A 30-DAY GENTLE JOURNAL

Rediscover Her

One small question a day
to hear yourself again

Become Her Quietly
stan.store/Becomeherquietly

Welcome, friend

You have spent a long time taking care of everything else.

Your work. Your family. Your healing. Your bills. Your to-do list.

This journal is a small, quiet space that is only for you.

For 30 days, you will answer one gentle question. It takes about 5 minutes. Some days you will write a lot. Some days you will write one word. Both are perfect.

There are no wrong answers here. No grades. No rush.

You are not starting over. You are coming home to yourself.

With love,
Become Her Quietly

How to use this journal

1

Read the question.

Read it slowly. Read it twice if you like.

2

Write what comes.

Type in the box, or print the page and write by hand.

3

Pick one word for today.

One word that holds how you feel.

Gentle reminders

- Missed a day? Just pick up where you left off.
- Tired today? One word is enough.
- Feeling something big? Pause, breathe, and come back later.
- To save your typing, use File, then Save.

My starting point

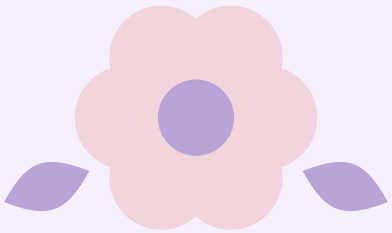
Before you begin, take a quiet snapshot of today.

Date I began: _____

Right now, I feel...

I am hoping this journal helps me...

One word for who I am today:



WEEK 1

Notice

This week, simply notice how you feel. Nothing to fix.

THIS WEEK'S AFFIRMATION

I am allowed to slow down and listen to myself.

Day 1

What does my body need from me today?

One word for today: _____ **Date:** _____

Day 2

When did I last feel truly calm? Where was I?

One word for today: _____ **Date:** _____

Day 3

What am I tired of pretending?

One word for today: _____ **Date:** _____

Day 4

What small thing made me smile this week?

One word for today: _____ **Date:** _____

Day 5

What do I miss about who I used to be?

One word for today: _____ Date: _____

Day 6

What do I not miss?

One word for today: _____ **Date:** _____

Day 7

If today had one kind word for me, what would it be?

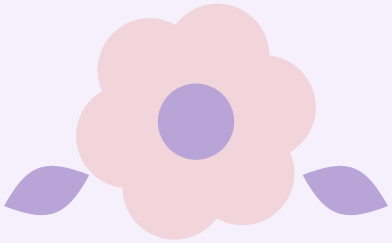
One word for today: _____ Date: _____

Looking back on Notice

What felt good this week?

What did I learn about myself?

What will I carry into next week?



WEEK 2

Remember

This week, remember the woman who was always there.

THIS WEEK'S AFFIRMATION

Every part of my story made me who I am.

Day 8

What did I love doing as a little girl?

One word for today: _____ **Date:** _____

Day 9

Which compliment have I never forgotten?

One word for today: _____ Date: _____

Day 10

What have I survived that I rarely give myself credit for?

One word for today: _____ Date: _____

Day 11

What did I used to dream about?

One word for today: _____ Date: _____

Day 12

Who made me feel most like myself?

One word for today: _____ Date: _____

Day 13

What is a strength I've had all along?

One word for today: _____ **Date:** _____

Day 14

What would younger me be proud of today?

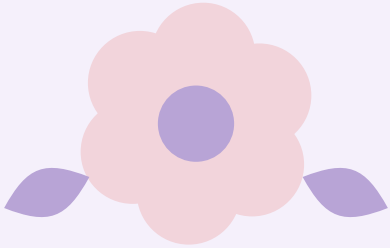
One word for today: _____ Date: _____

Looking back on Remember

What felt good this week?

What did I learn about myself?

What will I carry into next week?



WEEK 3

Release

This week, set down what is too heavy to carry.

THIS WEEK'S AFFIRMATION

I can let go gently, one small thing at a time.

Day 15

What am I ready to stop carrying?

One word for today: _____ **Date:** _____

Day 16

Whose opinion of me can I set down?

One word for today: _____ Date: _____

Day 17

What does "enough" look like for me right now?

One word for today: _____ Date: _____

Day 18

What "should" can I let go of this week?

One word for today: _____ Date: _____

Day 19

Where do I need to forgive myself?

One word for today: _____ Date: _____

Day 20

What would feel lighter if I said no?

One word for today: _____ **Date:** _____

Day 21

What am I making room for?

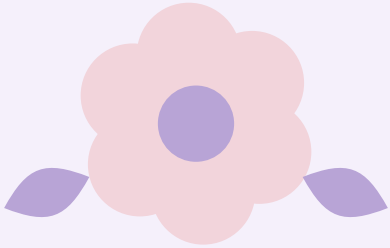
One word for today: _____ Date: _____

Looking back on Release

What felt good this week?

What did I learn about myself?

What will I carry into next week?



WEEK 4

Become

This week, imagine the woman you are becoming.

THIS WEEK'S AFFIRMATION

I am still becoming, and that is enough.

Day 22

What does the next version of me do differently?

One word for today: _____ Date: _____

Day 23

How does she spend a quiet Sunday?

One word for today: _____ **Date:** _____

Day 24

What does she believe about herself?

One word for today: _____ **Date:** _____

Day 25

What is one small promise I can keep to myself?

One word for today: _____ Date: _____

Day 26

What brings me joy that costs nothing?

One word for today: _____ Date: _____

Day 27

Where do I want to grow, slowly?

One word for today: _____ Date: _____

Day 28

What does a good-enough day look like?

One word for today: _____ Date: _____

Day 29

What do I want to remember about this month?

One word for today: _____ Date: _____

Day 30

Who am I becoming, quietly?

One word for today: _____ Date: _____

Looking back on Become

What felt good this week?

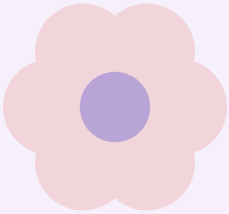
What did I learn about myself?

What will I carry into next week?

A letter to the woman I'm becoming

You did it. Thirty quiet days. Write her a letter. Tell her what you've learned, what you're proud of, and what you hope for her.

Date: _____



Go slow. Go gently.
Become her quietly.

Want more gentle tools?
Find the Quiet Growth Planner and the
Becoming Her Again Workbook at
stan.store/Becomeherquietly

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