

5 days. 5 prompts. 5 pages closer to yourself.

Unfolding YOU

A 5-DAY JOURNALING EXPERIENCE

SUNDAZE
JOURNALING CO.

Hey You!

I'm so glad you're here.

Before we begin, I want you to know this space was created with so much care—for the deep feelers, the quiet dreamers, the burnt-out hearts, and the ones finally choosing to come back to themselves.

This 5-day journaling experience isn't about perfection. It's not about saying the "right" thing or writing for anyone but you. This is your space to exhale. To reflect. To reconnect with your thoughts, your truths, your inner rhythm.

Each day you'll receive a soft nudge in the form of a journaling prompt—designed to help you get clear, curious, and compassionate with yourself. You'll also find room to wander in your words, plus a little affirmation to hold onto along the way.

Whether you write one sentence or fill the whole page, it all counts.

Take your time. Let it be gentle. There's no rush to unfold.

We're rooting for you, always.

With love and light,

SunDaze Journaling Co.

DAY 1 – GROUNDED BEGINNINGS

Where in your life are you craving more peace or simplicity right now?
(Reflect on what drains you vs. what soothes you.)

[illegible]

AFFIRMATION: Pause and Acknowledge

I honor where I've been, and I give myself grace for how far I've come.

DAY 2 – THE INNER VOICE

What is your intuition trying to tell you that you've been ignoring? (Create space to listen inward.)

[illegible]

AFFIRMATION: Let Go & Lighten

I release what no longer supports me, and I make room for peace.

DAY 3 – SOFT STRENGTH

Name a time you got through something hard—and what it revealed about you.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are four solid gray lines and several dotted gray lines, creating a series of uniform rows suitable for handwriting practice or general note-taking. The margins are consistent on all sides.

AFFIRMATION: Name Your Needs

My needs are valid, my voice matters, and I am allowed to take up space.

DAY 4 – BOUNDARIES & BECOMING

What are you no longer available for? (Draw an emotional line in the sand.)

[illegible]

AFFIRMATION: Reconnect & Remember

I am allowed to return to myself, over and over again—with love.

DAY 5 – DREAMING FORWARD

What would it feel like to be more fully YOU every day?

[illegible]

AFFIRMATION: Step Forward Softly

I am unfolding into who I'm becoming, and I trust the pace of my growth.

WRAP-UP PROMPT:

What did you learn about yourself during these five days? How do you want to carry it forward?

[illegible]

AFFIRMATION: Step Forward Softly

I am unfolding into who I'm becoming, and I trust the pace of my growth.

Congrats!

You made it to the end of this challenge.

How do you feel?

How did you grow?

We hope that you enjoyed this challenge and that it helps ignite or re-ignite your desire to document your life.

It doesn't matter if you're reflecting on the good, the bad, or the "ugly" moments/thoughts/experiences in your life, never forget that they are valid and deserve to be detailed, explored and purged.

If you found this journey helpful, we would love to hear your thoughts.

To share your thoughts, email us at contact@sundazejoco.com.

Share some of your favorite journaling moments and tag us on Instagram [@sundazejoco](https://www.instagram.com/sundazejoco).

We also invite you to join our journal community on Patreon: www.patreon.com/jocosundaze

