



**IDGAF
HEALING
♥ JOURNAL**

WHAT IS THE IDGAF HEALING METHOD?

The IDGAF Method is a simple, no-nonsense way to calm your mind, stop spiraling, and take back control of your life one tiny decision at a time.

It's not about ignoring your feelings — it's about not letting them run the entire show.

THE IDGAF METHOD

I – Identify what's actually going on in your mind and body

D – Disrupt the spiral with one grounding move

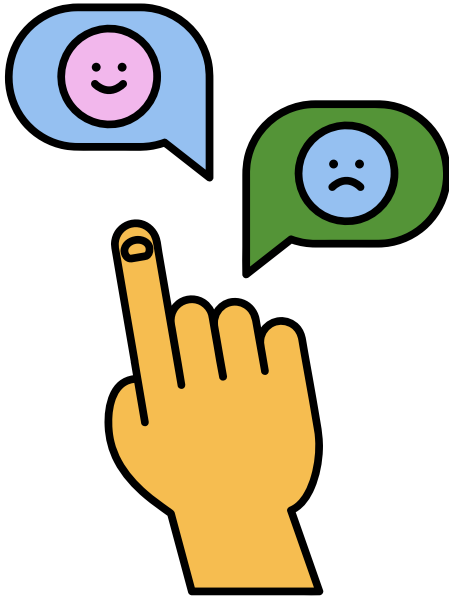
G – Ground yourself in the present moment

A – Adjust one tiny thing in your environment

F – Flow Forward with the easiest next step

**START EACH DAY WITH
A REALITY RESET**

REALITY RESET CHECK-IN



Who or what is taking up the most space in your mind today?

Write down the person, situation, or thought that has been sitting on your chest or looping in your brain.

You are not judging it.
You are just noticing it.

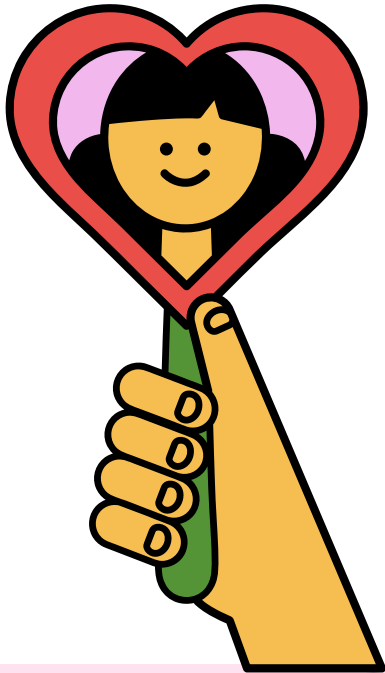
What did this bring up in your body and mind?

Describe the feelings, tension, or stories that came up when you thought about it.

Then write one small thing you can do today to ground yourself or shift your energy.

Keep it simple and doable.

REALITY RESET REFLECTION



Name a situation that has been living rent free in your mind.

It can be something recent or something that still pulls at your energy when you think about it.

Write down what it is and why it affected you.

What came up in your body and mind when you thought about it?

Describe the emotions, tension, or thoughts this situation triggered.

Then write one small action you can take today that helps you feel grounded or protected.

ENERGY CHECK: YOUR ENVIRONMENT



Name one thing in your environment that affects your mood.

It can be something that comforts you or something that drains you.

Describe what it is and why it impacts the way you feel.

What did you notice in your body or mind when you focused on it?

Write down any emotions, tension, or thoughts that came up.

Then choose one small action you can take today to shift your energy in a better direction.

GET BACK TO YOU

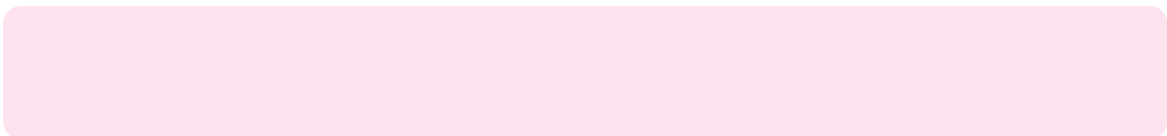
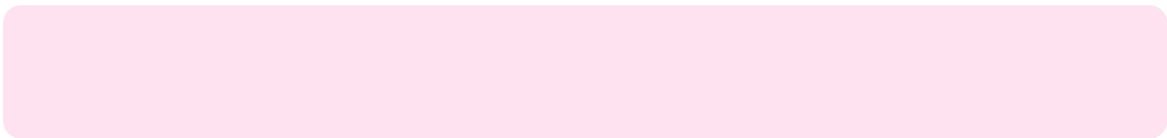
Describe the version of you that feels grounded and real.



What is something you appreciate about yourself right now?



Three reasons you are proud of yourself today:



GROUND YOURSELF IN NATURE

Describe a place in nature that calms your mind

What is one outdoor activity that helps you feel grounded?

Which season feels the best to your energy right now?

Name one part of nature that makes you feel safe or connected.

YOUR SUPPORT SYSTEM

How do the people in your life support your peace?



Describe a person who feels like safety to you.




What is something unique about your support system that helps you function better?



YOUR ENVIRONMENT MATTERS

**What part of your home
feels the safest or calmest
right now?**



**describe the space
where you want to feel
your best.**



**What items in your home
support your peace?**



**LIST THE PEOPLE WHO HELP YOU
FEEL GROUNDED, SUPPORTED,
OR EMOTIONALLY SAFE.**

THE THINGS THAT RESET ME

What I appreciate about myself

What supports me in my relationships

What keeps me grounded in my daily life

A color that soothes me:

A smell that relaxes me:


Weather that grounds me:

DAILY REALITY RESET


Three moments that made me feel grounded today

Three empty square boxes with a light pink border, arranged horizontally, intended for writing three moments that made the user feel grounded today.

One person who supported my peace today

One empty rectangular box with a light pink border, intended for writing the name of one person who supported the user's peace today.

One good thing that happened today

One empty rectangular box with a light pink border, intended for writing one good thing that happened today.

One thing I got done today

One empty rectangular box with a light pink border, intended for writing one thing the user got done today.

One thing I am looking forward to

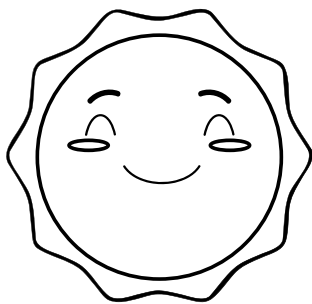
One empty rectangular box with a light pink border, intended for writing one thing the user is looking forward to.

DAILY EMOTIONAL CHECK-IN

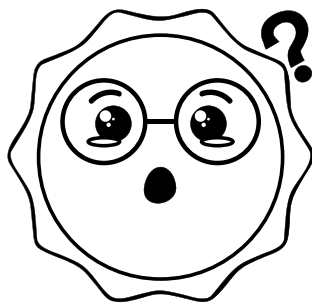
Three experiences that grounded me today

My word for the day

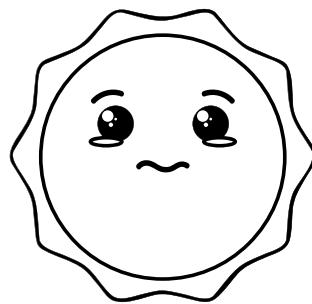
Color in your current mood:



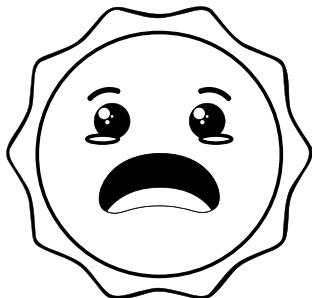
happy



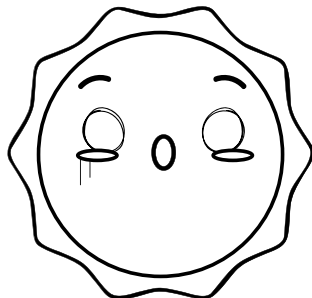
confused



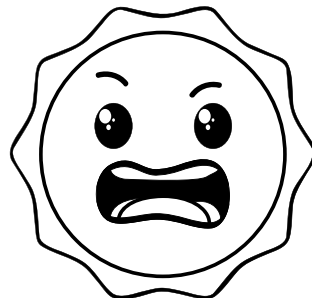
sad



scared



tired



upset

WEEKLY ENERGY AUDIT

Write one thing each day that supported your peace, grounded your energy, or made life feel a little easier.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday