

# THE LIGHT JOURNAL

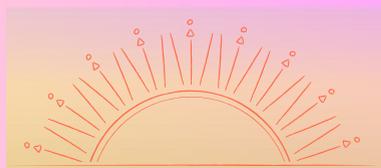
BY THE QUIET LIGHT

A 7 day gentle companion for  
self-care, EMDR, and positive  
thinking.



ABOUT

# INTRODUCTION



This journal is designed to help you nurture your mind, body, and spirit. Blending self-care, EMDR-inspired practices, and positive reflections, it provides a calm space to pause, breathe, and heal.

DAY 1

# MORNING INTENTION

Today, I want to feel...



One Thing I can do to care for myself today is...



**Notice your breath.**

**Place your hand on your chest.**

**Write down what you feel right now.**



DAY 1

# EVENING REFLECTION

A CALM OR SAFE MOMENT I NOTICED TODAY...



ONE THOUGHT I WANT TO CARRY WITH ME INTO TOMORROW...



IF TODAY HAD A COLOR OR SHAPE, WHAT WOULD IT BE?

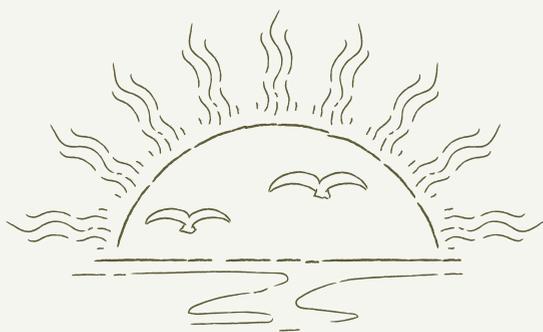


# EVENING REFLECTION

Healing is not about crashing the past - it's about learning to walk with light beside it.

## **Grouding Walk**

Spend 10 minutes noticing five things you see, four things you hear, three things you feel, two things you smell, one thing you taste.



DAY 2

# MORNING INTENTION

Today, I want to feel...



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One Thing I can do to care for myself today is...



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**Notice your breath.**

**Place your hand on your chest.**

**Write down what you feel right now.**



DAY 2

# EVENING REFLECTION

A CALM OR SAFE MOMENT I NOTICED TODAY...



ONE THOUGHT I WANT TO CARRY WITH ME INTO TOMORROW...



IF TODAY HAD A COLOR OR SHAPE, WHAT WOULD IT BE?



# EVENING REFLECTION

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## THE SPIRAL SHIFT

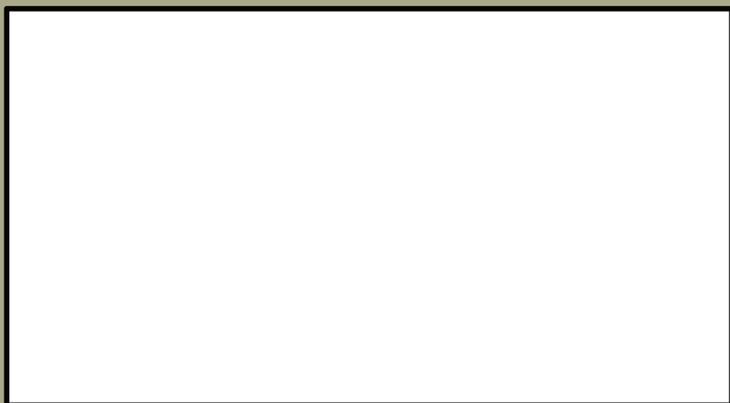
When you feel tightness, **imagine** the energy moving in a **spiral**.

Now, gently reverse the spiral.

Notice if it feels lighter.

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WRITE DOWN WHAT SHIFTS IN YOUR BODY



DAY 3

# MORNING INTENTION

Today, I want to feel...



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One Thing I can do to care for myself today is...



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**Notice your breath.**

**Place your hand on your chest.**

**Write down what you feel right now.**



# MORNING REFLECTION



## Micro-Reflections — Awareness

 “What’s one thing I’m safe with today?”

 “A small joy I noticed.”

 “Where in my body do I feel calm?”



DAY 3

# EVENING REFLECTION

A CALM OR SAFE MOMENT I NOTICED TODAY...



ONE THOUGHT I WANT TO CARRY WITH ME INTO TOMORROW...



IF TODAY HAD A COLOR OR SHAPE, WHAT WOULD IT BE?



DAY 4

# MORNING INTENTION

Today, I want to feel...



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One Thing I can do to care for myself today is...



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**Notice your breath.**

**Place your hand on your chest.**

**Write down what you feel right now.**



DAY 4

# EVENING REFLECTION

A CALM OR SAFE MOMENT I NOTICED TODAY...



ONE THOUGHT I WANT TO CARRY WITH ME INTO TOMORROW...



IF TODAY HAD A COLOR OR SHAPE, WHAT WOULD IT BE?



# EVENING REFLECTION

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## CREATING A SAFE PLACE

Close your eyes and imagine a place where you feel completely safe. Notice the details —

what do you see, hear, smell, feel?

Return here anytime you need calm!

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**DESCRIBE OR DRAW YOUR SAFE PLACE HERE**



DAY 5

# MORNING INTENTION

Today, I want to feel...



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One Thing I can do to care for myself today is...



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**Notice your breath.**

**Place your hand on your chest.**

**Write down what you feel right now.**



# MORNING REFLECTION

## Micro-Reflections — Grounding

 “What color matches my current mood?”

 “One thing that helped me get through today...”

 “Something that felt healing, even if small...”



DAY 5

# EVENING REFLECTION

A CALM OR SAFE MOMENT I NOTICED TODAY...



ONE THOUGHT I WANT TO CARRY WITH ME INTO TOMORROW...



IF TODAY HAD A COLOR OR SHAPE, WHAT WOULD IT BE?



DAY 6

# MORNING INTENTION

Today, I want to feel...



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One Thing I can do to care for myself today is...



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**Notice your breath.**

**Place your hand on your chest.**

**Write down what you feel right now.**



DAY 6

# EVENING REFLECTION

A CALM OR SAFE MOMENT I NOTICED TODAY...



ONE THOUGHT I WANT TO CARRY WITH ME INTO TOMORROW...



IF TODAY HAD A COLOR OR SHAPE, WHAT WOULD IT BE?



# EVENING REFLECTION

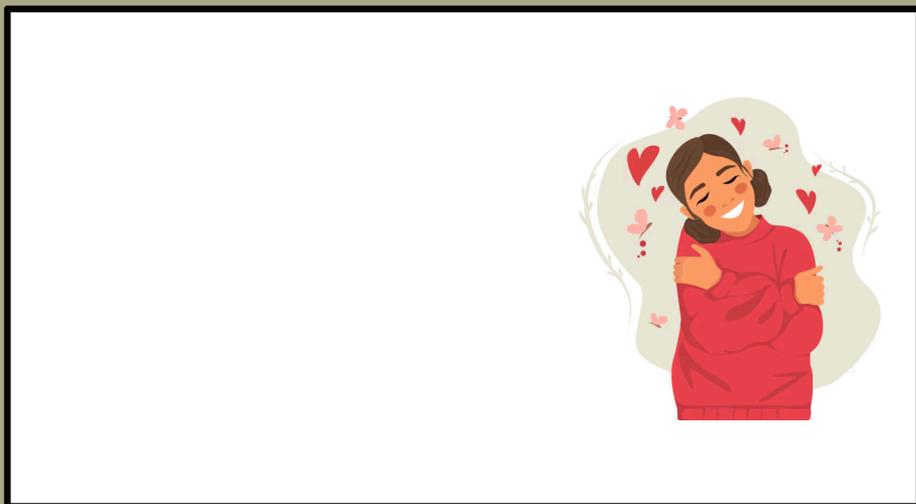
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## THE BUTTERFLY HUG

Cross your arms over your chest.  
Slowly tap your shoulders, left and right, like butterfly wings.  
Breathe gently as you do this.  
Notice how your body begins to calm.

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## HAT DID I NOTICE AFTER TRYING THE BUTTERFLY HUG?



DAY 7

# MORNING INTENTION

Today, I want to feel...



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One Thing I can do to care for myself today is...



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**Notice your breath.**

**Place your hand on your chest.**

**Write down what you feel right now.**



# MORNING REFLECTION

## Micro-Reflections — Body & Senses

👣 “Where do I feel tension today?”

💧 “If my calm had a shape, what would it look like?”

🔥 “What warms me from within?”



DAY 7

# EVENING REFLECTION

A CALM OR SAFE MOMENT I NOTICED TODAY...



ONE THOUGHT I WANT TO CARRY WITH ME INTO TOMORROW...



IF TODAY HAD A COLOR OR SHAPE, WHAT WOULD IT BE?



THANK  
YOU!