

The background of the entire image is a dense, repeating pattern of sunflowers. The sunflowers are rendered in a light green, sketchy style, with their heads and petals clearly visible. They are scattered across the frame, creating a vibrant and naturalistic backdrop.

EMBRACING NEW BEGINNINGS: A JOURNALING COMPANION

Every day is a chance to begin again.
Use these prompts to step into
your next chapter with
courage, compassion, and clarity.

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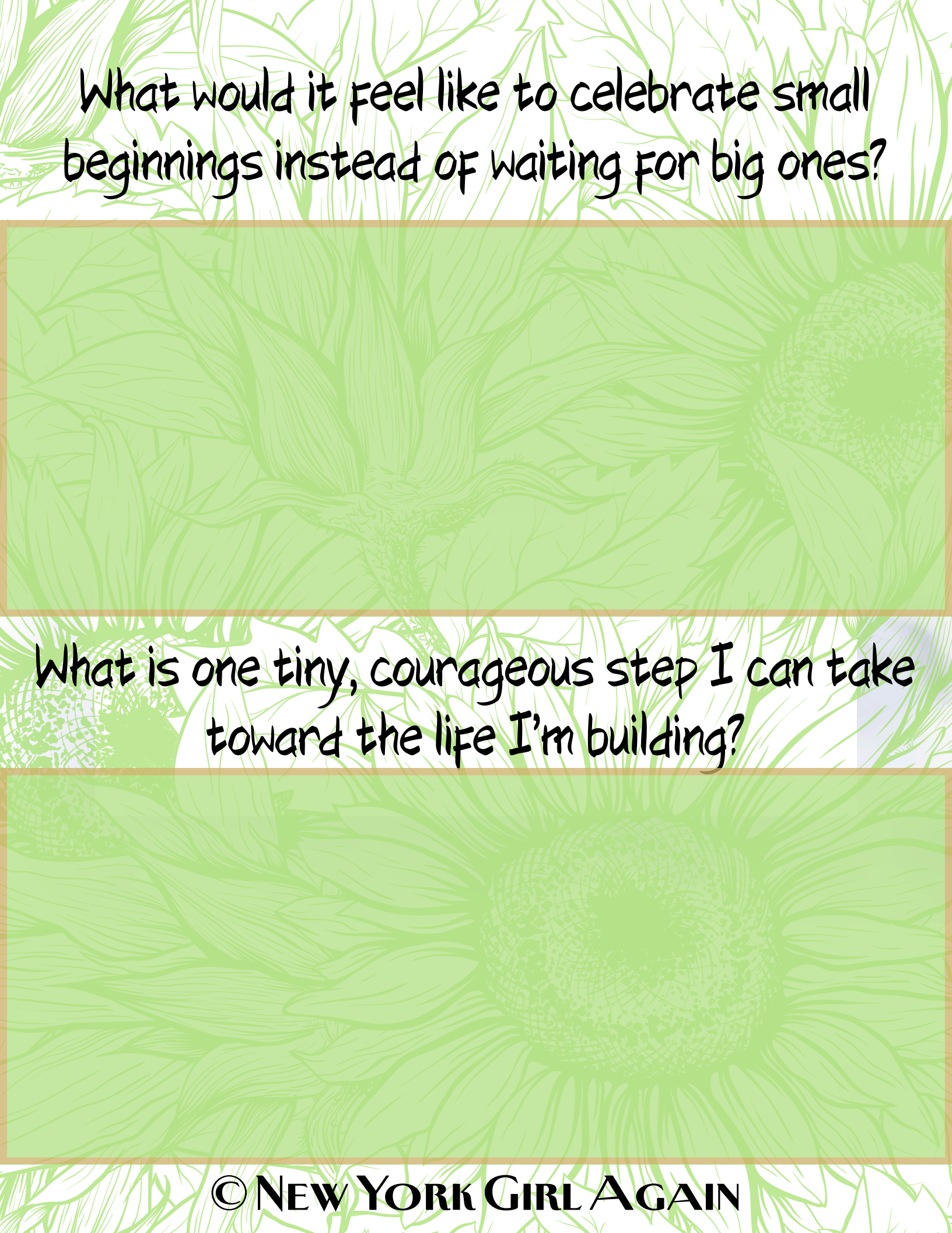
What part of my life is asking for a new beginning right now?

What old story or belief am I ready to release to make room for something new?



If I trusted that today is a fresh start,
how would I show up differently?

Where have I already quietly begun again
without even realizing it?

The background of the entire page is a dense, light green pattern of sunflowers and leaves. The sunflowers are stylized with many petals and detailed centers. The leaves are long and pointed, interspersed among the flowers. The overall effect is a vibrant, naturalistic texture.

What would it feel like to celebrate small beginnings instead of waiting for big ones?

What is one tiny, courageous step I can take toward the life I'm building?