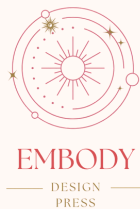




Gentle Alignment Journal

A quiet space to meet
yourself



Welcome

This journal is a gentle place to land.

There's no right way to use these pages and nothing you need to do before you begin. They're here for the moments when you want to slow down, listen inward, or simply put something honest on the page.

You might write a little or a lot.

You might return to the same page more than once.

You might leave some pages empty.

All of it is welcome here.

How to Use This Journal

You're invited to use this journal in whatever way feels supportive for you.

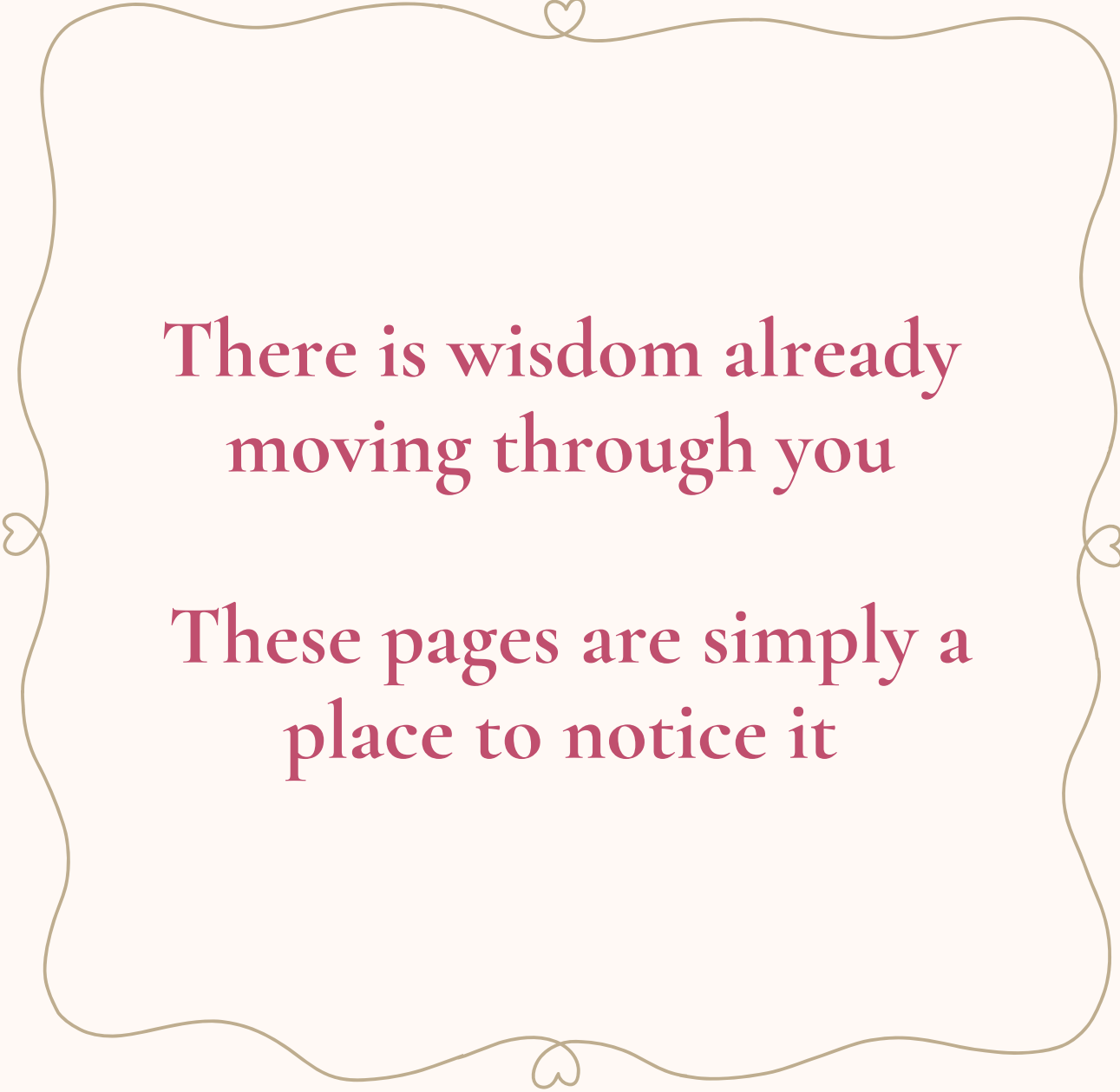
Some days, you might begin with a Reflection Card to arrive in your body, choose an Affirmation Card that resonates, and let your words follow naturally.

Other days, you might simply open to a page and write what's already present.

There's no order to follow and no outcome to reach.

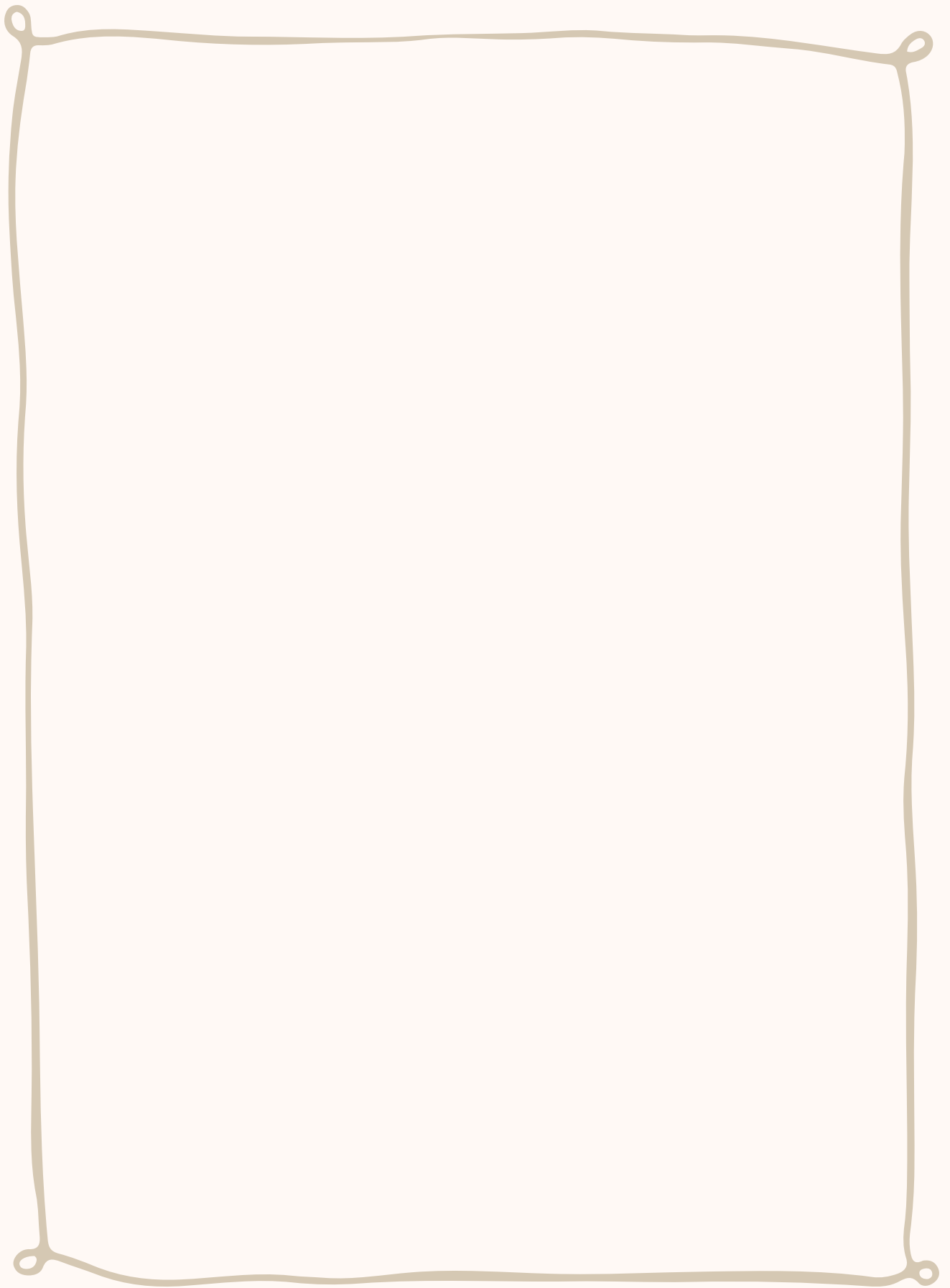
These pages are here to hold whatever wants to be noticed.

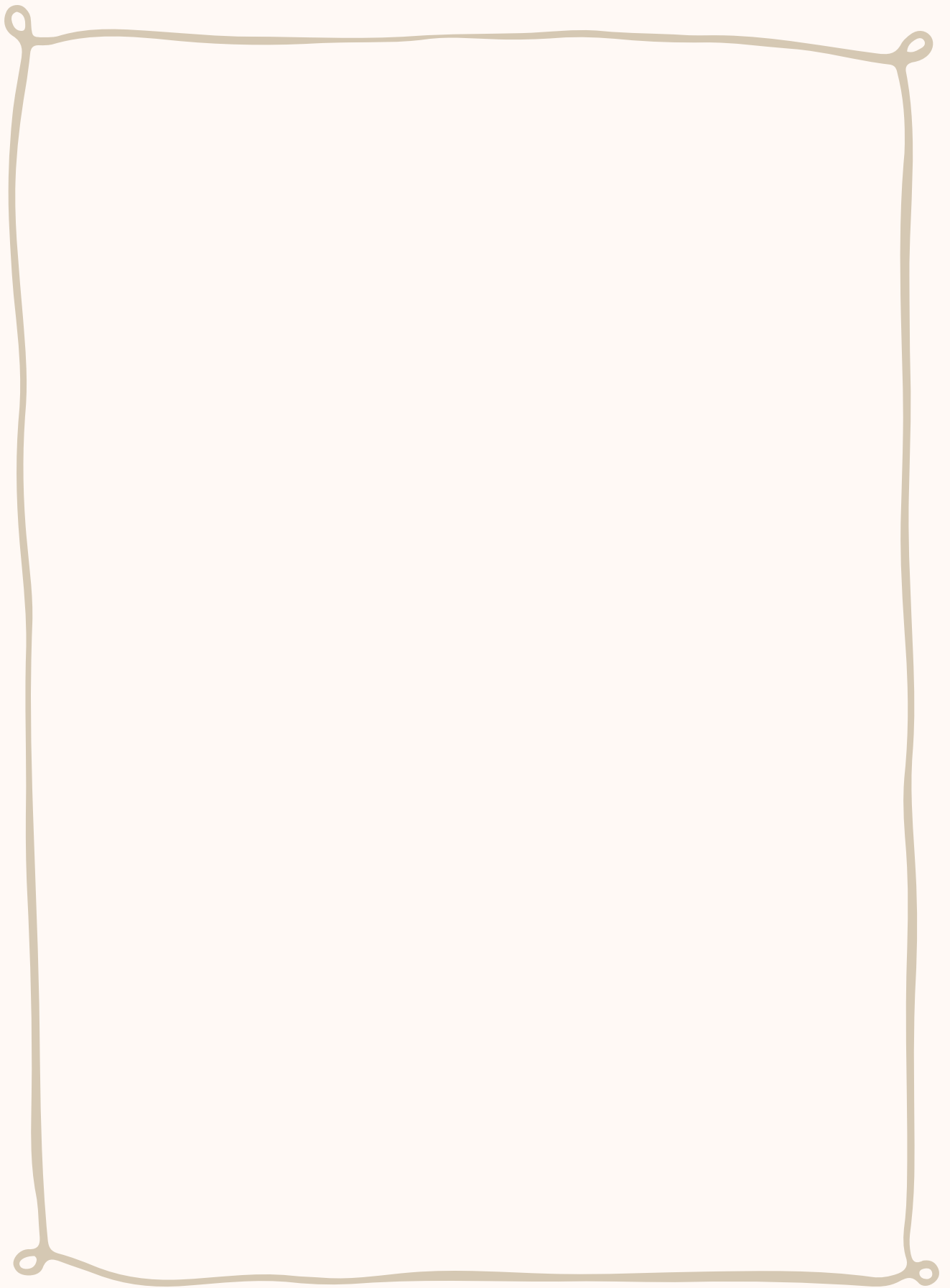


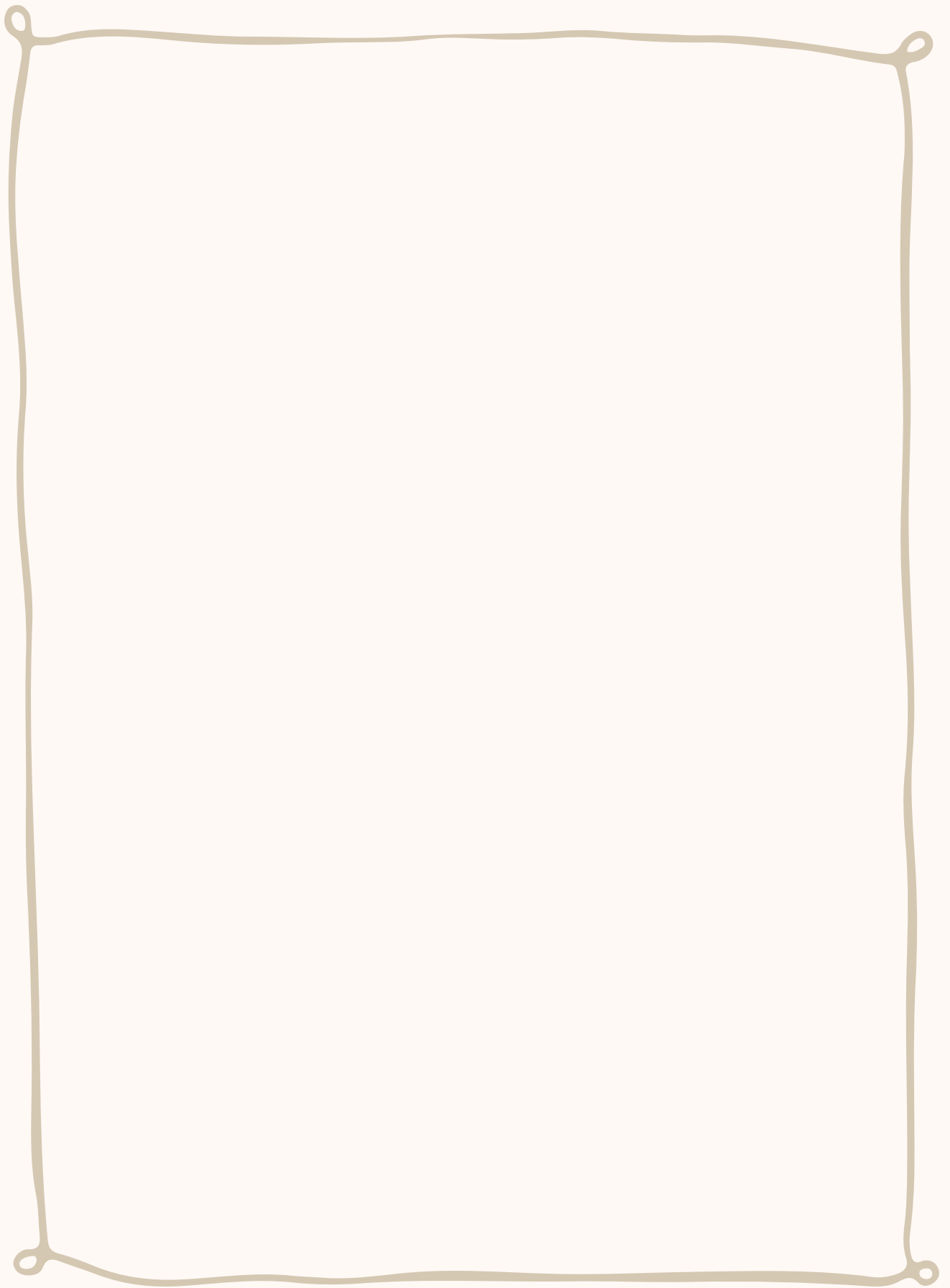


**There is wisdom already
moving through you**

**These pages are simply a
place to notice it**



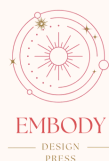


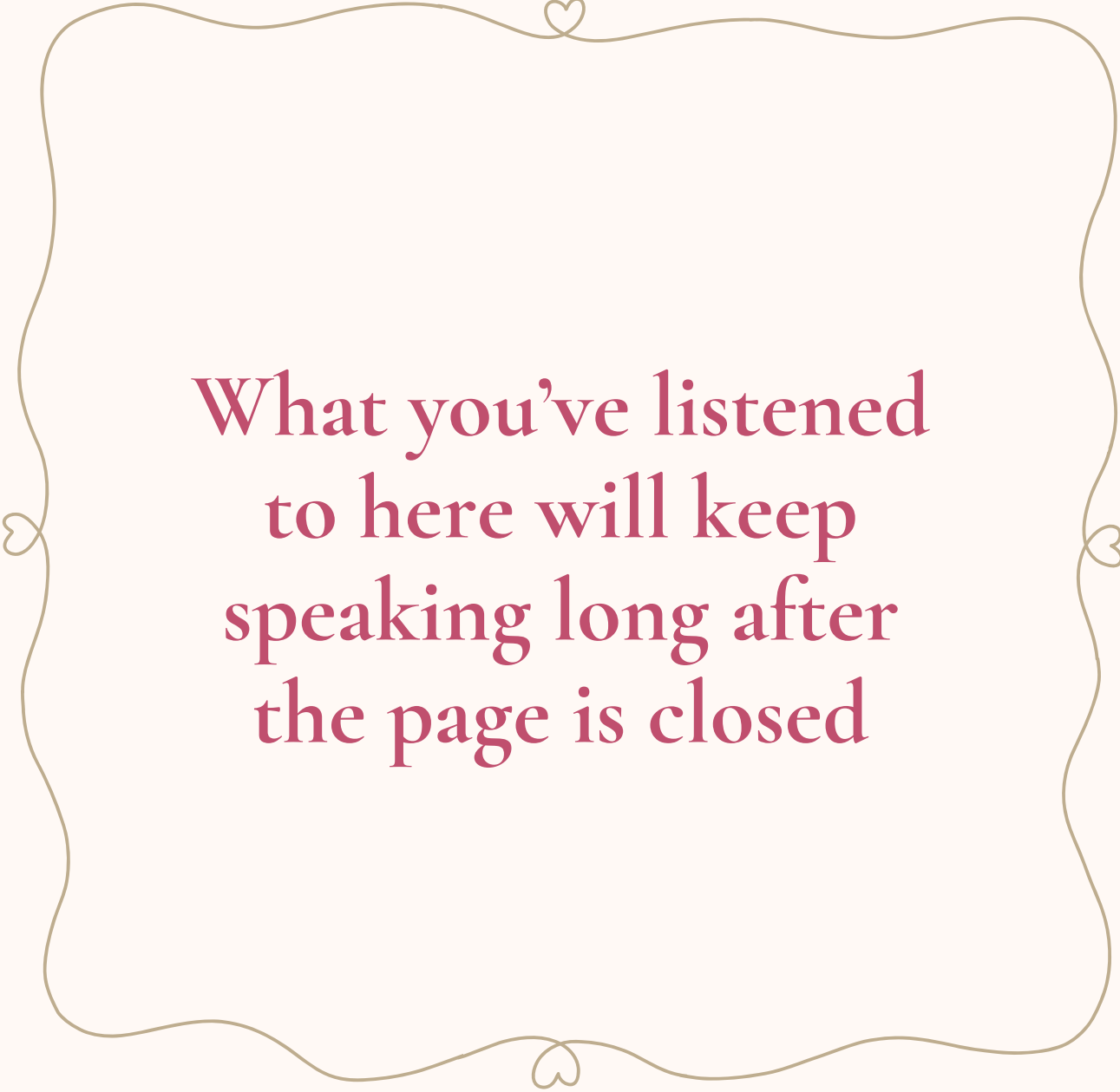


These pages aren't meant to be finished.

They're here whenever you feel called to come back
to yourself, to the moment you're in, to what feels
true right now.

You can begin again anytime.





What you've listened
to here will keep
speaking long after
the page is closed