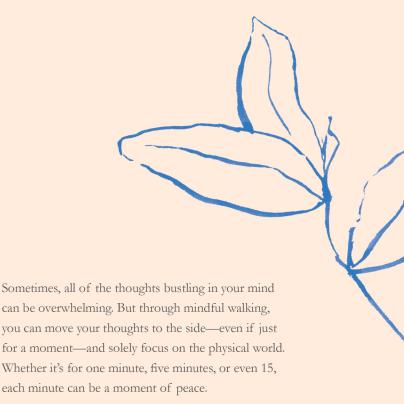
$A\ guided\ journal$

A guided journal for healing, hope, and daily care



Put on some comfortable shoes, open the door, and walk outside. What do you see? What do you hear? How does your body feel to move? Connect, simply and fully, to the present moment.

take each step, and notice.

How am I feeling in this moment?	
What was meaningful for me today?	

Each day comes to me with both hands full of possibilities...

Date / /