

The background is a soft, watercolor-style illustration. It features a central white, cloud-like shape. Surrounding this are various elements: green leaves and stems at the top and bottom; clusters of small, light pink flowers on thin stems on the right; and clusters of larger, orange and yellow flowers on the left. There are also scattered small, dark green circles and dots, some of which are arranged in a faint, dotted path. The overall color palette is muted and naturalistic.

Reflect on your day journal

How did I feel today?  
How did I want to feel?

How is life right now?  
How do I want life to be?

What feels hardest right now?  
What feels easy right now?

What do I want more of?  
What do I want less of?

What drains me?  
What gives me energy?

End your time with a few gratitudes, a story  
from your day and an interaction you had  
that you found meaningful  
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