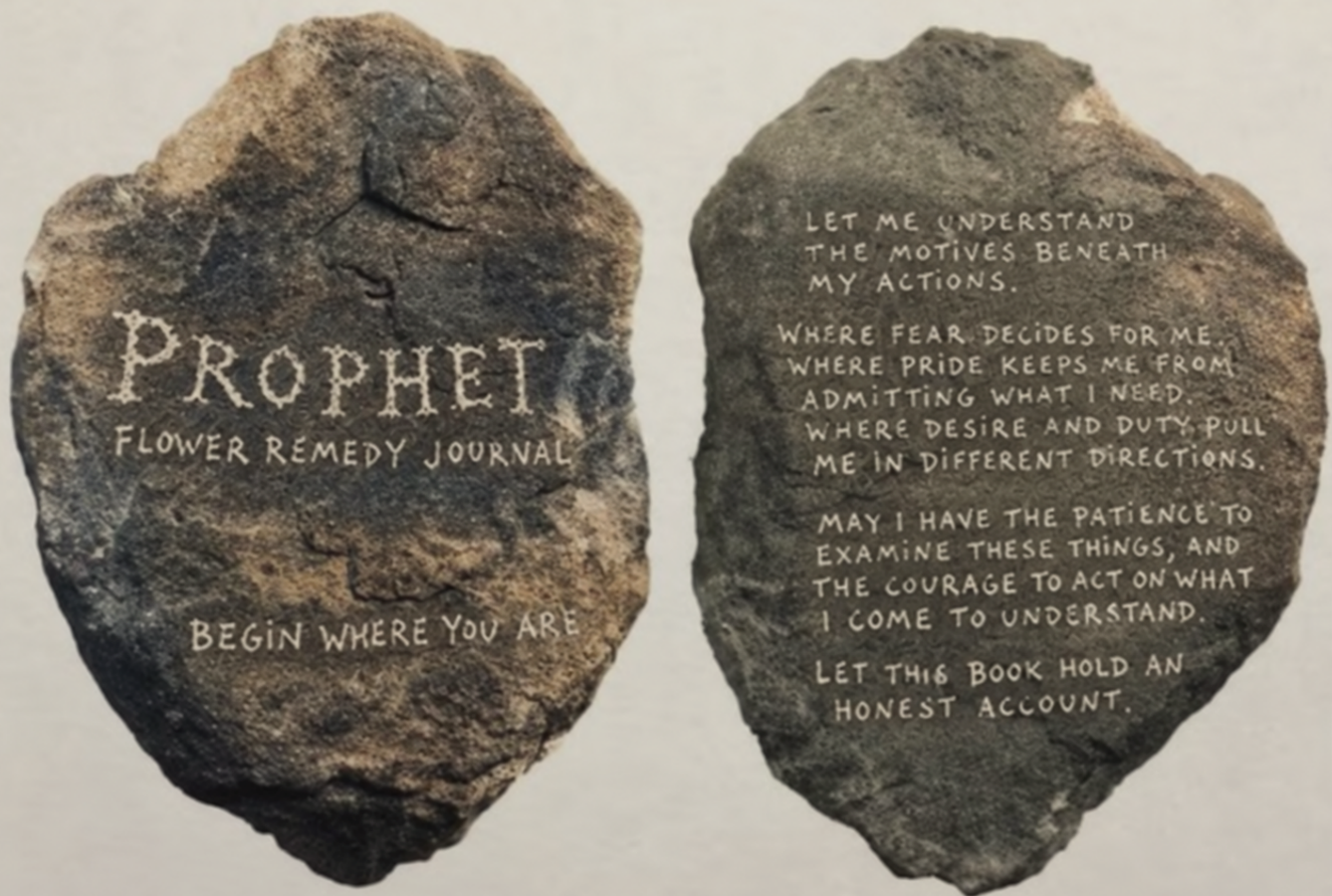




Journal in 3 daily pages

**PROPHET**

# Begin where you are.

These pages are a place to notice what is happening in your life and how you are meeting it. Let the record be specific, imperfect and your own.

There is no particular feeling to arrive at. A quiet day, a difficult day and a day with no noticeable change all belong here.

## I. Notice

Arrive with what you can observe today.

## II. Look closer

Explore a moment, a pattern or a question.

## III. Carry forward

Name what matters and a choice you might make.

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## Make it yours

Write all three pages at one sitting, or return to them throughout the day. Dates are open. Skip a prompt if it does not fit; use the space for what does.

Each day, record your custom essence number or the name of your ready-made essence. Note your experiences alongside the other circumstances of your day.

To type: open this PDF in a form-capable reader, select a writing area and save a personal copy. You can also annotate it with a stylus or print it. The contents page and footer links help you move between days.

# Find your place.

*Each day opens to three writing pages.*

|    |            |    |            |    |              |
|----|------------|----|------------|----|--------------|
| 01 | Beginning  | 11 | Receiving  | 21 | Three weeks  |
| 02 | Attention  | 12 | Trust      | 22 | Belonging    |
| 03 | Repetition | 13 | Comparison | 23 | Voice        |
| 04 | The body   | 14 | Two weeks  | 24 | Enough       |
| 05 | Space      | 15 | Halfway    | 25 | Uncertainty  |
| 06 | Needs      | 16 | Old roles  | 26 | Rest         |
| 07 | One week   | 17 | Holding on | 27 | Courage      |
| 08 | Boundaries | 18 | Friction   | 28 | What stays   |
| 09 | No         | 19 | Tenderness | 29 | Making room  |
| 10 | Desire     | 20 | Pleasure   | 30 | Looking back |

Before you begin

After thirty days

*Begin on any date. Return at your own pace.*

# A starting point

Name

Beginning on

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What is present in my life as I begin?

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What would I like to give myself room to notice?

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What else may shape this month?

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## I. Notice

Date \_\_\_\_\_

# What is bringing me to these pages today?

*Start with what is actually here, even if it is unfinished.*

Custom essence no. / Ready-made essence name

## II. Look closer

Where in my life do I feel most like myself?

*Remember a particular place, person or ordinary moment.*

### III. Carry forward

What would I like to understand about myself this month?

*An honest question is enough. It does not need an answer yet.*

## I. Notice

Date \_\_\_\_\_

What has been taking up the most space in my attention?

*Notice what keeps returning when things become quiet.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What did I overlook while I was focused on that?

*Consider a need, a detail or a person at the edge of the day.*

### III. Carry forward

What would I like to give my attention to tomorrow?

*Choose something small enough to notice in an ordinary day.*

## I. Notice

Date \_\_\_\_\_

What familiar response have I noticed in myself lately?

*Describe it without deciding whether it is good or bad.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What happened just before that response appeared?

*Write the moment as it happened, then the meaning you gave it.*

### III. Carry forward

## Where might there be room for a different response?

*Imagine one small pause, question or choice.*

## I. Notice

Date \_\_\_\_\_

What physical sensations do I notice as I arrive today?

*Use your own words. You do not need to explain the sensations.*

Custom essence no. / Ready-made essence name

## II. Look closer

When did I feel more at ease today, and what was around me?

*Consider the setting, company, pace and what you were doing.*

### III. Carry forward

What would feel like a considerate way to end this day?

*Let the answer be ordinary and possible.*

## I. Notice

Date \_\_\_\_\_

## Where does my day feel crowded?

*It may be in my surroundings, schedule or thoughts.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What am I keeping in that space, and why?

*Notice habit, usefulness, affection and obligation separately.*

### III. Carry forward

What small amount of space could I make for myself?

*Name one thing to move, postpone, simplify or leave open.*

## I. Notice

Date \_\_\_\_\_

What do I need today that I have not said plainly?

*Try a simple sentence beginning with: I need...*

Custom essence no. / Ready-made essence name

## II. Look closer

## What makes that need difficult to acknowledge?

*Listen for the rule or expectation underneath it.*

### III. Carry forward

How could I respond to that need with the resources I have?

*Include asking for help if that feels right.*

## I. Notice

Date \_\_\_\_\_

What stands out when I look back at the first six days?

*A repeated word, a surprising moment or no clear pattern yet.*

Custom essence no. / Ready-made essence name

## II. Look closer

What stayed the same, and what, if anything, felt different?

*Give both observations equal room on the page.*

### III. Carry forward

What do I want to keep paying attention to next week?

*Choose one thread to follow without forcing a conclusion.*

## I. Notice

Date \_\_\_\_\_

## Where am I saying yes without feeling willing?

*Think of one recent situation rather than your whole life.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What am I afraid might happen if I state my limit?

*Distinguish what you know from what you are imagining.*

### III. Carry forward

## What would a clear, respectful boundary sound like?

*Write the words you could actually use.*

## I. Notice

Date \_\_\_\_\_

What is asking more of me than I can offer today?

*Notice time, energy, attention and practical capacity.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What do I usually do when I reach that limit?

*Describe the response and what happens afterward.*

### III. Carry forward

## What can I decline, reduce or renegotiate?

*Choose one realistic change, even if it is temporary.*

## I. Notice

Date \_\_\_\_\_

What do I want before I explain why it is reasonable?

*Let a wish appear on the page without making a plan.*

Custom essence no. / Ready-made essence name

## II. Look closer

Which part of that desire feels most alive to me?

*It might be a feeling, an experience or a different way to live.*

### III. Carry forward

What small way could I make contact with that desire?

*Name an experiment rather than a promise.*

## Date \_\_\_\_\_

*Include practical help, company, information and time.*

## II. Look closer

## What happens inside me when someone offers help?

*Recall one real exchange and the words you used.*

### III. Carry forward

## What could I allow myself to receive?

*It can be small. It can also be something I need to ask for.*

## I. Notice

Date \_\_\_\_\_

What do I already know about the choice in front of me?

*List the things you can name without predicting the outcome.*

Custom essence no. / Ready-made essence name

## II. Look closer

What is still uncertain, and what would help me understand it?

*Separate a question you can investigate from an unknown you cannot settle.*

### III. Carry forward

## What is the next decision I can make with what I know?

*You do not have to decide everything at once.*

## I. Notice

Date \_\_\_\_\_

## When did I compare myself with someone else today?

*Describe what caught your attention without judging yourself.*

Custom essence no. / Ready-made essence name

## II. Look closer

What did that comparison reveal about something I value?

*Look for the wish beneath the story about being ahead or behind.*

### III. Carry forward

What would honoring that value look like in my own life?

*Return to your circumstances, pace and actual preferences.*

## I. Notice

Date \_\_\_\_\_

Which moments from the past week do I remember most clearly?

*Write what happened before deciding what it means.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What has supported me, and what has made things harder?

*Include changes in routine, relationships and circumstances.*

### III. Carry forward

What would I like to adjust for the coming week?

*A small practical adjustment can be enough.*

## I. Notice

Date \_\_\_\_\_

How do I feel about the intention I wrote at the beginning?

*It can still fit, feel different or no longer matter in the same way.*

Custom essence no. / Ready-made essence name

## II. Look closer

What have I learned that I could not have predicted?

*Allow for complexity, contradiction or an unanswered question.*

### III. Carry forward

What question would I like to carry into the next fifteen days?

*Choose the question that feels relevant now.*

## Date \_\_\_\_\_

*Think of a recent conversation or shared task.*

## II. Look closer

What does that role give me, and what does it cost?

*Make room for the reasons it has mattered to you.*

## II. Look closer

What does that role give me, and what does it cost?

*Make room for the reasons it has mattered to you.*

### III. Carry forward

Where could I let myself respond differently?

*Imagine one situation in which you have a little more choice.*

## I. Notice

Date \_\_\_\_\_

What am I still carrying from an earlier moment?

*Name what is present without requiring yourself to release it.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What feels unfinished about it?

*It may be a conversation, a feeling, a question or a practical task.*

### III. Carry forward

What would help me relate to it with more care?

*Consider time, an action, a boundary or simply naming it.*

## I. Notice

Date \_\_\_\_\_

What has irritated or frustrated me recently?

*Choose a moment you feel comfortable writing about.*

Custom essence no. / Ready-made essence name

## II. Look closer

What expectation, limit or value was involved?

*Explore the situation without having to excuse anyone or prove a point.*

### III. Carry forward

## What would a useful response look like now?

*Consider what is within your control and what is not.*

## I. Notice

Date \_\_\_\_\_

What feels tender or easily bruised in me today?

*You can stay with a few words if that is enough.*

Custom essence no. / Ready-made essence name

## II. Look closer

How have I been speaking to myself about it?

*Write the phrases you notice. You do not need to defend them.*

### III. Carry forward

## What would a more considerate response sound like?

*Use words you could believe, rather than words you think you should say.*

## I. Notice

Date \_\_\_\_\_

What gave me even a brief moment of pleasure today?

*A taste, color, conversation, sound or quiet interval may count.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What made room for that moment?

*Notice its setting, pace and whether you let yourself enjoy it.*

### III. Carry forward

What simple pleasure would I like to make room for again?

*Keep it close to the life you already have.*

## I. Notice

Date \_\_\_\_\_

What am I noticing now that I missed at the beginning?

*Look for a small detail rather than evidence of a dramatic shift.*

Custom essence no. / Ready-made essence name

## II. Look closer

What has not changed, and how do I feel about that?

*An unchanged experience also belongs in this record.*

### III. Carry forward

## What do I want to take into this last stretch?

*Choose a practice, a question or a little more room.*

## I. Notice

Date \_\_\_\_\_

Where do I feel able to arrive as I am?

*Think of a person, a place or a way of spending your time.*

Custom essence no. / Ready-made essence name

## II. Look closer

## Where do I edit myself to feel accepted?

*Notice what you leave out and what you are hoping to protect.*

### III. Carry forward

What would a small act of belonging to myself look like?

*Choose something concrete and kind.*

## I. Notice

Date \_\_\_\_\_

## What have I wanted to say but kept rehearsing privately?

*Write it here without preparing it for anyone else.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What matters most underneath those words?

*Look for the need, value or truth you want understood.*

### III. Carry forward

What, if anything, do I want to communicate now?

*You may choose a conversation, a draft or more time.*

## I. Notice

Date \_\_\_\_\_

## Where have I been moving the finish line for myself?

*Notice one task or expectation that never seems complete.*

Custom essence no. / Ready-made essence name

## II. Look closer

How would I recognize enough in this situation?

*Use a visible stopping point rather than an ideal feeling.*

### III. Carry forward

## What can I allow to be complete for today?

*Write what you will leave for another time.*

## I. Notice

Date \_\_\_\_\_

# What am I trying to know before it can be known?

*Name the uncertainty without trying to solve it on this page.*

Custom essence no. / Ready-made essence name

## II. Look closer

How is that uncertainty shaping the way I spend my day?

*Notice checking, postponing, planning or any other response.*

### III. Carry forward

## What can I still choose while the answer is open?

*Return to one action or source of steadiness available now.*

## I. Notice

Date \_\_\_\_\_

## What kind of tiredness am I noticing today?

*Describe your experience in ordinary language.*

Custom essence no. / Ready-made essence name

## II. Look closer

What do I tell myself I must do before I can pause?

*Notice which demands are practical and which are habitual.*

### III. Carry forward

## What would a realistic pause look like today?

*Give it a place, a length and permission to be simple.*

## I. Notice

Date \_\_\_\_\_

What small thing have I been hesitating to begin?

*Choose something that matters to you and is possible to approach.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What makes the beginning feel difficult?

*Write the practical obstacle and the story around it separately.*

### III. Carry forward

## What is the smallest honest first step?

*Make it specific enough that you would know you had done it.*

## I. Notice

Date \_\_\_\_\_

Which parts of this month do I want to remember?

*Name moments, words or details rather than a verdict on the month.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What has earned a place in my ongoing life?

*Consider a boundary, a habit, a conversation or a way of noticing.*

### III. Carry forward

How could I keep that close without turning it into a demand?

*Choose a gentle reminder or an easy way to return.*

## I. Notice

Date \_\_\_\_\_

What feels ready to take up less space in my life?

*It may be an obligation, an expectation or a repeated story.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What would I like to make room for instead?

*Let the answer be your own, even if it seems modest.*

### III. Carry forward

## What practical change would support that space?

*Name one choice you can revisit after this journal ends.*

## I. Notice

Date \_\_\_\_\_

What do I see when I place today beside my first entry?

*Notice differences, continuities and anything that is still unclear.*

Custom essence no. / Ready-made essence name

## II. Look closer

## What have these pages helped me put into words?

*Look for a clearer need, a useful question or an experience you named.*

### III. Carry forward

## What do I want to carry forward from here?

*Write a note to yourself for the next ordinary day.*

# What remains with you?

What do I want to remember from these pages?

## What would I like to return to next?



*Return when you need a page.*

# PROPHET

FLOWER ESSENCES