

✨ Weekly Journal ✨

Releasing & Renewing

✨ Letting Go & Moving Forward ✨

Take a quiet moment for yourself and reflect on the following:

What is one thing from this past week that I need to release – an emotion, thought, or experience that no longer serves me?

How can I show up for myself this week with more peace, grace, and intention?

Write freely. Be honest. You are not your mistakes, You are your healing.

