

kjournal

a place to land, notice, and come back to yourself

belongs to

started

SETTING AN INTENTION

- **Keep it short**

One line you could say to yourself with your eyes closed.

- **Make it yours**

It should matter to you, not sound good to someone else.

- **Point it forward**

Say what you want to move toward, not what to avoid.

- **Hold it loosely**

Bring it in before the session, then let it go.

- **Return to it**

If you drift, the intention is a place to come back to.

Themes to borrow from

- rest and safety in my body
- patience with a part of me that is hurting
- noticing what I'm grateful for
- letting go of something I've been carrying
- curiosity about who I am becoming
- connection to the people and animals I love

My own ideas

What do I want to carry in with me?

What came up? What do I want to remember? How does the future feel?

Open page · session 01

draw, doodle, map it out, or just breathe



ABOUT THIS JOURNAL

- **Not medical care.**

This journal is for personal reflection. It does not diagnose, treat, or replace advice from your care team. Follow their guidance about your treatment.

- **If you are in crisis.**

In the US, call or text 988 (Suicide & Crisis Lifeline). In an emergency, call 911.

- **Not affiliated.**

This journal is independent. It is not made, sponsored, or endorsed by any drug manufacturer, clinic, or treatment program. Product names belong to their owners.

- **Your license.**

For personal use by the buyer. Print it or use it in any note app as often as you like. Please don't resell or share the file.

- **Made by GTLLco.**

(c) 2026 GTLLco. All rights reserved.