

ReFind Your Life - Basic Journal

This is a basic journal to help you get started with writing down your thoughts.

You don't have to be an artist to use this. Just learn to write down your thoughts, feelings and emotions. It might take a few attempts to get the mind to accept that you are actually becoming aware of how you feel or think.

Don't worry - that is the right first step!

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Right now, my body feels...

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Notes / What I want to remember today:

Refer to the attached color wheel to assess how your feel today:

Refind Your Life

Something that's been quietly taking up space in me is...

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Notes / What I want to remember today:

Refer to the attached color wheel to assess how your feel today:

Refind Your Life

Lately, I've been needing more...

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Notes / What I want to remember today:

Refer to the attached color wheel to assess how you feel today:

Refind Your Life

If I didn't need to explain myself, I would say...

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Notes / What I want to remember today:

Refer to the attached color wheel to assess how you feel today:

