



A TRAUMA INFORMED THERAPEUTIC WELLNESS JOURNAL

# Gentle Guidance

*A Reflective Journey for the Internal Traveller*

AT THE HEART

*Community · Compassion · Connection*



## A LETTER TO YOU

# Welcome

If you have opened this journal, something inside you is already moving. A quiet whisper asking for something softer, slower, deeper.

This is not a journal that asks you to fix yourself. You are not broken, not a project. There is nothing to fix here.

Inside these pages are gentle explorations, each one a tender invitation to return to yourself in a different way. We will steady the nervous system, explore boundaries and values, meet the parts of you that have waited a long time to be seen, and gather what you wish to carry forward. Some will feel easy. Some may sit with you for days. There is no timeline, no rush.

Move through it in whatever way feels right. Skip what does not land yet. Return to what does. Let this journal meet you exactly where you are. Every invitation you'll find here is only a suggestion. You are very welcome to skip reflections that don't sit well with you, and feel free to adapt activities to better suit you.

Take it slowly. Take it personally. Take it as a reminder that you matter, exactly as you are, exactly where you are.

*With warmth,*

*The Worth & Wonder Collective*



## HOW TO USE THIS JOURNAL

# Soft guidance, not rules

- **You can always decline**

You are welcome to decline any invitation or intervention that does not feel right for you. Trust what your body responds to.

- **There is no wrong way to journal**

Whether you've got a hard copy of the journal, you've printed the pages or you're using your device, all methods of reflection are equally valuable.

- **Permission to be real, raw & unfiltered**

These pages are for you alone. Misspell, doodle, cross out, get messy. We're exploring. There's no need for perfection here.

- **Pair it with care**

A cup of tea, a candle, a soft chair. Let this time feel like something you look forward to, not something to get through.

- **Return as frequently as you desire**

Welcome change. Perception may shift as we explore deeper. Some explorations only reveal themselves on the second or third visit. You're welcome to revisit activities.

- **A deeper dive, with support**

This journal has been designed as a deep dive into exploring the self, and it is recommended that the invitations included are engaged with alongside additional therapeutic support, whether that's 1:1 or part of a group, particularly if you're new to self-exploration and healing.

- **Go at your own pace**

Although the sections within this journal have been designed to work through weekly, please travel at your own pace. There is no rush.

- **A gentle reminder for members**

If you are an active member of The Worth & Wonder Collective, you are warmly welcome to bring any reflections that arise into the group space, sharing as much or as little as you wish.



WHAT IS INSIDE

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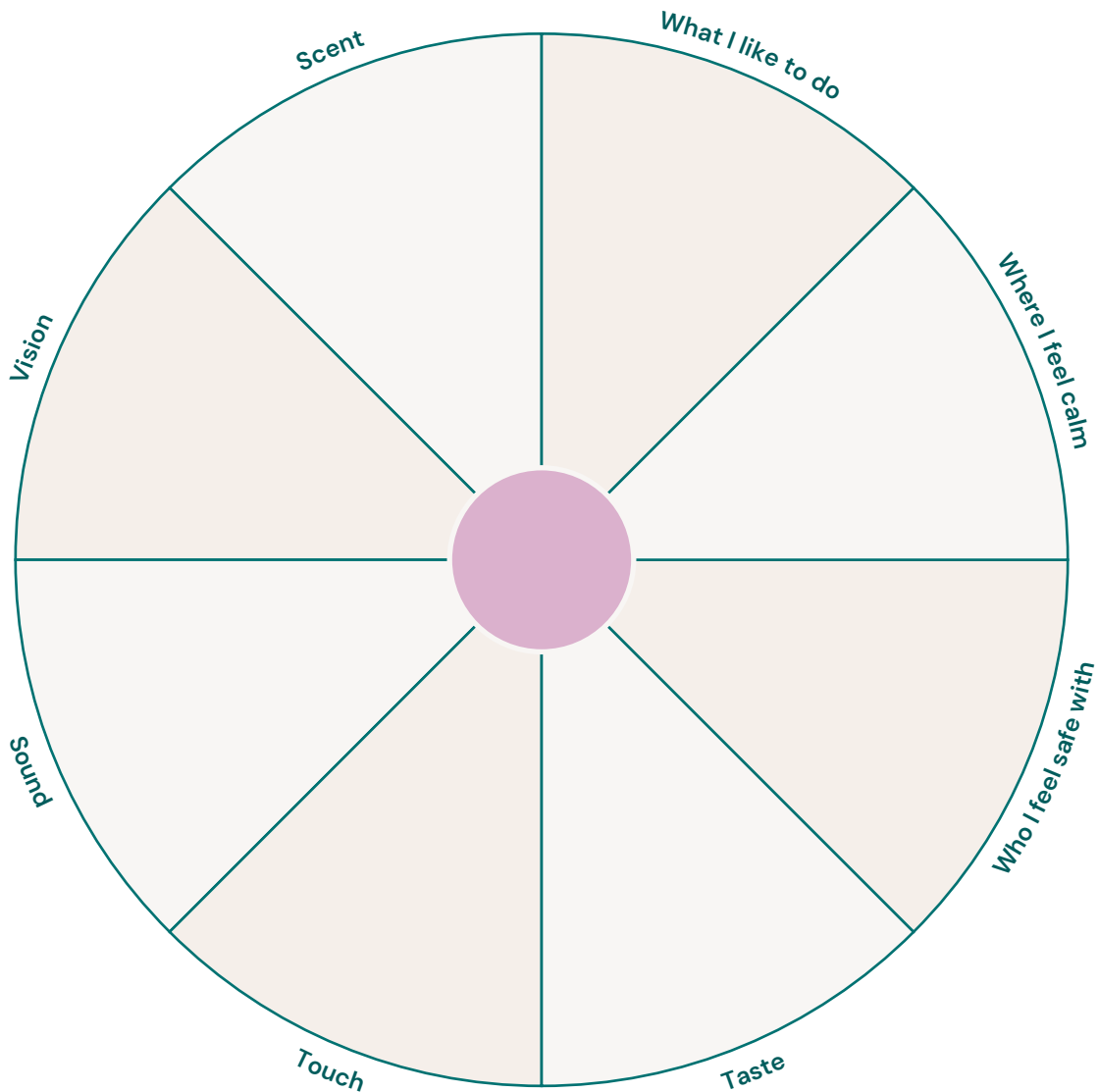
SECTION 01

01

# Cultivating a Sense of Safety

Before we explore anything tender, we begin by building safety.

An anchor is a grounding tool that steadies the nervous system and gently reorients us to the present moment when anxiety, trauma, or big emotions feel overwhelming. Fill each section of the wheel with your favourite things, anything that reminds you of warm memories or brings a feeling of peace, calm, or safety.





SECTION 01

# Trust in Self

Our sense of trust, reliability, and confidence in ourselves grows each time we follow through on our intentions. Equally, when we break promises, even small ones to ourselves, our relationship with ourselves is quietly affected.

*Choose three things you would like to do this week:*

1.

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2.

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3.

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Now decide if each wish is something you are certainly going to do or something you would like to do. For example, "I am going to cook a meal for myself this week" or "I would like to cook a meal for myself this week." Notice how the wording of each statement feels different. Rewrite your three intentions for the week below using the sentence starters "I am going to" or "I would like to".

1.

---

2.

---

3.

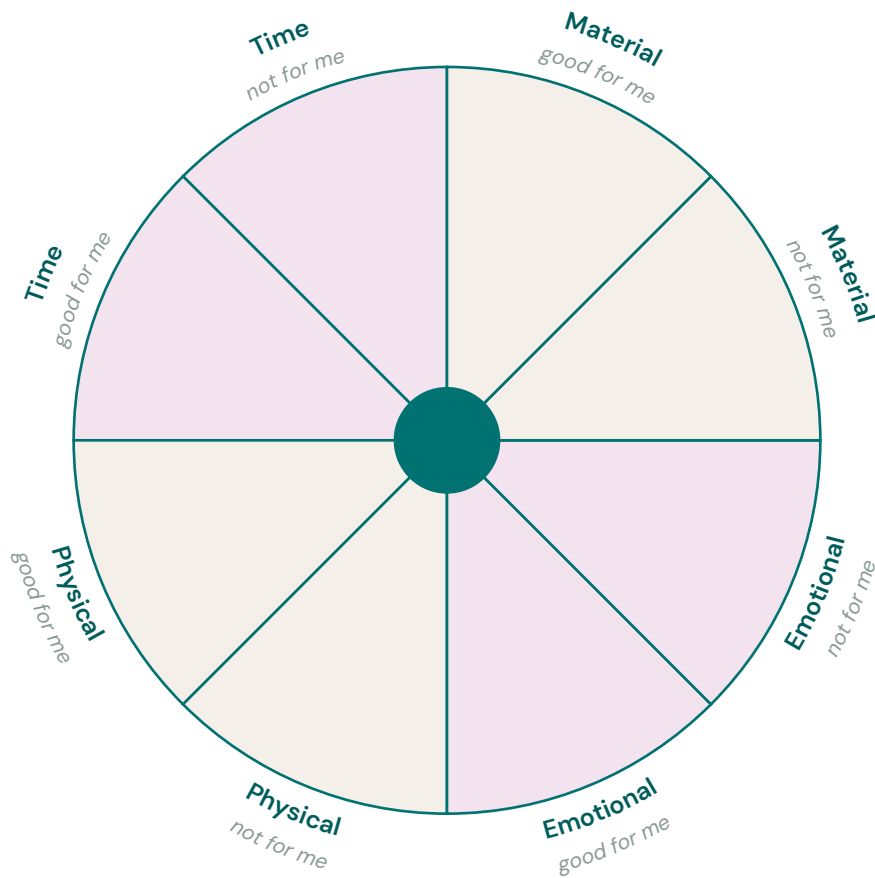
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Return at the end of the week to share your reflections. Did you follow through with your intentions? How did it feel? If not, what do you notice? Did the tone of the words you said to yourself impact feelings?

SECTION 01

# Boundaries Exploration

Boundaries are not only about telling people what we will and will not tolerate. They are also the action we choose to take if something crosses a line for us. Use the wheel below to note what feels good for you and what does not. Consider your physical, emotional, material and time boundaries.



- Physical boundaries** protect your personal space, body, and privacy, e.g. choosing not to hug.
- Emotional boundaries** protect your mental energy and mood, ensuring what is happening around you isn't negatively impacting what's happening within you, e.g. not taking responsibility for someone else's mood.
- Material boundaries** guide how your possessions, money, and resources are prioritised, e.g. setting a budget and sticking to it.
- Time boundaries** protect how you spend your energy and time, e.g. limiting social media use to one hour per day.