

me, myself, and i.

a journal to heal

by chloe yang



This journal belongs to you.
and only you.
Within these pages, allow yourself to be vulnerable
to release your pain
and to cry your heart out.
May this journal be your companion, your safe space,
and most importantly, whatever you want it to be.

Remember
Healing is not a linear path.
It is a series of small steps and gentle moments of self-
care.

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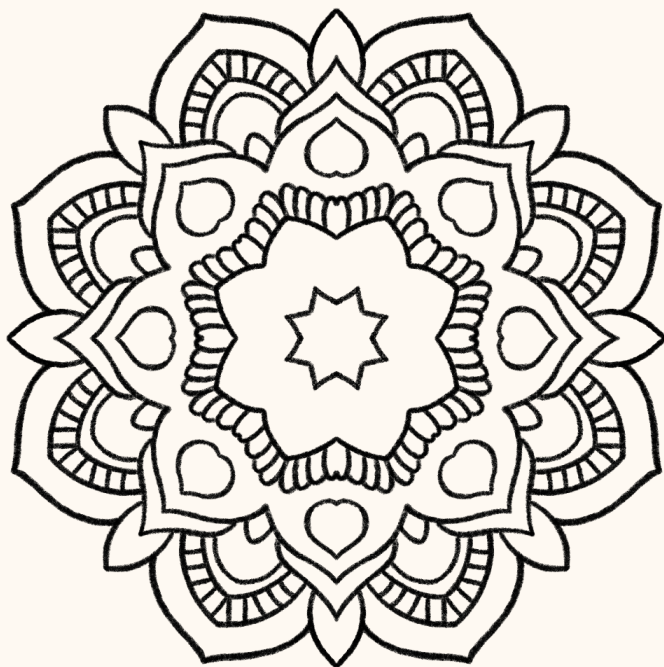
page 81-90 mood calendar

Part 1:

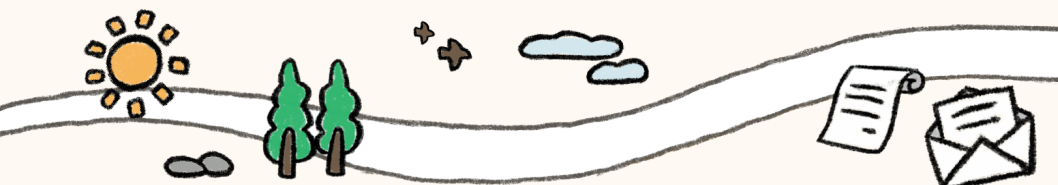
questions and
activities for you to
think, reflect about
yourself, and draw.

the aim of this
section is to heal.
think about what to
write and think
about what you've
written. what is the
significance? allow
your mind to
wander.

color in the mandala.



write a letter to your
younger self.



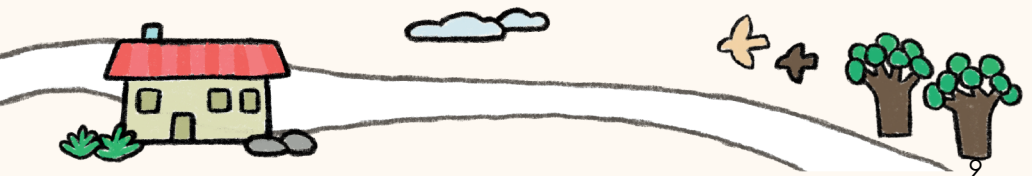
what do you regret not doing
when you had the chance?



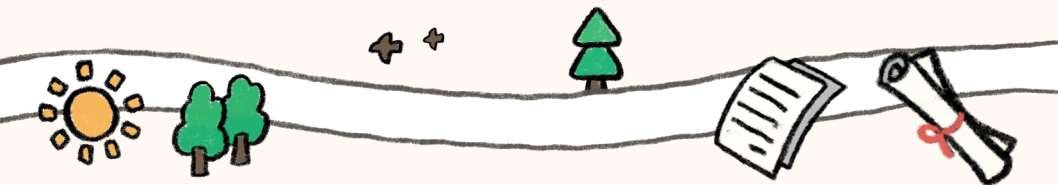
draw your emotions. scribble.



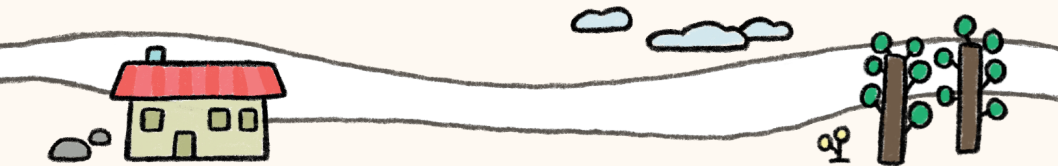
write a poem about yourself.



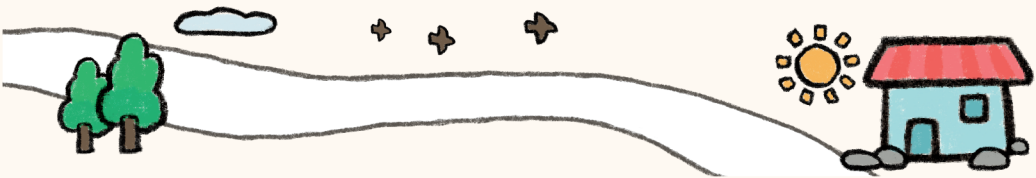
write a letter to someone you
admire.



describe a time you felt
vulnerable.



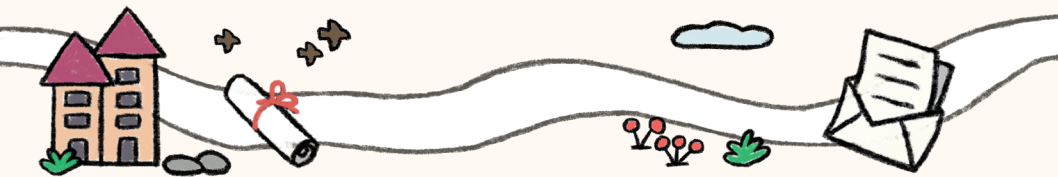
write three things you
appreciate about yourself.



what's your biggest fear?



write a letter of forgiveness.



describe a moment where you
felt unexplainable emotions.



where do you feel most at
peace?



whats something thats weighing
you down inside?



write something you can't say
out loud or tell other people.



what do you hate about
yourself?



what causes you stress?



draw your feelings.



what things have you been told
that have hurt?



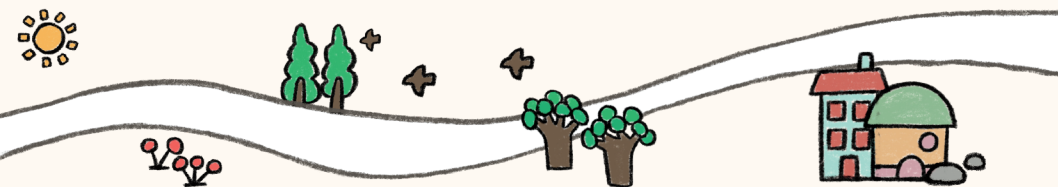
when do you feel overwhelmed?
stuck?



the worst feelings:



why are you mean to yourself?



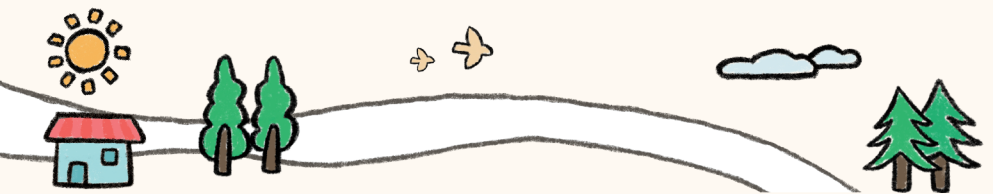
expectations that weigh you
down:



what hurts you most?



when have you felt
undervalued?



how do you celebrate your
successes?



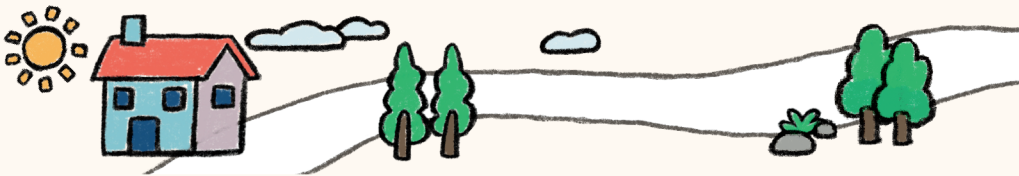
how do you define success?



what are some limiting beliefs
you hold about yourself?



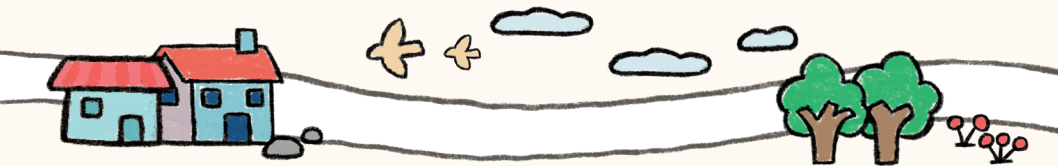
write a list of things that you
enjoy. anything.



who do you appreciate? why?



what did you do today?



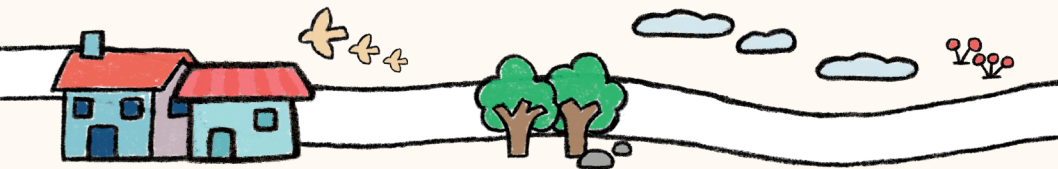
write about who you really are
inside.



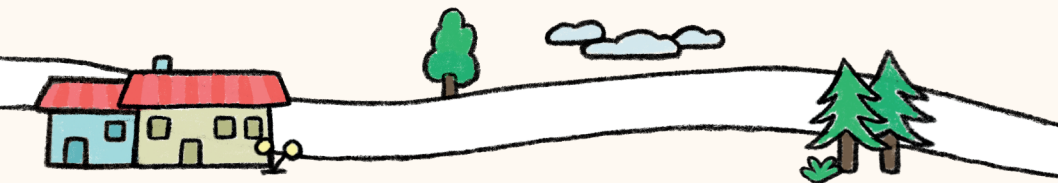
who do you care about most?



draw a maze. it doesn't have to
make sense.



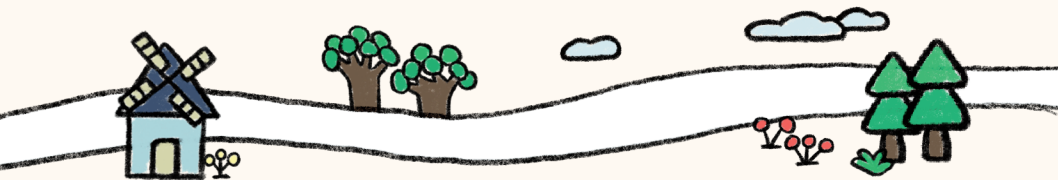
write a letter to your parents.



describe something you love- a
sport, a hobby, a person,
anything.



write a letter to someone you
know. what can't you bring
yourself to say to them?



what's something you've
realized?



what don't you feel like doing?



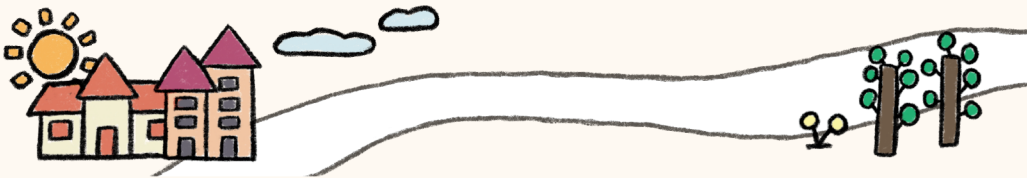
how do you undermine your
thoughts?



when do you feel guilty?



do you feel like you're not
enough? why?



write down a list of people who
have hurt your feelings.



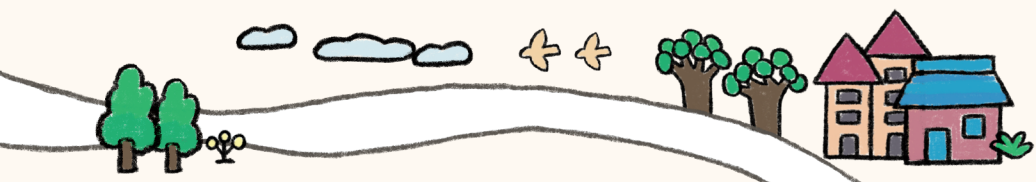
how do you cope with sadness?
anger?



what do you do when you feel
like you are alone?



cry on this page. when it dries,
draw something around the
stains.



write a list of what makes you
insecure.



what does music feel like to
you? draw it down.



draw a monster.
why is it a monster?



Part 2:

mindfulness exercises to help
you calm down and cope during
times of stress.

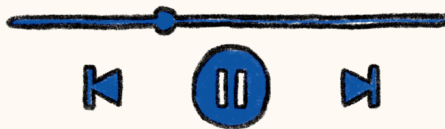
whenever you are feeling
emotions that you don't want to
feel, flip to these pages.
practice one of these exercises.

exercise 1: mindful listening

take a few deep breaths and
allow yourself to be in the
present moment. play a song
and close your eyes. listen
carefully to the song.

what do you notice about it? the
melody? the instruments? is
there something you may have
missed before?

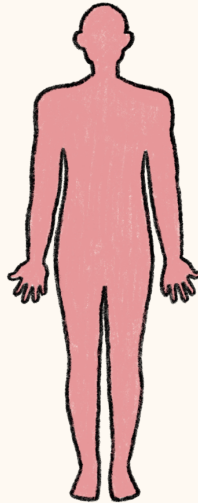
pay attention to your thoughts.
it's normal to drift off. try to
bring yourself back to the song.



exercise 2: body scan

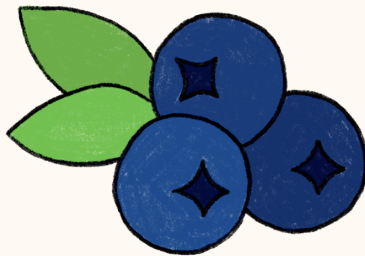
relax. bring yourself to a comfortable position and close your eyes. bring awareness to different parts of your body, starting from your toes, through your fingertips and moving up to the top of your head. notice any feelings or sensations or areas of tension, and allow yourself to relax and let go of your tension.

when you are ready, open your eyes.



exercise 3: mindful eating

choose a small piece of food such as a raisin, a piece of fruit, or a gummy. take your time to explore it before taking a bite. notice the color, texture, smell, and taste. what does it feel like inside your mouth? slowly savour each bite, being fully present and attentive to the experience of eating.



exercise 4: notice five things

find a quiet and comfortable place to sit or stand. take five deep breaths, arriving in the present moment.

start with your sense of sight. look around and find 5 things that catch your attention. focus on each one individually and notice the details.

shift your attention to your sense of hearing. listen carefully for 4 things you can identify. it could be sounds of birds chirping, footsteps, or even your own breathing. focus.

next, move on to your sense of touch. what 3 things can you feel around you? is it soft, smooth, or jagged?

engage your sense of smell. notice any scents around you- identify 2 different aromas.

finally, tune into your sense of taste. is there anything in your mouth? pay attention to one of the tastes.

exercise 5: leaves on a stream

find somewhere comfortable to lie, sit, or stand. take a few deep breaths. imagine you are under a clear stream.

begin to visualize leaves falling, one by one, from a tree above, drifting onto the stream. these leaves represent your thoughts. as thoughts come into your mind, place one on each leaf. watch the leaves, with your thoughts on them, gently float away. whenever you feel ready, bring yourself back to the present moment.



exercise 6: mindful journaling

take a few moments to ground yourself in the present moment. let your thoughts flow freely in your head. write them all down, no matter how big or how small. as you write, let go of any self-restriction about structure, grammar, or spelling. embrace the freedom to express yourself.

when you have finished writing, re-read your work. take a moment to reflect on the process. what do you feel?



exercise 7: hand trace breathing

find a comfortable place where you can sit. straighten your back and plant your feet on the ground. close your eyes, and start by bringing attention to your breath. feel the rise and fall of your chest and your breathing patterns.

gently open your eyes and bring focus to your hands. place your dominant hand on a table, your lap, or hold it in front of you. use your non-dominant hand to trace the outline of your dominant hand, starting from your wrist to the tip of each finger. as you trace each finger, synchronize your breath with the movement. on the inhale, trace up one side of the finger, and on the exhale, trace down the other side. if your mind wanders, gently bring it back to the task at hand.

repeat this process for several minutes until you feel a sense of calm. when you feel ready, gently release your hand and take a few moments to observe any sensations or shifts in your body or mind.



Part 3:

deep quotes for you to
reminiscence.
to feel.
let the emotions out.

this
is a chapter full of quotes.

if you feel the need to draw,
scribble,

write down your experiences,

or just

SCREAM

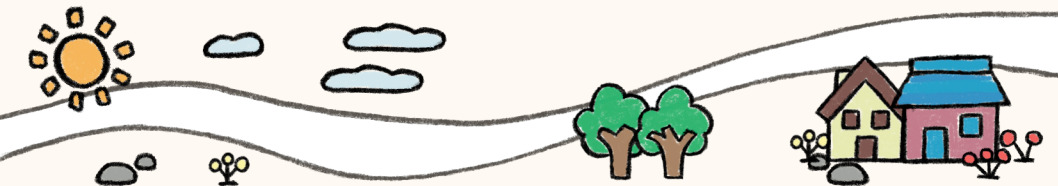
do so on these pages.
they're all yours.



sometimes,
you think you want to disappear
...
but all you really want is to be
found.



some things don't define who
you are. they are something you
experience.
you walk in the rain,
and feel the rain,
but you are not the rain.



sometimes
some people come into our life
just to teach us how to let go.



we must be willing to let go of
the life we had planned, so as to
gain the life the life that is
waiting for us.



you are not a drop in the ocean.
you are an entire ocean in a
drop.



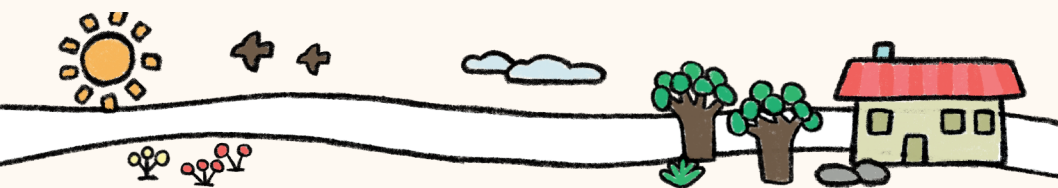
you are allowed to be both a masterpiece and a work in progress simultaneously.



you don't know me
you only know what I allow you
to know.



and one day
your name
didn't make me smile anymore.



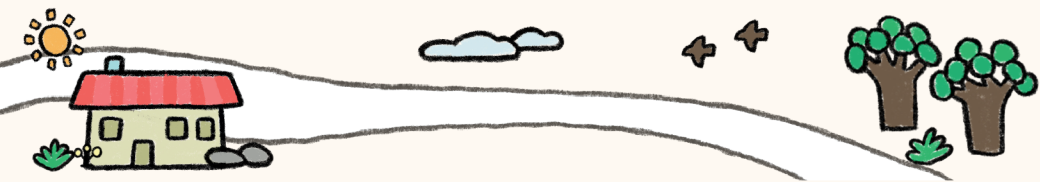
maybe,
forever
was a word meant
for memories and not for
people.



faking a smile
was easier than explaining
why you're sad.



some people survive chaos
and that is how they grow
some people survive chaos
because it is all they know.



sometimes
memories sneak out of my eyes
and roll down my cheeks.



and suddenly all the songs were
about you.



your future needs you.

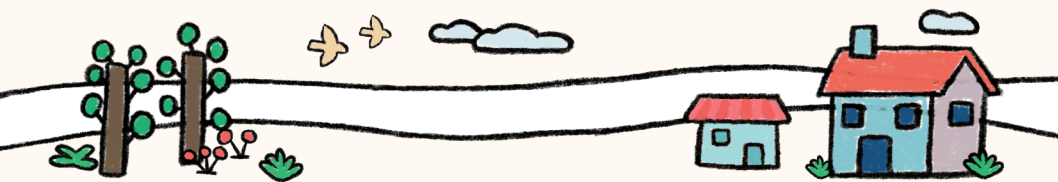
your past doesn't.



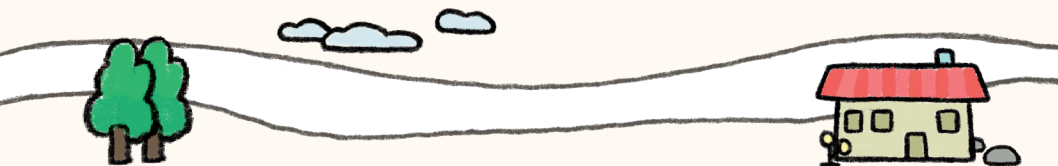
oh
my feelings?
don't worry about those,
no one else does.



it's not the words that hurt.
it hurts to know that the words
are true.



i cant say it
i cant say it.
i just
cant say it.



we write down
made-up stories
to tell
the truths we wish we could
say out loud.



part 4:
mood calendar

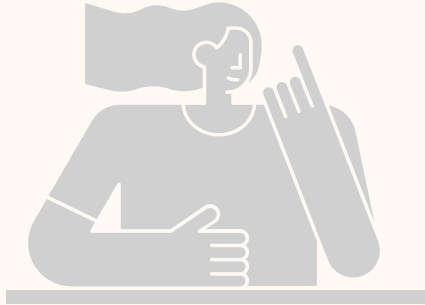
choose your mood. the left side
of the spectrum is for when you
are having a horrible day. the
right side of a spectrum is when
you feel amazing. write about
your day in the blank spaces.
why do you feel the way you feel
today?

how do you feel today?



why?

how do you feel today?



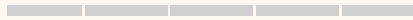
why?

how do you feel today?



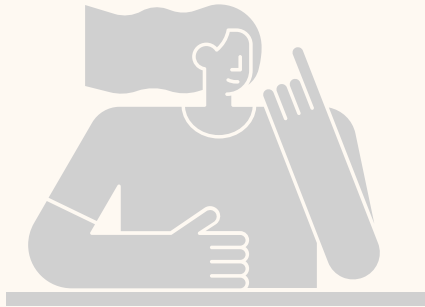
why?

how do you feel today?



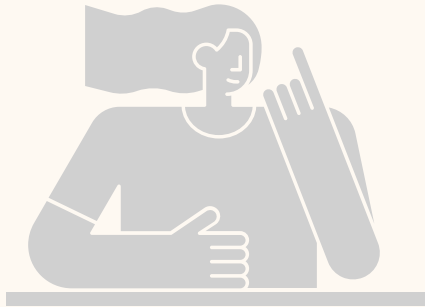
why?

how do you feel today?



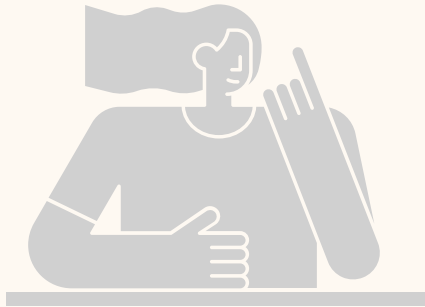
why?

how do you feel today?



why?

how do you feel today?



why?

how do you feel today?



why?

how do you feel today?



why?

**i'm proud of you.
yes, you.**

