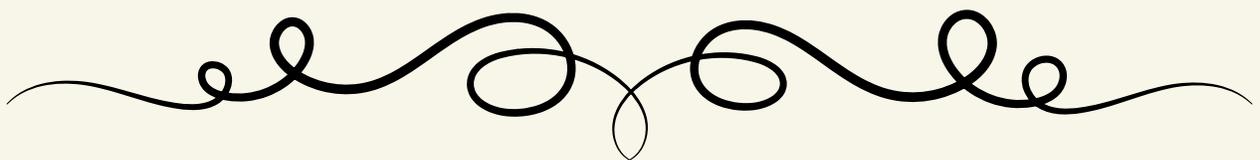# Towards Healing

How to use this Journal

When life feels like a crazy rollercoaster and the baggage is weighing heavy , this journal offers you a chance to pause, breathe, and discover the steady ground within yourself. Within these pages, you'll find a little guide—a spot to reconnect with the bits of you that are worthy, even when things get gloomy.

For the next 7 days, make it a habit to jot down your gratitude moments, kind deeds, self-love, and those tiny joys that make your heart smile. Watch as a magical pattern unfolds—a thread weaving together your actions, thoughts, and all the delightful moments that make life a blast!

This journal is a treasure hunt for happiness! By week's end, you'll spot how those little "feel-good" gems sync up with your daily thoughts and actions. That's where the healing magic happens—not in being perfect, but in recognizing what truly fills your soul with joy.

Self-Reflection & Awareness

What are three things I'm grateful for today?

1.
2.
3.

Three things I like about me (Eg: Even if it as simple as I am healthy)

An act of kindness I did today ? (Eg can be self care too , shopping does not count :)

What made me feel happy or positive today ? (Eg: Eating well, sleep, friend etc)

"You can't pour from an empty cup—take care of yourself first."

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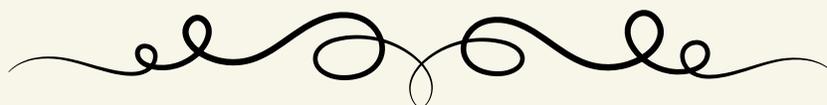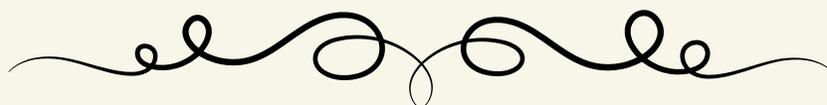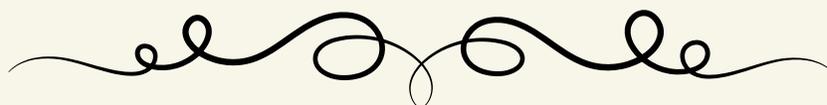What are three things I'm grateful for today?

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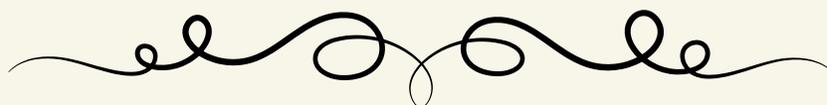
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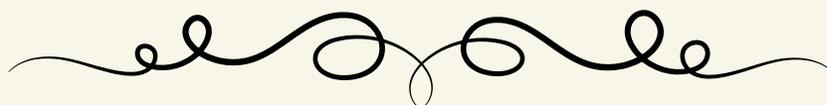
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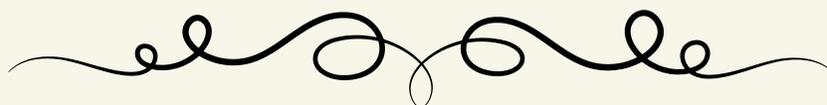
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