"Day One" A Guided Workbook & Journal



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.

What dream or goal have I been putting off, and for how long Vrite freely- don't judge yourself. Just let the truth come out.	

List the phrases or thoughts that show up. Are they kind? Fearful: Practical? Sabotaging?

2. What do I tell myself when I think about starting?

3. What's my reason not	to do this right now? Is this reason really true?

4. What am I afraid mig	ht happen if I try? (And then ask: And what if it doesn't happen?)

5. What am I afraid might happen if I don't try?

6.	What's my reason to do this dream anyway - even if its messy, slow or imperfect?
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7. What would I say to a friend if they told me they had this dream? (them a letter. Then read it back to yourself.)	Write
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8. What	small act could I take this week that would move me one step of to my dream? (Circle the one that feels exciting or doable).	closer
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9. If today were Day One, what would I need? Support? Time? Courage playlist? List it out.	e? A

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Notes/Sketches

Create your vision board