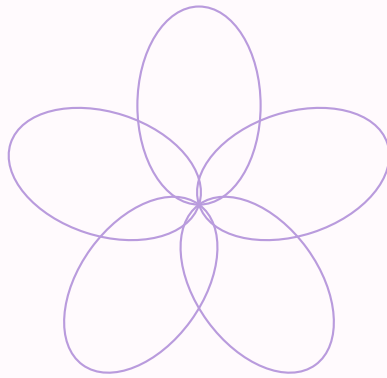




Listen to your rhythm

A little space to grow, every day.

Begin on any day. Return whenever you like.

Write a sentence, fill a page, or simply pause.

These pages are yours; no streaks or scores are needed.

Print at actual size, or annotate with your PDF reader.

Personal reflection only; not religious rulings or medical advice.

Day 1 / At my own pace

There is no right answer. Take what you need; leave the rest.

My energy feels like...

What helped me feel supported today?

What would a restful tomorrow look like?

Personal reflection only; not religious rulings or medical advice.

Day 2 / At my own pace

There is no right answer. Take what you need; leave the rest.

My energy feels like...

What helped me feel supported today?

What would a restful tomorrow look like?

Personal reflection only; not religious rulings or medical advice.

Day 3 / At my own pace

There is no right answer. Take what you need; leave the rest.

My energy feels like...

What helped me feel supported today?

What would a restful tomorrow look like?

Personal reflection only; not religious rulings or medical advice.

Day 4 / At my own pace

There is no right answer. Take what you need; leave the rest.

My energy feels like...

What helped me feel supported today?

What would a restful tomorrow look like?

Personal reflection only; not religious rulings or medical advice.

Day 5 / At my own pace

There is no right answer. Take what you need; leave the rest.

My energy feels like...

What helped me feel supported today?

What would a restful tomorrow look like?

Personal reflection only; not religious rulings or medical advice.

Day 6 / At my own pace

There is no right answer. Take what you need; leave the rest.

My energy feels like...

What helped me feel supported today?

What would a restful tomorrow look like?

Personal reflection only; not religious rulings or medical advice.

Day 7 / At my own pace

There is no right answer. Take what you need; leave the rest.

My energy feels like...

What helped me feel supported today?

What would a restful tomorrow look like?

Personal reflection only; not religious rulings or medical advice.