

“Day One”

A Guided Workbook & Journal

**REFLECTIVE PROMPTS FOR
DREAMERS, DOERS & LATE
BLOOMERS**



Welcome to Your “Day One” Journal

This is more than just a journal—it’s an invitation.

An invitation to remember the dream that’s been whispering to you.

To stop waiting for “one day” and start embracing day one—right here, right now.

You don’t need to have it all figured out.

You don’t need to have the perfect plan, the perfect timing, or even the perfect pen.

You just need you. Showing up. Curious. Honest. Ready to begin.

What Is This Journal For?

This journal is for dreamers, doers, and late bloomers.

For women who feel deeply. Women who care too much sometimes.

For those navigating neurodiverse minds, menopause moments, messy houses, and magical hearts.

It’s for the woman who keeps putting her dreams on hold.

And the one who’s finally ready to say, No more waiting.

How to Use This Journal

Inside, you’ll find 10 reflective prompts—each one crafted to gently nudge you toward your dream.

They are not about perfection. They are about honesty.

There is no right or wrong way to answer them.

You might do one each day for the next 10 days.

You might light a candle, pour a beverage or two, and tackle a few at once.

You might scribble furiously or write slowly with long pauses.

Go with what feels right.

You can print this journal and write by hand.

Or fill it in digitally if that suits your brain better (hello, practical magic).

Use this journal however you need.

But promise yourself this: you won’t just think about it. You’ll begin.

Because the journey starts not with a big leap,

But with one quiet, powerful choice to begin.

Notes/Sketches

Create your vision board