different—agreement. Agreement with what God already says about you. Agreement with truth, even when your thoughts resist it.

Self-care, as practiced here, is holistic. It honors your mind, your body, and your spirit — not as separate parts, but as one integrated life. The practices in these pages are not meant to be completed or mastered. They are meant to be returned to, especially on the days you feel tired, uncertain, or in need of grounding.

There is no urgency here. No performance. No right pace. Only gentle invitations to pause, reflect, and realign your inner dialogue with God's love.

Take a deep breath.

Begin where you are.

You are already held.

Begin Gently

An invitation to slow down and arrive with care

“Be still, and know that I am God.” – Psalm 46:10

Guided Terms

Self-care: A holistic approach to well-being includes taking care of your mental, emotional, spiritual, physical, environmental, recreational, and social well-being.

Gratitude: Connecting with the divine within. As a result of gratitude, you can feel more positive emotions, cherish pleasant experiences, feel healthier, overcome adversity, and build strong relationships.

Affirmation: Thoughts and words have power. Affirmations are short positive statements that one strives to incorporate into their lives. Use them to attract and achieve the goals, dreams, or experiences you desire.

Mantra: A word or sound repeated to assist meditation concentration. Faith and fidelity is deepened as the words become rooted in our hearts.

The Words You Live By

Shaping your inner dialogue with truth and grace

“Whatever is true... think about such things.” – Philippians 4:8

I am

LOVED

BEAUTIFUL

SMART

POWERFUL

YOUR DAILY DOSE
OF
Positive - Tea



*You are in charge of
what happens next.*



*You are worthy of great
things.*



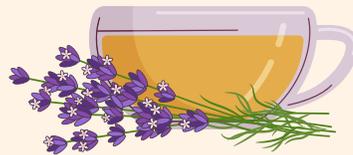
*You are capable of
achieving anything.*



*You have the courage
to move forward.*



*You are not your
mistakes.*



*You are loved and
appreciated.*

Remember this!

Be kind to
your mind



Returning to Gratitude

Grounding your heart in what is already present

“Give thanks in all circumstances.” – 1 Thessalonians 5:18

Date:

DAILY GRATITUDE

Today's Affirmation

3 Things You Are Grateful For
Today

3 Good Things Happened Today

Keep yourself
reminded

That
gratitude
leads to
humility



IT'S NOT HAPPINESS
THAT MAKES US
GRATEFUL, BUT
GRATITUDE THAT WILL
MAKE OUR LIVES HAPPY

"Be gentle
with yourself."





i am grateful for
everything i have,
everything i know,
everything i am.

Caring for What Holds You

Small rhythms that support your body and spirit

“Your body is a temple of the Holy Spirit.” – 1 Corinthians 6:19

journey to
self-love



**NOURISH
YOURSELF**

**WRITE A
LOVING LETTER
TO YOURSELF**

**EXPRESS
YOURSELF**

**START A
GRATITUDE
JOURNAL**

**MAKE
YOUR BODY
HAPPY**



SELF-CARE *planner*

There is no right way to fill this page.

Today's Focus

Acts of Self Care

To do List



10 Gentle Ways to Lift Your Spirit

1. Go outside for a daily walk



3. Spend more time with family & friends



2. Journal every morning



4. Take time to indulge in some pampering



5. Declutter your home



6. Practice positive affirmations



8. Read more books



7. Get more sleep every night

10. Schedule time for daily meditation



9. Take up yoga





SMALL PRACTICES TO TRY

Drink More
Water

Take A
Relaxing
Bath

Set Goals
For The Next
Month

Learn
A New Hobby

Find A New
Podcast To
Listen To

Write Out
A Bucket List

Get 8 Hours
Of Sleep

Read A
New
Book

Do 30
Minutes
Of Yoga

When Rest Is the Work

Honoring stillness as part of healing

“Come to me... and I will give you rest.” – Matthew 11:28

Gentle Ways to RESTORE

Have a
balanced
diet

Take control

Exercise

Drink a
cup of
warm tea

Listen to
calming
music



I AM WORTHY OF
BECOMING MY BEST
VERSION OF ME



Things I am Still Learning

**Growth can still be found in
stillness**

**Comfy clothes make
uncomfortable times more
comfortable**

**Taking a break
does not mean I'm a failure**

**Struggling does not mean
I'm failing**

**Not giving my mind time and
space to recharge is
unproductive**





**Taking Care
of Yourself
is Productive**



Becoming, *At Your Pace*

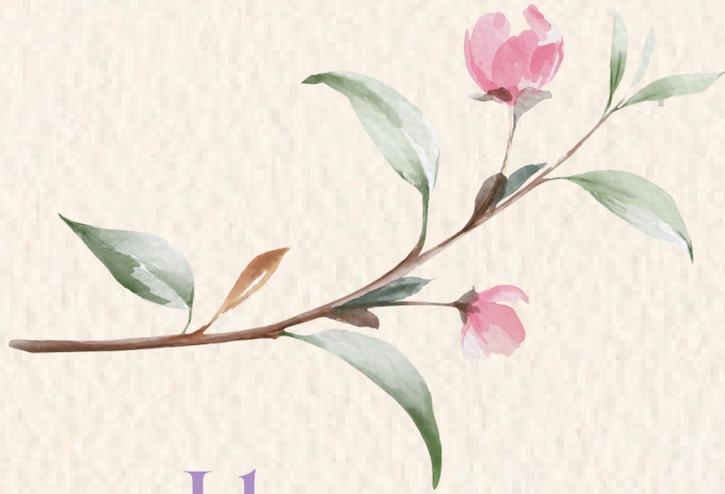
Allowing growth without pressure or comparison

“He who began a good work in you will carry it on to completion.”

– Philippians 1:6

Keep yourself
reminded

I am on a
journey to
becoming the
best version
of myself.



I honor
my space
by not
letting any
negativity
in.



You Are A Beautiful Flower

Keep Growing



LOVE
yourself

A Quiet Sending

Carrying truth with you, gently

Closing

Healing is not linear.

Some days you will feel steady and strong. Other days may feel tender, quiet, or uncertain. Both are part of the journey, and neither means you are failing.

If there is one thing to remember, let it be this: taking care of yourself is not a detour from faith or purpose. It is stewardship. Rest is not weakness. Stillness is not stagnation. Pausing is often where growth takes root.

Return to these pages whenever you need grounding. Let gratitude soften your heart. Let truth steady your thoughts. Let care become a practice, not a performance.

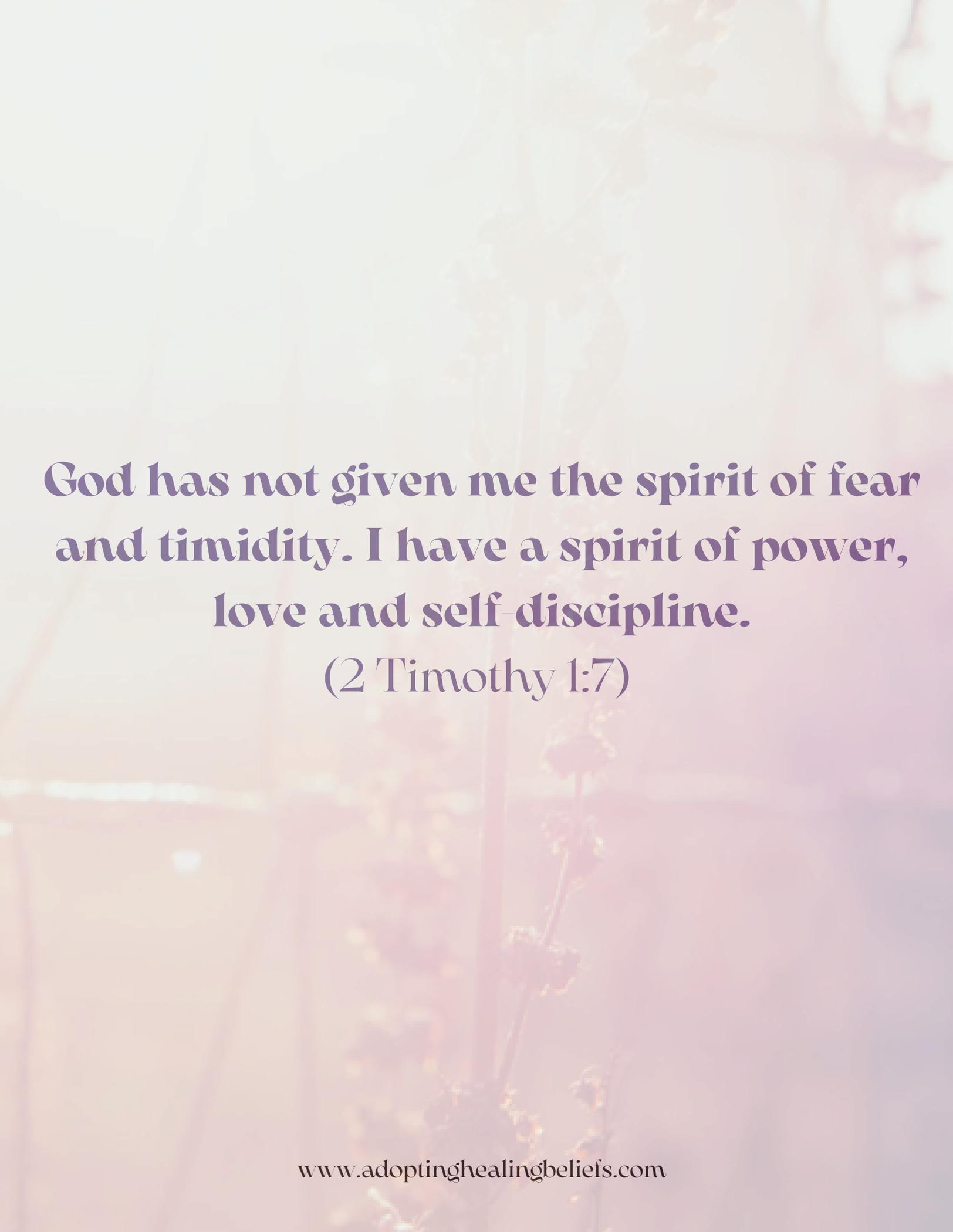
You do not need to rush becoming.

You are already deeply loved.

And you are allowed to grow at your own pace.

The image features three large, irregular watercolor splashes. The top-left splash is a mix of brown and green. The middle splash is a soft, light beige. The bottom-right splash is a mix of brown and green. The text is centered over the middle splash.

KEEP MOVING,
The best is yet to come".



**God has not given me the spirit of fear
and timidity. I have a spirit of power,
love and self-discipline.**

(2 Timothy 1:7)