

E001 Welcome Home — Journal Pages

E001 Journal Pages

Episode: Welcome Home

Format: Standalone printable journal pages

 Pour yourself a cup. Sit with these:

Page 1: Arrival
What am I carrying today?

[Space for writing]

Page 2: Need
What do I need today?

[Space for writing]

Page 3: The Hope Sequence
Walk through each step:

My pause:

My breath:

My thought:

My choice:

My action:

Page 4: One Emotional Action
What is one emotional action I can take today that is:

- ☐ Within my control
- ☐ Possible today

- Connected to the hope I want to create
- Small enough to complete

My action:

When I will do it:

How I will know it's done:

Page 5: The Drop

Write one sentence you want to carry with you from today:

[Space for writing]

Page 6: Welcome Home

Where do you feel "Welcome Home" in your life? If nowhere yet, what would it look like?

[Space for writing]

Airtable Table: Assets
Asset Type: Journal Pages
Linked Episode: E001
Status: Complete