

# JOURNALING @ mindbliss

Glow, Grow, Bloom and Groom

 **Date:** \_\_\_\_\_

 **What brings me to the page today?**

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 **I want to explore:**

- ☐ A moment I keep thinking about
- ☐ Something I'm curious about
- ☐ A thought I want to untangle
- ☐ A goal or dream I care about
- ☐ How I'm feeling lately
- ☐ A decision I need to make
- ☐ Anything that's on my mind

 **Free space to write or draw:**

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 **A small reflection before I close (optional):**

• One word to describe how I feel now: \_\_\_\_\_

• One thing I want to remember from today's writing:

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• A small next step or thought I want to carry with me:

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**Free space to write or draw – scribble, sort, erase, redo, be creative**