

A PRINTABLE GUIDED JOURNAL

30-Day Self-Reflection Journal

Get to know yourself, one page at a time.

INSIDE THIS PACK

- Main title: "30-Day Self-Reflection Journal" (largest text on page)
- Tagline directly beneath: "Get to know yourself, one page at a time."
- Lower third of page, two fill-in lines:
- Field label: "This journal belongs to:" followed by one blank line
- Field label: "Started on:" followed by one short blank line (date length)
- No author name, credentials, or brand name anywhere on the cover.

How to Use This Journal

Welcome. This journal gives you a simple structure for 30 days of honest reflection. You do not need any experience with journaling. You just need a pen and about 10 to 15 minutes a day.

What's inside

1. **Your Values Compass** — a one-time opening exercise. Do this first, before Day 1. It helps you notice what matters most to you, so the next 30 days have a direction.
2. **Monthly Mood Tracker** — one page you fill in a little each day. Over time it becomes a picture of your month.
3. **Daily Page** — the heart of the journal. Print 30 copies of this page (or reuse it digitally). Each day, pair it with one prompt from the 30 Daily Reflection Prompts list.
4. **30 Daily Reflection Prompts** — one question for each day. Go in order, or pick the one that fits your day.
5. **Weekly Check-In** — print 4 copies. Fill one in at the end of each week (after Days 7, 14, 21, and 28).
6. **30 Days Later** — your closing reflection. Fill it in after Day 30, with your Day 1 page beside you.

A simple daily rhythm

- **Morning (2–3 minutes):** Fill in your intention and your one-line gratitude.
- **Anytime (5–10 minutes):** Respond to the day's prompt.
- **Evening (3–5 minutes):** Complete the evening reflection and rate your energy and mood. Mark today on your mood tracker.

Why this works

Research in psychology points to a few reasons small daily reflection helps. Putting feelings into words tends to lower their intensity — naming an emotion makes it easier to manage. Noticing what went well trains your attention to catch good moments you might otherwise miss. And tracking your mood over time helps you spot patterns — like which days, habits, or situations tend to lift you up or wear you down. Patterns are hard to see one day at a time. They get much clearer over 30 days.

Gentle ground rules

- **There is no wrong way to do this.** Short answers count. Messy handwriting counts.
- **Missed a day? Just start again.** Skip the guilt. The streak is not the point — the noticing is.
- **Be honest, not impressive.** No one is grading this. Write for you.
- **If a prompt stirs up something heavy,** it is okay to stop, take a break, or skip it. This journal is a tool for reflection, not a test of endurance.

Printing tip: Print pages single-sided on standard letter paper (8.5 x 11 in). You will need 1 copy of most pages, 30 copies of the Daily Page, and 4 copies of the Weekly Check-In.

Your Values Compass

Complete this page before Day 1.

Values are the things that matter most to you — not goals you finish, but directions you steer by. Knowing your values makes daily choices clearer. This exercise takes about 15 minutes.

Step 1 — Circle what resonates

Read the 30 values below. Circle every one that feels important to you. There is no limit in this step.

Design note: display as a 3-column x 10-row grid of circle-able words, in this exact order:

Community Growth	Spirituality Patience	Fairness Respect	Loyalty Responsibility	Humor Self-Care	Ambition Simplicity	Balance Stability	Courage Curiosity	Generosity Compassion	Gratitude Freedom

Step 2 — Narrow to your top 5

Look at everything you circled. If you could only keep five, which five would you keep? Write them below, in any order.

Design note: 5 numbered blank lines, labeled "1." through "5."

Step 3 — Bring them to life

Fill in the table below for each of your top 5 values.

Table structure — 3 columns, 5 rows (plus header row):

My value	What it means to me	One small way I could live it this month
(row 1)		
(row 2)		
(row 3)		
(row 4)		
(row 5)		

Design note: each cell should allow 2–3 lines of handwriting.

Step 4 — Reflection questions

Design note: each question is followed by 3 blank writing lines.

1. Which of your top 5 values gets the most of your time and energy right now? How can you tell?
2. Which one gets the least? What tends to crowd it out?
3. Think of a recent decision you felt good about. Which value were you honoring?
4. If the next 30 days honored your number one value a little more, what might look different in your daily life?

Monthly Mood Tracker

Fill in one row each evening. At the end of the month, look for patterns — not perfection.

Field at top of page: "Month:" followed by one short blank line.

Mood Key (display as a legend box above the grid)

- **1 = Very low** — heavy, drained, struggling
- **2 = Low** — flat, down, off
- **3 = Okay** — steady, neutral, getting through
- **4 = Good** — upbeat, engaged, content
- **5 = Great** — energized, bright, thriving

The Grid

Table structure — 7 columns, 31 rows (plus header row). Columns are:

Day	1	2	3	4	5	One word for today
1	○	○	○	○	○	
2	○	○	○	○	○	
...						
31	○	○	○	○	○	

- **Column 1 ("Day"):** pre-printed numbers 1 through 31, one per row.
- **Columns 2–6 ("1" to "5"):** each cell contains one empty circle. The user fills in or colors the circle that matches their mood for that day. (Alternative for a coloring-style design: plain empty squares to shade in.)
- **Column 7 ("One word for today"):** a short blank cell for a single handwritten word.

Instruction line printed under the grid: "Each evening, fill the circle that matches your mood, then capture the day in one word. Skipped a day? Leave the row blank and keep going."

Reflection footer (bottom of page), 2 blank lines after each question:

1. Halfway through the month: what do you notice so far?
2. End of the month: which days scored highest — and what did they have in common?

DAY 1 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Describe yourself in three words today. Why did you choose each one?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 2 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What made you smile recently? Slow the moment down and describe it in detail.

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 3 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Who in your life helps you feel calm? What do they do or say that helps?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 4 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Name the strongest emotion you felt today. Where did you notice it in your body?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 5 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What is one small habit you would like to build? What would the first tiny step look like?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 6 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Write a short note to yourself the way you would write to a good friend who had a hard day.

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 7 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

When do you feel most like yourself? What are you usually doing?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

Weekly Check-In — Week 1

Print 4 copies — one for the end of each week (after Days 7, 14, 21, and 28). Look back over your last seven Daily Pages before you begin.

Header row (top of page, on one line):

- Field label: "Week" + short blank + "of 4"
- Field label: "Date:" + short blank line

Warm-up field: "This week in one word:" followed by one short blank line.

Four main fields, in this order. Design note: each field label is followed by 4 blank writing lines, except the last which has 3.

1. **Field label:** "My proudest moment this week:"

(Small helper text under the label: "Big or small — what made you quietly glad?")

2. **Field label:** "My biggest challenge this week:"

(Helper text: "What was hard, and how did you get through it?")

3. **Field label:** "A pattern I noticed:"

(Helper text: "Flip back through your daily pages and mood tracker. What keeps showing up — a feeling, a situation, a time of day?")

4. **Field label:** "My intention for next week:"

(Helper text: "One small, doable focus. Bonus: connect it to one of your top 5 values.") — 3 blank writing lines

DAY 8 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Think of a recent disagreement. What might the other person have been feeling?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 9 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What is one worry you are carrying right now? Is it something you can act on, or something you need to set down?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 10 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What is a mistake that taught you something useful? What did it teach you?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 11 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What is one thing your body did for you today? Thank it in writing.

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 12 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What drains your energy the fastest? What refills it?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 13 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Who have you not spoken to in a while but still think about? What stops you from reaching out?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 14 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Describe a moment today when your mood shifted. What happened right before?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

Weekly Check-In — Week 2

Print 4 copies — one for the end of each week (after Days 7, 14, 21, and 28). Look back over your last seven Daily Pages before you begin.

Header row (top of page, on one line):

- Field label: "Week" + short blank + "of 4"
- Field label: "Date:" + short blank line

Warm-up field: "This week in one word:" followed by one short blank line.

Four main fields, in this order. Design note: each field label is followed by 4 blank writing lines, except the last which has 3.

1. **Field label:** "My proudest moment this week:"

(Small helper text under the label: "Big or small — what made you quietly glad?")

2. **Field label:** "My biggest challenge this week:"

(Helper text: "What was hard, and how did you get through it?")

3. **Field label:** "A pattern I noticed:"

(Helper text: "Flip back through your daily pages and mood tracker. What keeps showing up — a feeling, a situation, a time of day?")

4. **Field label:** "My intention for next week:"

(Helper text: "One small, doable focus. Bonus: connect it to one of your top 5 values.") — 3 blank writing lines

DAY 15 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

If you felt a little braver, what is one thing you would try this month?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 16 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What is a standard you hold yourself to that you would never expect from a friend?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 17 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What does a good day look like for you? Name three small ingredients.

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 18 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What is one way someone showed you care this week? How did you respond?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 19 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What do you usually do when you feel stressed? Is it truly helping, or just distracting you?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 20 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What is something you used to struggle with that feels easier now? How did that change happen?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 21 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Finish this sentence five different ways: "It's okay that I..."

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

Weekly Check-In — Week 3

Print 4 copies — one for the end of each week (after Days 7, 14, 21, and 28). Look back over your last seven Daily Pages before you begin.

Header row (top of page, on one line):

- Field label: "Week" + short blank + "of 4"
- Field label: "Date:" + short blank line

Warm-up field: "This week in one word:" followed by one short blank line.

Four main fields, in this order. Design note: each field label is followed by 4 blank writing lines, except the last which has 3.

1. **Field label:** "My proudest moment this week:"

(Small helper text under the label: "Big or small — what made you quietly glad?")

2. **Field label:** "My biggest challenge this week:"

(Helper text: "What was hard, and how did you get through it?")

3. **Field label:** "A pattern I noticed:"

(Helper text: "Flip back through your daily pages and mood tracker. What keeps showing up — a feeling, a situation, a time of day?")

4. **Field label:** "My intention for next week:"

(Helper text: "One small, doable focus. Bonus: connect it to one of your top 5 values.") — 3 blank writing lines

DAY 22 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What part of your daily routine happens on autopilot? What would change if you did it with full attention?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 23 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What kind of support is easiest for you to give? What kind is hardest for you to accept?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 24 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Write about a feeling you tend to avoid. What might it be trying to tell you?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 25 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Imagine yourself one year from now. What advice would that future you give you today?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 26 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Describe one thing you did today that was good enough. Why is good enough okay?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 27 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What belief about yourself have you carried since childhood? Does it still fit who you are now?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 28 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Who do you want to thank, and for what? Write the thank-you here, even if you never send it.

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

Weekly Check-In — Week 4

Print 4 copies — one for the end of each week (after Days 7, 14, 21, and 28). Look back over your last seven Daily Pages before you begin.

Header row (top of page, on one line):

- Field label: "Week" + short blank + "of 4"
- Field label: "Date:" + short blank line

Warm-up field: "This week in one word:" followed by one short blank line.

Four main fields, in this order. Design note: each field label is followed by 4 blank writing lines, except the last which has 3.

1. **Field label:** "My proudest moment this week:"

(Small helper text under the label: "Big or small — what made you quietly glad?")

2. **Field label:** "My biggest challenge this week:"

(Helper text: "What was hard, and how did you get through it?")

3. **Field label:** "A pattern I noticed:"

(Helper text: "Flip back through your daily pages and mood tracker. What keeps showing up — a feeling, a situation, a time of day?")

4. **Field label:** "My intention for next week:"

(Helper text: "One small, doable focus. Bonus: connect it to one of your top 5 values.") — 3 blank writing lines

DAY 29 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

What has brought you a sense of peace lately? How could you make more room for it?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

DAY 30 OF 30

Daily Reflection

Date: _____

MORNING INTENTION

Today, I want to be someone who...

ONE THING I'M GRATEFUL FOR

TODAY'S PROMPT

Look back at your very first entry. What has changed in how you think, feel, or act over these 30 days?

EVENING REFLECTION

What went well today?

What was hard?

One thing I learned:

Energy today (1–10): 1 2 3 4 5 6 7 8 9 10

Mood today (1–10): 1 2 3 4 5 6 7 8 9 10

30 Days Later

Your closing reflection. Before you begin, place your Day 1 page and your Values Compass beside you, and take a slow look at your Monthly Mood Tracker.

Header field: "Date:" + short blank line.

Design note: each field label below is followed by the number of blank writing lines shown in parentheses.

1. **Field label:** "Rereading my Day 1 page, the person who wrote it was feeling..."

2. **Field label:** "Today, on Day 30, I am feeling..."

3. **Field label:** "The biggest change I notice in myself:"

4. **Field label:** "A pattern these 30 days revealed:" (*Helper text: "Check your mood tracker and weekly check-ins for clues."*)

5. **Field label:** "A value from my Values Compass that I lived more fully this month:"

6. **Field label:** "Something that was hard on Day 1 that feels different now:"

7. **Field label:** "What I want to carry forward from this month:

8. **Field label:** "A short note to my future self:" (*Helper text: "Whatever you most need to remember — kindness counts double here."*)

Closing text box (printed at the bottom of the page):

"Thirty days of noticing is a real accomplishment. Whether you filled every page or just a few, you paid attention to your own life — and that is where change begins. If this practice served you, you can print a fresh set of pages and begin again. The questions will meet you wherever you are."

Please Read: About This Journal

What this journal is — and what it is not

This journal is an educational self-help tool. It offers structured prompts for personal reflection, drawn from widely used ideas in psychology and self-help practice.

It is **not** psychotherapy, counselling, or medical or mental-health treatment of any kind. Using this journal does **not** create a therapist–client or any other professional relationship. No part of this material is advice for your specific situation.

This journal is **not a substitute for professional care**. If you are experiencing ongoing low mood, anxiety, trauma, grief, or any mental-health concern — or if journaling brings up feelings that are hard to manage — please reach out to a qualified mental-health professional or your primary care provider. Asking for help is a strength, not a failure.

Self-reflection can sometimes stir up difficult emotions. Go at your own pace, skip anything that feels like too much, and stop if you need to.

If you need support right now

If you are in crisis, thinking about suicide or self-harm, or worried about someone else:

- **Canada and the United States:** Call or text **988** — the 988 Suicide & Crisis Lifeline. Free, confidential, and available 24 hours a day, 7 days a week.
- **United States (text option):** Text **HOME** to **741741** to reach the Crisis Text Line.
- **Immediate danger:** Call **911** or go to your nearest emergency department.

You do not have to be in a life-threatening situation to reach out. If you are struggling, these services are there for you.

This product is for personal use only. All content is original.

Design note: the crisis resources block should be visually prominent — set inside a bordered or shaded box so it can be found at a glance.