



"THE CALL"

A black silhouette of a city skyline is set against a dark blue background. A bright white spotlight beam originates from a stage light in the bottom left corner and shines across the skyline towards the center. The word 'JOURNAL' is written in a bold, italicized, yellow font at the bottom of the image.

JOURNAL

YOU'VE FELT IT—THE WHISPER, THE NUDGE, THE SENSE THAT SOMETHING HAS TO CHANGE. THIS JOURNAL IS YOUR GUIDE TO EXPLORE THAT MOMENT, UNDERSTAND WHAT IT'S ASKING OF YOU, AND START TAKING ACTIONABLE STEPS. TREAT THESE PAGES AS A SAFE SPACE TO REFLECT, PLAN, AND MOVE FORWARD WITH HOPE.

DATE: / /

SECTION 1: RECOGNIZING YOUR WAKE-UP CALL

DESCRIBE THE MOMENT YOU REALIZED SOMETHING IN YOUR LIFE NEEDS TO CHANGE. BE HONEST AND DETAILED.

WHAT HAPPENED?

HOW DID IT MAKE YOU FEEL?

WHAT THOUGHTS WERE RUNNING THROUGH YOUR HEAD?

DID FEAR OR RESISTANCE SHOW UP?

DATE: / /

SECTION 2: SIGNS YOU'VE BEEN IGNORING

LOOK BACK OVER THE PAST MONTHS (OR YEARS). IDENTIFY RECURRING PATTERNS, MOMENTS, OR SIGNALS YOU MIGHT HAVE OVERLOOKED.

MOMENTS THAT MADE YOU UNCOMFORTABLE:

CONVERSATIONS THAT STUCK WITH YOU:

SITUATIONS YOU AVOIDED OR POSTPONED:

PATTERNS THAT KEEP REPEATING:

DATE: / /

SECTION 3: YOUR CURRENT REALITY

REFLECT ON WHERE YOU ARE NOW, WHAT'S WORKING, AND WHAT'S NOT.

AREAS OF LIFE WHERE YOU FEEL STUCK:

AREAS WHERE YOU FEEL ALIVE OR HOPEFUL:

THOUGHTS OR BELIEFS HOLDING YOU BACK:

FEELINGS YOU WANT TO CHANGE:

DATE: / /

SECTION 4: NAMING YOUR RESISTANCE

IDENTIFY THE FEARS, DOUBTS, OR EXCUSES THAT KEEP YOU FROM ACTING.

MY FEARS:

MY DOUBTS:

EXCUSES I TELL MYSELF:

HOW THESE ARE KEEPING ME STUCK:

DATE: / /

SECTION 5: SMALL STEPS TOWARD CHANGE

BRAINSTORM PRACTICAL ACTIONS YOU CAN TAKE TO ANSWER YOUR WAKE-UP CALL. START SMALL.

STEP 1 (TODAY OR THIS WEEK):

STEP 2 (THIS MONTH):

STEP 3 (NEXT 3 MONTHS):

ACCOUNTABILITY CHECK: WHO CAN SUPPORT YOU?

DATE: / /

SECTION 6: DAILY / WEEKLY REFLECTION

USE THESE PROMPTS TO TRACK PROGRESS AND REFLECT.

WHAT DID I NOTICE ABOUT MYSELF THIS WEEK?

WHAT SMALL WINS DID I CELEBRATE?

WHAT CHALLENGES CAME UP?

WHAT'S ONE THING I CAN DO DIFFERENTLY NEXT WEEK?

DATE: / /

SECTION 7: YOUR HOPE STATEMENT

WRITE A PERSONAL AFFIRMATION OR HOPE STATEMENT TO CARRY YOU FORWARD.

MY HOPE STATEMENT:

EXAMPLE: "I AM CAPABLE OF CHANGE. I DESERVE TO PRIORITIZE MY HEALTH AND MY LIFE. I WILL LISTEN TO MY WAKE-UP CALL AND ACT WITH COURAGE."

“

**YOU BECOME THE HERO OF
YOUR STORY THE MOMENT YOU
STOP WAITING TO BE SAVED.**

- APRIL NICOLE

”



Unstoppable April Nicole