A JOURNEY BACK TO SELF

# Welcome to your 28 days

This is a little space in your day that belongs to you. A place to notice how you feel, listen to yourself, appreciate what supports you and explore what you want to change. A place for your ordinary days, your dreams and the life you are beginning to imagine.

Allow 10-30 minutes a day. Spend around ten minutes with the short prompts, or stay longer when you want to write.

### Small practices count. One sentence is an achievement.

You may pause, repeat a day or return after time away. There is no catching up required. You do not have to feel inspired every time you open these pages.

## Make this space your own

You might bring a warm drink, sit beside a window, play gentle music or begin in silence. Throughout the journal, higher self can mean your spiritual self, your inner wisdom or the compassionate person you are becoming. Choose language that feels right to you.

Keep your eyes open if you prefer, breathe naturally and adapt any practice. If a question feels too much, leave it and write about what would support you today.

## Using your fillable journal

Type into the shaded spaces in a PDF reader that supports forms and save your own copy, or print these pages and write by hand. Your PDF stays with you unless you choose to share it. Save regularly; for longer entries, continue in your own notebook.

Dreams are optional. A scene, a person, an image or a feeling is enough. You can explore what it brings to mind without needing to find a meaning or message.

## For days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.

That counts as your practice. You are welcome here on the days you feel hopeful, on the days you feel uncertain, and on the days you simply begin again.

BEFORE DAY 1

# Your opening intention

**How does life feel for me right now?**

Choose something you can influence: how you speak to yourself, how you respond to requests, how often you rest or how you make room for joy.

**What is one thing I would like to change over these 28 days?**

**One small sign of change would be...**

## A short letter to your higher self

A few lines are enough. You do not need an answer today. Keep this letter to revisit on Day 28.

Dear higher self,
Right now, I am...
Something I find difficult to admit is...
Over these 28 days, I would love to...
What I most need guidance with is...

**My letter**

**DAY 01 / 28 - GROUND - 10-30 MINUTES**

# Arrive Where You Are

You do not need to arrive with everything worked out. There is room here for hope, tiredness, uncertainty and everything in between.

## Arrive

Feel your feet resting on the floor. Notice three things you can see. Ask: "What needs my attention today?"

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

How am I, really-and what is one thing I would like to feel or do differently?

If you need a beginning: "Today, I'm noticing..."

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 01 / 28 - GROUND - CONTINUED

# My small step today

## My affirmation

I can begin where I am and take one small step.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Choose one act of care connected to your answer. Perhaps five quiet minutes, a glass of water or asking for help with a task.

**Today, I will... - optional**

## Before sleep - optional

What did I notice when I tried my small step-or what made it difficult?

You showed up for yourself today. Let that count.

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

**DAY 02 / 28 - GROUND - 10-30 MINUTES**

# Notice What Supports You

Support can be easy to overlook when you are concentrating on everything that needs doing. Today, notice something that helps you through.

## Arrive

Hold a comforting object or rest your hands somewhere comfortable. Think of one person, place or everyday kindness you appreciate.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What helps me feel supported? Is there a kind of support I would like more of?

It might be practical help, company, encouragement or time alone.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 02 / 28 - GROUND - CONTINUED

# My small step today

## My affirmation

I am learning to notice and receive support.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Thank someone, accept a small offer of help or name one specific thing you need.

**Today, I will... - optional**

## Before sleep - optional

What helped me feel a little less alone or overloaded?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 03 / 28 - GROUND - 10-30 MINUTES

# Make a Little Space

You do not need to reorganise your whole life. Start with enough room to hear one thought of your own.

## Arrive

Imagine setting down a heavy bag. Let your shoulders settle, if that feels comfortable.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What is taking up the most space in my mind? What can wait, be shared or become a smaller task?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 03 / 28 - GROUND - CONTINUED

# My small step today

## My affirmation

I am allowed to make space for myself.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Clear one small surface, postpone one non-urgent task or leave five minutes unplanned.

**Today, I will... - optional**

## Before sleep - optional

What did I notice in the space I made?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 04 / 28 - GROUND - 10-30 MINUTES

# Rest Without Earning It

There may always be something left to do. Consider where rest could fit into an unfinished day.

## Arrive

Find a comfortable position. Let your hands relax. Spend a minute with nothing to complete.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What do I tell myself when I try to rest? What would a realistic pause look like today?

For example: "I worry that stopping means I'll fall behind."

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 04 / 28 - GROUND - CONTINUED

# My small step today

## My affirmation

I can make room for rest while life is still unfinished.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Take one deliberate pause. Sit by a window, listen to a song or enjoy a drink without doing another task.

**Today, I will... - optional**

## Before sleep - optional

What made resting easier or harder?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 05 / 28 - GROUND - 10-30 MINUTES

# Listen to Your Body

Give yourself a moment to notice your physical experience without needing to explain or change it.

## Arrive

Notice where your body meets the chair or floor. If looking inward feels uncomfortable, notice the room around you instead.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What sensations do I notice? Is there a simple need I could respond to?

You might notice thirst, hunger, tiredness, warmth or a wish to move.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 05 / 28 - GROUND - CONTINUED

# My small step today

## My affirmation

My body deserves attention and care.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Respond to one need with food, water, movement, warmth, quiet or rest.

**Today, I will... - optional**

## Before sleep - optional

What did I learn by paying attention?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 06 / 28 - GROUND - 10-30 MINUTES

# Come Back to This Moment

Your mind may be busy with yesterday or tomorrow. Give a little attention to the life happening around you now.

## Arrive

Study one ordinary object for a minute. Notice its colour, shape, texture and the light falling on it.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What has been pulling my attention away today? What would I like to be more present for?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 06 / 28 - GROUND - CONTINUED

# My small step today

## My affirmation

I can return my attention to what is here.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Give one everyday activity your attention: eating, washing your hands, walking or listening to someone.

**Today, I will... - optional**

## Before sleep - optional

Which moment did I experience more fully?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

**DAY 07 / 28 - GROUND - 10-30 MINUTES**

# Notice Your Beginning

Your first weekly review.

You have spent a week making room for yourself. Notice what you have discovered, including anything that has been difficult.

## Arrive

Read one sentence you wrote earlier this week. Pause and acknowledge the person who wrote it.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

- What have I noticed about myself?
- Which small practice helped-or needs adapting?
- What is one thing I want to carry into next week?

Return briefly to your opening intention. Has your understanding of it changed?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 07 / 28 - GROUND - CONTINUED

# My small step today

## My affirmation

My small efforts are worth recognising.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Repeat your most useful practice from this week.

**Today, I will... - optional**

## Before sleep - optional

What can I give myself credit for today?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 08 / 28 - CLEAR - 10-30 MINUTES

# Name the Story

A familiar thought can begin to sound like the whole truth. Today, put one thought on the page where you can examine it.

## Arrive

Write down a repeated thought. Read it with the words: "I notice I'm having the thought that..."

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What does this thought lead me to believe about myself? When does it show up, and is it always accurate?

Choose an everyday example rather than the hardest experience in your life.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 08 / 28 - CLEAR - CONTINUED

# My small step today

## My affirmation

I can be curious about the stories I tell myself.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Notice this thought once today without immediately treating it as a fact.

**Today, I will... - optional**

## Before sleep - optional

What did I notice about when it appeared?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 09 / 28 - CLEAR - 10-30 MINUTES

# Find Words You Can Believe

Your affirmation can be gentle and believable. You do not have to leap from self-doubt to complete confidence.

## Arrive

Read yesterday's thought. Imagine responding to someone you care about who believes the same thing.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What would be a fairer, kinder statement? What small piece of evidence supports it?

For example: "I always get things wrong" could become "I make mistakes, and I can learn and repair."

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 09 / 28 - CLEAR - CONTINUED

# My small step today

## My affirmation

I am learning to speak to myself fairly.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Write your own affirmation and use it once when the old thought appears.

**Today, I will... - optional**

## Before sleep - optional

Did my new words feel believable? How could I adjust them?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 10 / 28 - CLEAR - 10-30 MINUTES

# Make Room for Repair

If something needs your attention, choose a response that helps you move forward. Repeating a harsh judgement may leave you with no next step.

## Arrive

Rest your hands comfortably. Ask: "What would help me respond with honesty and care?"

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

Is there something I want to repair? What is mine to take responsibility for, and what is outside my control?

You can keep this private and choose a manageable example.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 10 / 28 - CLEAR - CONTINUED

# My small step today

## My affirmation

I can take responsibility while treating myself with care.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Take one useful step: correct a small mistake, change a habit or draft words you may want to say.

**Today, I will... - optional**

## Before sleep - optional

What helped me move towards repair or understanding?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 11 / 28 - CLEAR - 10-30 MINUTES

# Hear Your Own Yes and No

Your preferences deserve a place in your decisions. Practise hearing them before responding automatically.

## Arrive

Quietly try: "Let me think about that and get back to you."

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

Where have I agreed to something I did not have capacity for? What response would have been more honest?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 11 / 28 - CLEAR - CONTINUED

# My small step today

## My affirmation

I can pause and consider my needs before I answer.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Use a pause or a small boundary in a situation where it feels safe to do so.

For example: "I can help for twenty minutes."

**Today, I will... - optional**

## Before sleep - optional

What was it like to make room for my own preference?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 12 / 28 - CLEAR - 10-30 MINUTES

# Return to Your Own Path

Other people's lives can spark ideas and stir up longing. Explore what that longing tells you about your own wishes.

## Arrive

Turn your phone face down for a moment. Ask: "What matters to me when there is no audience?"

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

When I compare myself with someone else, what do I imagine they have? Is that something I truly want?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 12 / 28 - CLEAR - CONTINUED

# My small step today

## My affirmation

I can choose a life that reflects what matters to me.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Spend five minutes on one personal interest, or take a break from an account that leaves you feeling diminished.

**Today, I will... - optional**

## Before sleep - optional

Which choice felt more like my own?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 13 / 28 - CLEAR - 10-30 MINUTES

# Share the Load

Some responsibilities belong to you. Others can be shared, renegotiated or returned. Explore one small part of what you carry.

## Arrive

Imagine your responsibilities as objects on a table. Choose one to look at today.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What am I carrying alone that could reasonably be shared? What keeps me from asking?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 13 / 28 - CLEAR - CONTINUED

# My small step today

## My affirmation

I can care for others and make room for support.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Make one specific request or clarify who is handling a task.

For example: "Could you make dinner on Thursday?"

**Today, I will... - optional**

## Before sleep - optional

What did I learn about asking, sharing or letting someone help?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 14 / 28 - CLEAR - 10-30 MINUTES

# Recognise a New Choice

Your second weekly review.

An old habit may still appear. Notice whether there is a moment when you can pause, understand it or respond differently.

## Arrive

Recall one moment this week when you noticed a familiar thought or reaction.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

- Which pattern am I beginning to recognise?
- Have I tried a different response? What happened?
- What would make that response easier next time?

If you have not tried it yet, choose a smaller step.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 14 / 28 - CLEAR - CONTINUED

# My small step today

## My affirmation

Each time I notice, I have something new to work with.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Complete this sentence: "When ___ happens, I will try ___."

**Today, I will... - optional**

## Before sleep - optional

Where did I have even a little more choice today?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 15 / 28 - RECONNECT - 10-30 MINUTES

# Meet Yourself Beyond the Roles

You may spend much of your time responding to what other people need. Today, include something of your own.

## Arrive

Say your name quietly. Ask: "What would I like to know about myself again?"

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

Beyond my responsibilities, what interests, qualities or pleasures feel like me? Which one would I like to make room for?

If the answer is unclear, begin with something you are curious to try.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 15 / 28 - RECONNECT - CONTINUED

# My small step today

## My affirmation

My interests and wishes deserve a place in my life.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Spend ten minutes with one interest simply because it is yours.

**Today, I will... - optional**

## Before sleep - optional

What felt familiar, surprising or enjoyable?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 16 / 28 - RECONNECT - 10-30 MINUTES

# Welcome a Little Joy

Joy can be quiet: a song, a laugh, a colour, something beautiful you almost walked past. Let today include a small pleasure.

## Arrive

Remember a pleasant moment, or look for something you enjoy around you now.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What brings me enjoyment these days? Is there something playful I would like to try or return to?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 16 / 28 - RECONNECT - CONTINUED

# My small step today

## My affirmation

I can make room for moments of enjoyment.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Choose one small pleasure without asking it to be useful.

**Today, I will... - optional**

## Before sleep - optional

What did I enjoy-or what might I try differently next time?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 17 / 28 - RECONNECT - 10-30 MINUTES

# Listen With Curiosity

Spiritual listening can begin with a quiet question. Give your inner response attention while leaving room for uncertainty and practical information.

## Arrive

Sit quietly or look out of a window. Ask your higher self: "What would be a kind, honest next step?"

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What comes to mind? Is this a preference, a hope, a fear or something I need more information about?

You do not have to decide immediately.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 17 / 28 - RECONNECT - CONTINUED

# My small step today

## My affirmation

I can listen to myself and take time to understand.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Make one low-risk choice that reflects your preference, or gather information before deciding.

**Today, I will... - optional**

## Before sleep - optional

What did I learn about my own voice?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 18 / 28 - RECONNECT - 10-30 MINUTES

# Honour What Has Carried You

Think of a quality you have used through life. Consider how you would like to use it in the days ahead.

## Arrive

Picture yourself at an earlier age, or simply remember a past version of yourself. Offer one sentence of appreciation.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

Which quality has helped me through? How could it now support enjoyment, connection or something I want to create?

For example, resourcefulness might help you begin a project with what you already have.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 18 / 28 - RECONNECT - CONTINUED

# My small step today

## My affirmation

I can use my strengths in ways that nourish my life.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Use one strength for something personally meaningful.

**Today, I will... - optional**

## Before sleep - optional

How did it feel to use that quality today?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 19 / 28 - RECONNECT - 10-30 MINUTES

# Keep a Small Promise

Choose a promise that fits your actual day. Give yourself the experience of following through with care.

## Arrive

Ask: "What is realistic for me today, with the time and energy I have?"

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What promise could I keep? What might get in the way, and how could I make it smaller?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 19 / 28 - RECONNECT - CONTINUED

# My small step today

## My affirmation

I am learning to make commitments I can honour.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Keep your small promise. If circumstances change, consciously adjust it.

For example, a planned walk might become two minutes outside.

**Today, I will... - optional**

## Before sleep - optional

Did my promise fit my day? What would help tomorrow?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 20 / 28 - RECONNECT - 10-30 MINUTES

# Let Yourself Want

Give one desire room on the page before deciding what to do about it.

## Arrive

Imagine telling a kind, interested person what you would love more of in your life.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What do I want more of? What feeling or value sits beneath that desire?

A wish to travel might hold curiosity, freedom, rest or adventure.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 20 / 28 - RECONNECT - CONTINUED

# My small step today

## My affirmation

I am allowed to acknowledge what I want.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Find one small way to honour the value beneath your desire today.

**Today, I will... - optional**

## Before sleep - optional

What happened when I took my wish seriously?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 21 / 28 - RECONNECT - 10-30 MINUTES

# Notice What Feels Like You

Your third weekly review.

Look for the moments when you felt more able to express a preference, enjoy something or act on what matters to you.

## Arrive

Read your opening intention. Notice what still fits and what you would now describe differently.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

- When did I feel most like myself this week?
- What have I learned about my needs or values?
- What would I like to make more room for?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 21 / 28 - RECONNECT - CONTINUED

# My small step today

## My affirmation

I can let what I learn about myself guide my choices.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Choose one value and one way to practise it tomorrow.

For example: "Connection-have an unhurried conversation."

**Today, I will... - optional**

## Before sleep - optional

What part of myself am I glad to be getting to know?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 22 / 28 - EXPAND - 10-30 MINUTES

# Imagine an Ordinary Beautiful Day

A vision can help you explore what matters. Give attention to how you want daily life to feel.

## Arrive

Imagine an ordinary day in a life that suits you. You can write, picture it or simply list a few words.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

Where am I? Who is around me? What is the pace of my day? What do I have time for?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 22 / 28 - EXPAND - CONTINUED

# My small step today

## My affirmation

I give myself permission to imagine a life that fits me.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Bring one small detail from that imagined day into today.

**Today, I will... - optional**

## Before sleep - optional

Which detail mattered more than I expected?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 23 / 28 - EXPAND - 10-30 MINUTES

# A Letter From Your Future Self

Let this be an exercise in imagination. Explore the encouragement you might offer yourself a year from now.

## Arrive

Picture your future self sitting beside you with warmth and understanding.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

Write a short letter beginning:

Dear me,
I'm glad you began...
One small choice that mattered was...
Something you learned to make room for was...
Please remember...

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 23 / 28 - EXPAND - CONTINUED

# My small step today

## My affirmation

I can take a small step towards the future I hope for.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Choose one practical step suggested by your letter.

**Today, I will... - optional**

## Before sleep - optional

Which sentence would I like to remember?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 24 / 28 - EXPAND - 10-30 MINUTES

# Practise Receiving

Receiving may bring gratitude, discomfort or both. Explore a form of support or kindness you would welcome.

## Arrive

Rest your hands open, if comfortable. Ask: "What am I willing to receive today?"

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What do I often deflect-a compliment, help, affection or an opportunity? What would make receiving it feel comfortable and freely chosen?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 24 / 28 - EXPAND - CONTINUED

# My small step today

## My affirmation

I can accept kindness while honouring my boundaries.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Accept one welcome kindness with a simple "thank you," or ask for help you would value.

**Today, I will... - optional**

## Before sleep - optional

What feelings came up when I received-or considered receiving?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 25 / 28 - EXPAND - 10-30 MINUTES

# Give Your Intention a Next Step

Choose one wish from these pages and make its next step clear enough to begin.

## Arrive

Read something you wrote about the life you want. Bring your attention to what you can influence today.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

What is one action I can take? When and where will I do it? What might help me begin?

For example: "After lunch, I will spend ten minutes finding information about the course."

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 25 / 28 - EXPAND - CONTINUED

# My small step today

## My affirmation

I can begin before I have the whole plan.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Take your step, or reduce it until it fits.

**Today, I will... - optional**

## Before sleep - optional

What did taking action teach me?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 26 / 28 - EXPAND - 10-30 MINUTES

# Notice Your Kind of Abundance

Consider what makes life feel rich to you: time, friendship, creativity, money, rest, meaning, support or choice.

## Arrive

Look around and notice something you value. Allow yourself a moment to appreciate its place in your life.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

Where do I already feel nourished? Which area needs more care, resources or support?

You can name something missing without judging yourself for its absence.

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 26 / 28 - EXPAND - CONTINUED

# My small step today

## My affirmation

I can appreciate what I have and seek what I need.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Spend ten minutes tending one area, or identify a person or resource that could help.

**Today, I will... - optional**

## Before sleep - optional

What does "enough" or "more" mean to me today?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

DAY 27 / 28 - EXPAND - 10-30 MINUTES

# The 333 Intention Practice

Bring spiritual intention and practical action together. Use this as a way to explore possibility, with space for life to unfold differently from your plans.

## Arrive

Take three comfortable breaths, or notice three things around you.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

1. My intention: What would I like to welcome or move towards?
2. Its meaning: Why does this matter to me?
3. My action: What is one step within my control?

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 27 / 28 - EXPAND - CONTINUED

# My small step today

## My affirmation

I am open to possibility and willing to take my next step.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Take that action. Notice opportunities without needing every event to be a sign.

**Today, I will... - optional**

## Before sleep - optional

What did I do, notice or learn? What remains outside my control?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

**DAY 28 / 28 - EXPAND - 10-30 MINUTES**

# Return to Yourself

Today, make room for an honest ending. You may notice change, unanswered questions or a clearer sense of what you need next.

## Arrive

Sit somewhere comfortable, perhaps beside natural light. Read your opening intention and letter.

**A dream I remember and how I felt when I woke - optional**

## Three things I appreciate

Choose something specific, however small. One thing is enough on a difficult day. Appreciation can sit alongside sadness, frustration or uncertainty.

**Today I appreciate...**

## My day, in my own words

Write from your own voice, or imagine your compassionate higher self responding.

Dear me,
Looking back, I notice...
Something I understand more clearly is...
Something that still needs care is...
I want you to remember...
My next small step is...

**Use today's question, or write what happened, what stayed with you and what you need.**

DAY 28 / 28 - EXPAND - CONTINUED

# My small step today

## My affirmation

I can carry what helps me forward and keep learning.

Use the suggestion or choose words you can believe. Try: I am learning to... / I can take one small step towards... / Today, I give myself permission to...

**My own affirmation - optional**

## Live it

Complete your closing reflection below.

**Today, I will... - optional**

## Before sleep - optional

What do I want to thank myself for?

One sentence will do. If you journal in the morning, you can answer this the next day instead.

**My evening reflection**

## For the days when one sentence is enough

Today I feel ___, and one kind thing I can do for myself is ___.
That counts as your practice.

YOUR CLOSING REFLECTION

# Look back with honesty

There is no particular result you need to report. A quiet realisation matters too, and it is okay if change is still unfolding.

**The change I hoped for was...**

**What I notice now is...**

**One real example from my life is...**

**What has been my biggest change, however small?**

**What have I realised about myself?**

**Have I had a breakthrough or a moment when something clicked? If so, what was it?**

**Something that still needs support or attention is...**

WHAT I WILL CARRY FORWARD

# My Freedom Declaration

Write words that feel honest enough to live by. You can change them as you grow.

I choose to make more room for...
I give myself permission to...
A boundary or value I want to honour is...
When things become difficult, I can...

**My declaration**

**Up to three practices I want to carry forward - one is enough**

**I will practise ___ after/before ___, for ___ minutes.**

**If I miss a day, I will...**

**A person or source of support I can turn to is...**

You can return to these pages whenever you need a little space to listen.

ONE FINAL INVITATION - OPTIONAL

# What have these 28 days meant to you?

Please leave a testimonial about your experience. A few honest sentences may help someone else decide whether this journey is for them.

What has been your biggest change? What have you realised about yourself? Was there a breakthrough or a small moment when something clicked? Share whichever feels meaningful to you. There is no need to describe a breakthrough if you have not had one.

Before this journey, I...
My biggest change or realisation has been...
A moment that stayed with me was...
What I would tell someone considering this journal is...

**My testimonial draft - this is not automatically sent**

## Leave my testimonial

Return to Day 28 of your online journal, mark the day complete and use the optional testimonial form. You may leave your name blank. The form asks for permission before your testimonial can be published. Your email and private journal entries remain private.

**Open my online journal and leave a testimonial**