

INCLUDES DAILY
Coloring

DETAILS
The Journal

WEEK 1 - THE LISTENING	1
Day 1 to 7	
WEEK 2 - THE UNFOLDING	17
Day 8 to 14	
WEEK 3 - THE HOLDING	33
Day 15 to 21	
WEEK 4 - THE HOMECOMING	49
Day 22 to 28	
DAILY INSTRUCTIONS	65

The Listening



1

WEEK 1
The Listening

THIS WEEK INVITES YOU TO
SOFTEN, **TUNE INWARD**, AND
NOTICE THE QUIET PARTS
OF **YOURSELF** YOU'VE BEEN
MISSING.

2

SELF REFLECTION

WHAT **PARTS OF ME**
HAVE I BEEN IGNORING OR
SILENCING?

1
DAY

AFFIRMATION
I am willing to listen to the quiet voice within.

3

DAILY
Stillness



4