

Release + Return Journal Pages

1

RELEASE + RETURN Journal Pages

A gentle reset for your mind, body, and center.
Use one page... or move through them in order.

2

How to Use This

Choose your pace:

- One Page Reset (3 minutes): Page 3 + Page 9
- Clear the Noise (8 minutes): Pages 3 + 5 + 8 + 9
- Full Release & Return (15 minutes): Pages 3-9

Soft rule: Don't overthink. Let it be messy. Let it be honest.

Today, I'm choosing: 3 minutes 8 minutes 15 minutes

3

Right Now Check-In

Right now... I notice:

In my body:
 tight chest heavy shoulders shallow breath racing thoughts foggy tired tender restless calm other: _____

My emotions feel like: (Write 1-3 words)

4

Nervous System Weather Report

My inner weather today is:
 clear cloudy windy stormy foggy heavy shifting sunny

What may have contributed:
 lack of sleep overstimulation conflict uncertainty hormones grief stress too many tabs open other: _____

What would help my system soften by 5%: (One small thing)

5

Mind Sweep

Everything in my head (no structure, no editing):

6

Truth + Tenderness

What's TRUE (facts, clean + simple):

7

Body Wisdom

Where do I feel this in my body?
 throat chest belly jaw shoulders hips head other: _____

If I place a hand there, I notice:

8

Needs + Boundaries (Simple + Kind)

What I need more of:

9

Return to Center (Closing Page)

What I'm releasing:

What I'm returning to:
 presence peace clarity softness courage trust love joy other: _____

One gentle next step (10 minutes or less):

I am proud of myself for:

Closing affirmation (choose one):

- I am allowed to begin again.
- I don't need to rush my healing.
- I can meet this moment with gentleness.
- I return to center — again and again.