

ALIGN
w i t h i n

a wellness journal

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**With Aligned Hearts,
The Team!**

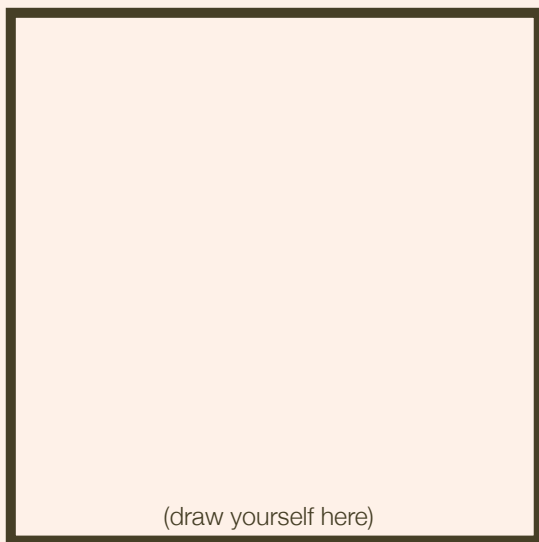
1. Forename: _____

2. Surname: _____

3. Nickname: _____

4. Vibe: _____

RECOGNITION & CREDENTIALS



HAPPY NOTE

to:	date:
<i>Self</i>	note:

IDENTIFICATIONS AS OF LATE

Draw/ doodle/ paste pictures of your favourite food, people, music, colour, or anything that makes you happy. Make it yours.

Signature of the holder



INTRODUCTION

We created this journal for the days when things feel all over the place, and for the ones that feel just fine. There's no structure here, no set path, and no pressure to get it 'right'. Like our emotions, this journal isn't meant to be linear. You can start wherever you land.

Some pages will ask you questions. Others will simply hold space. Some might stir something within you, and others might just offer quiet company. All of it is here to help you meet yourself with honesty and care.

Blending mental wellness and life coaching, this journal brings together thoughtful prompts, gentle nudges, and open spaces for you to explore what's going on inside. It's a pause. A soft landing. A place to check in whether you're feeling light, heavy, or somewhere in between.

The name *Align Within* is a reminder that your truest guidance doesn't come from outside, it lives inside you. This journal is here to help you return to that place, again and again.

Pick it up when you feel like it. Leave it when you don't. Scribble. Doodle. Rant. Reflect. Tear a page if you need to. Nothing is off-limits.

Let's begin, wherever you are.

The *Align Within* check-in

My *intentions* for this journal are:

I will take care of *myself* by:

What would make this *journey amazing*:

How will you *nourish* your:

Mind

Body

Soul

I want to *feel*:

I want to do *more* of:

What are your top 5?

Core Values

Integrity

Authenticity

Diversity

Open-minded

Respect

Accountability

Inclusivity

Empathy

Equality

Compassion

Kindness

Patience

Wellness

Creativity

Gratitude

Self-discipline

Kindness

Optimism

Transparency

Fairness

Honesty

Family

Harmony

Freedom

Responsibility

Loyalty

Kindness

Generosity

Growth

Courage

Teamwork

Excellence

Balance

or:

(write your own)

Passions

Music	Writing
Self Care	Acting
Astronomy	Yoga/Pilates
Gardening	Baking
Socializing	Rock climbing
Film-making	Design
Floral Arranging	Traveling
Dancing	Fashion/Style
Shopping	Scuba diving
Teaching	Podcasting
Meditation	Photography
Health	Fitness/Exercise
Coaching	Boating
Volunteering	Calligraphy
Crafting	Painting
or:	Mindfulness
	Crochet
	Beauty

(write your own)

Manifestation Planner



Limiting beliefs I need to get rid of

My daily *affirmation*

Visualization

I see

I have

I feel

My prayer to the *universe*

Little things
that bring *Joy*

a *colour* :

a type of **food**:

a **time** of day:

a **word**:

a *day* of the week:

a time of the *year*:

something **immature**:

something you *wear* :

something in your **home**:



Letting Go

I release the need to hold on to past pain
and let go of what no longer serves my peace.

Letting Go Secret Worries

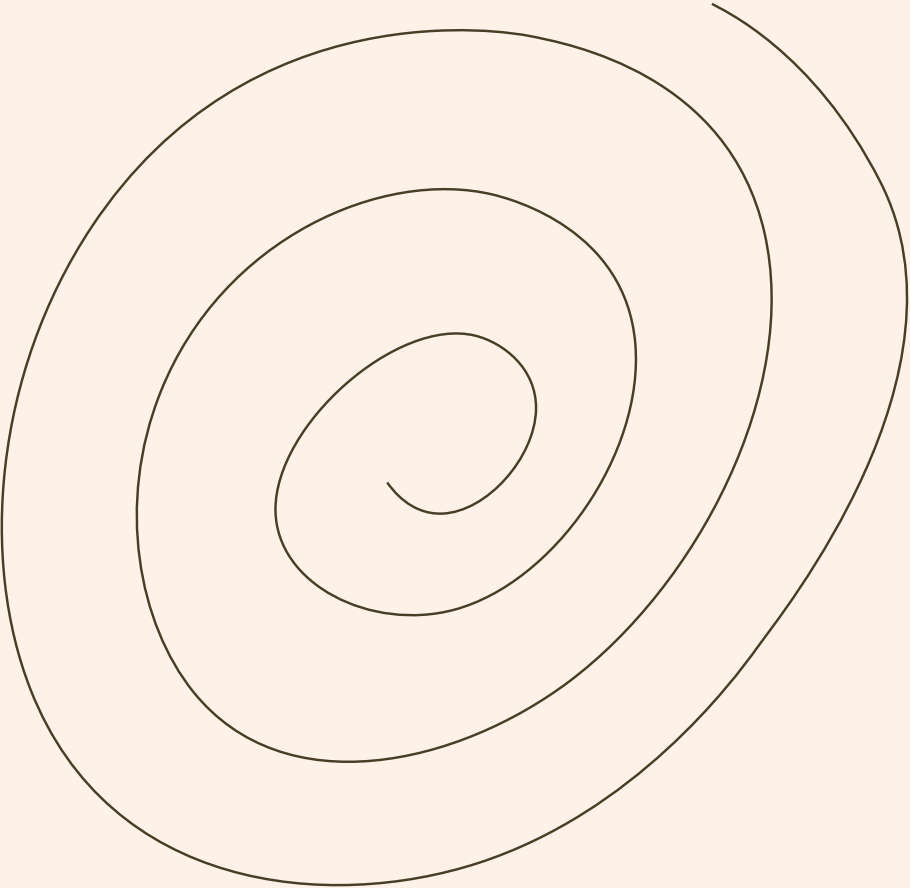
Write your biggest worries of the day inside,
then shut this book. You can revisit to cross it
out or tear the page out later.

Unwind & Reset

Write a 3 word poem:

What can you see out of
your closest window:

Start free writing into this spiral,
finish at the centre:



List 10 things that you have today that
were once a distant goal / dream.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Place your feet
on the ground,
close your eyes.

Imagine you are
standing tall
like a tree.

You are strong
and stable.

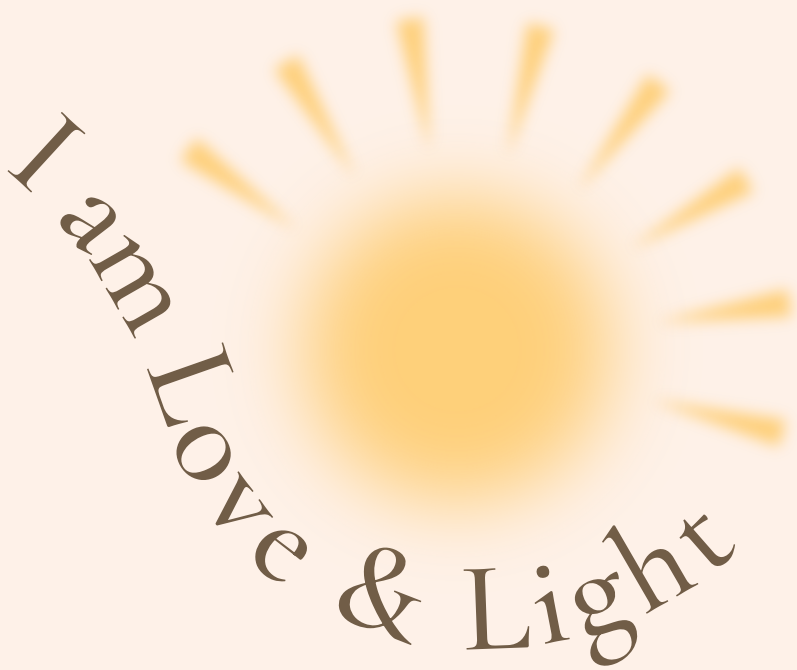
Your roots go
deep into the
ground, holding
you up strong
for anything life
throws at you.

Now put your
hand on your
heart and one on
your belly, take a
few deep breaths
in and repeat:

“I am whole.”

Imagine everything you have
ever wanted below.

there ya go.



As you inhale, visualize clean healing energy entering your body and filling you with vitality and strength. As you exhale, visualize any tension or negative energy leaving your body, allowing yourself to feel more relaxed and at peace.

Repeat the Mantra:

I Am Love & Light.

Identify your Sad



Big Sad



Small Sad



Light Sprinkling
of Sad



Rising Sad



Sharp Sad



Confusingly
Beautiful Sad



Heavy Sad



Creeping Sad



Sad on Toast

How does this Sad feel in my body?

If my Sad had a colour, what would it be?

What triggers it most often?

What's one thing I can do when it shows up?

Who can I talk to when I feel this?

What do I need to hear right now?

What small comfort helps most (tea, music, walk, etc.)?

What does my Sad teach me?

Describe your *mood* in 1 word
everytime you visit this page

Describe things you can feel

but not easily see

Self Love

You're allowed to pause without feeling guilty.
Rest is not a weakness — it's how strength regathers.
Today, be kind to your energy.
You're doing better than you think.

If the *younger* me were sitting across
from me today, what would I tell them
about how *far they've come*?

Go on a *date* with yourself. How does it feel?

Choose a word or symbol that represents
letting go. Draw it in a bold way.

(Like a wave, a leaf, or anything that resonates)

I forgive

& release

(Fill in your reflection to practice self forgiveness)



Fragments & Wholeness

Tear or cut up pages into pieces. On each piece, draw or write something you feel is a 'fragment' of yourself.

Then collage the pieces back into one whole artwork here.

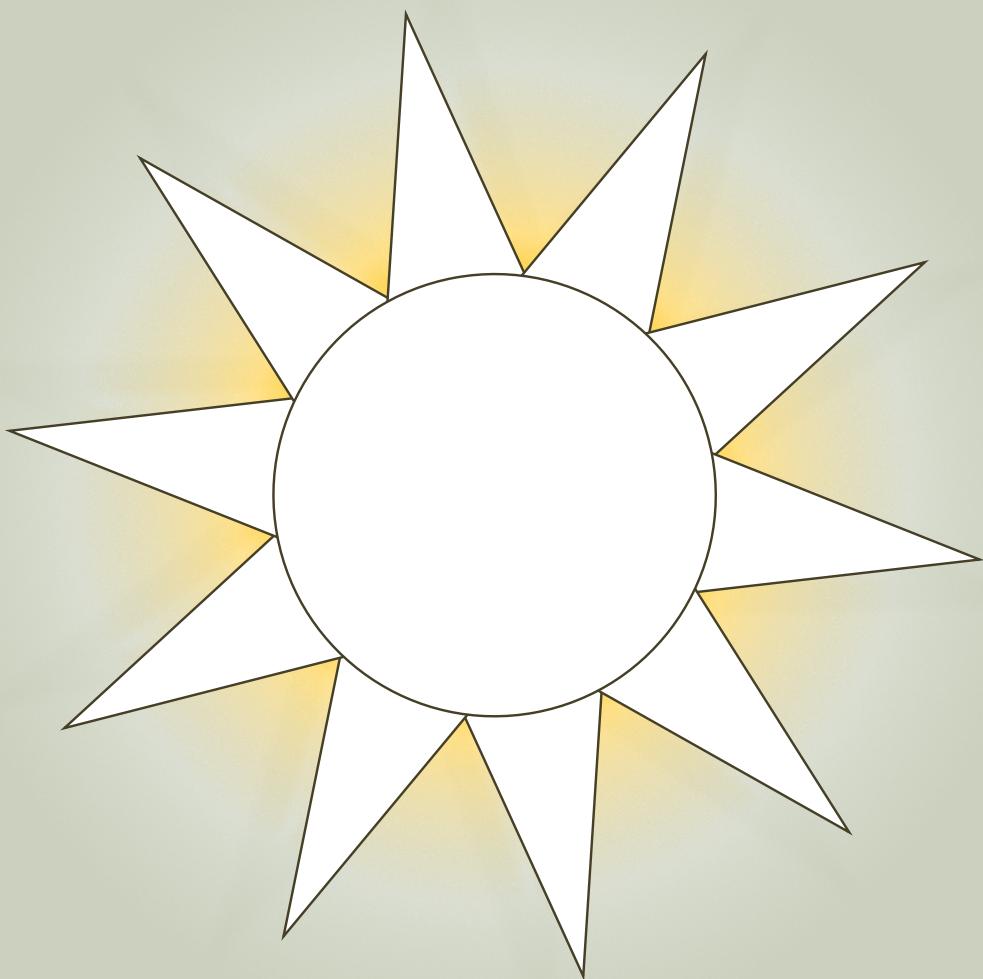
(Feel free to tear & use this blank page for the prompt.)

If my *heart* had a *house*

Imagine your heart as a house. What would its rooms look like? Who lives there? Is anything locked away?

Create a floor plan or imagery to represent it.

Gratitude Sunburst



Write one thing you're grateful for on each ray.
Let the sun of gratitude warm your day.

One thing I'm grateful for today that came from
someone else:

(A kind word, someone's time, a shared meal)

Someone who deserves my *thank you:*

Who? What did they do?

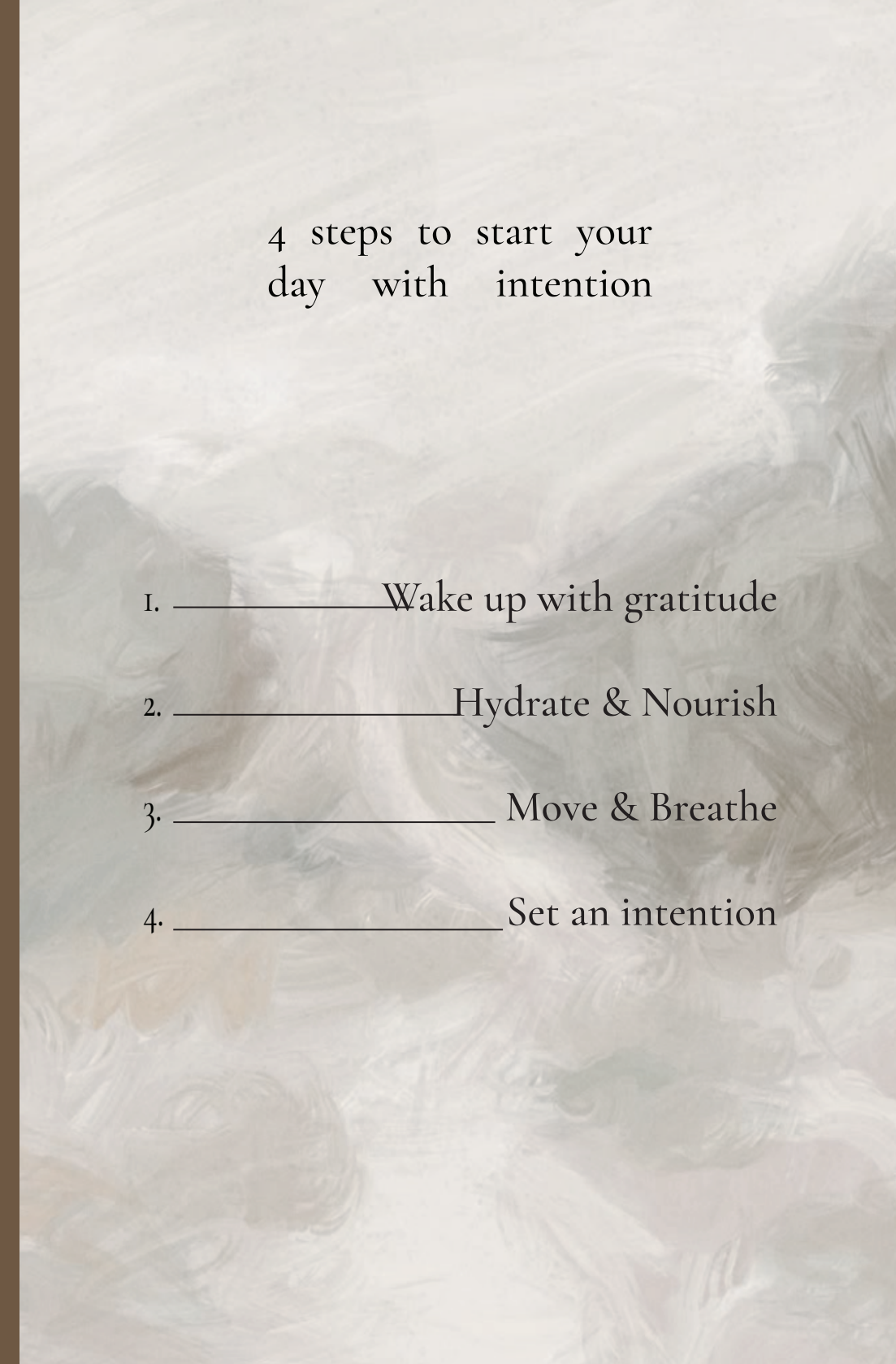
How it made me feel:

How I will pass this gratitude *forward* today:

(A kind message, A helping hand, A silent prayer)

Intention

The power of intention is the power to manifest,
and live a life of abundance. To attract into your life
the right people at the right moments.



4 steps to start your day with intention

1. _____ Wake up with gratitude
2. _____ Hydrate & Nourish
3. _____ Move & Breathe
4. _____ Set an intention

How to Manifest?

01 / know what you don't want



02 / decide what you want



03 / find what you're asking for



04 / take inspired actions



05 / let the process unfold



Write your *desire* 3 times in the present tense.

Write your *intention* 6 times.

Write the *outcome* 9 times in the present tense.

There is no point.

Put your pencil on the dot and close *your eyes so tight!*
Start to draw & count to ten then open *your eyes so bright.*



Let go of everything that is stopping you.

Release & Let Go

Forgiveness is a gift you give yourself. Let go of grievances and allow healing to blossom.

I choose to let go of...

What does letting go feel like?

Recovery Routine

DIY your routine for the day, and nothing has to be done or written in order. Just put down everything you wish to take on today.

02

15

01

11

08

12

04

10

I am _____

C	R	E	A	T	I	V	E	S	D	D
L	O	F	U	X	S	F	D	C	O	Z
D	S	B	G	G	G	Q	I	A	N	B
V	L	B	F	H	Z	L	P	P	R	E
O	O	E	O	W	Q	E	T	A	M	S
K	V	G	D	H	M	X	G	B	X	T
B	E	O	M	P	L	W	R	L	O	R
O	D	P	A	I	B	D	A	E	M	O
S	F	X	P	P	R	S	T	T	A	N
Z	H	D	I	V	I	N	E	H	F	G
I	R	M	P	F	G	A	F	O	R	U
E	E	Z	V	S	H	A	U	L	E	P
M	A	V	F	R	T	E	L	B	E	O
K	D	G	S	L	I	A	M	A	B	T
A	Y	C	O	M	P	L	E	T	E	E

Change

Constant—but never easy.

We hold on to the familiar, even when it weighs us down.
Every small shift brings a new way of seeing, living, becoming.
Real growth begins the moment we stop fearing the unknown

What is truly asking to change in your life?

What has been holding you back
from changing it?

(Is it fear of the unknown? Guilt? Comfort in the familiar?
Be honest—this is where real clarity begins.)

Your Journey Through Change



(i) Contemplation

"I know something needs to change, but I'm not sure how or when."



(ii) Preparation

"I'm getting ready—
gathering clarity, courage,
and support."



(iii) Action

"I've started taking
real steps."

What is one small, brave step you can
take this week—something that says,
I'm choosing myself?

Feelings Check In

What colour is the emotion?



What size is it?



What shape/texture is it?



Where can you feel it?



-everywhere?

-nowhere?

-parts?

-no right answers.

If your emotion could talk,
what would it say?

it's ok to :):
feel both

Discovering Simple Joys

I feel *relaxed* when I wear

I feel *blissful* when I hear

I feel *happy* when I smell

I feel *delight* when I taste

I feel *peace* when I visit

I feel *love* when I see

*How well do you feel you know yourself
on a scale of 1-10 (circle your answer)*

1 2 3 4 5 6 7 8 9 10

Self Care BINGO

Fill in the blank squares with your ideas. Cross them in a row, column, or diagonal for a bingo.

call a <i>loved one</i>		take a <i>long</i> <i>hot bath</i>
	<i>journal</i> for 15 minutes	
take 10 <i>deep</i> <i>breaths</i>		drink 8 glasses of <i>water</i>
	go to bed <i>before</i> <i>midnight</i>	

Use this space to write a note about
how you feel after your self-care day.

Boundary Setting

List situations where
you’ve felt uncomfortable
or drained recently.

Write one sentence
on what boundary
could help.

(e.g., “When X happens, I need a moment
alone” or “I will say no kindly but firmly.”).



Defend your Peace

How to write a love letter to *yourself*

embracing self - appreciation

today, I address myself
with _____
love, care, warmth,
acceptance,
caution

I *admire* you for...
I *respect* you for...
I am *proud* of you for...
Thank you for...
I *let go* of...

end your
letter with one word
that you want to *seal*
the letter and its
intentions with

Write a love letter
from you, to you

Ask *Yourself*:

What am I truly feeling today?

What is my mind craving—rest, space, clarity?

What do I need more of, that I haven't
allowed myself?

TAKE WHAT *you need*

Slow, Deep Breaths

A Short Break

8 Hours of Sleep

Meaningful Conversation

Hug and Comfort



good

things

are

coming

Fighting *my fears*

Things
I Am
Scared Of

What are some things that help you
when you are afraid?

Where do I feel this fear in my body?

Fear is an emotion we feel,

to protect our body.

Everyone is afraid of something.

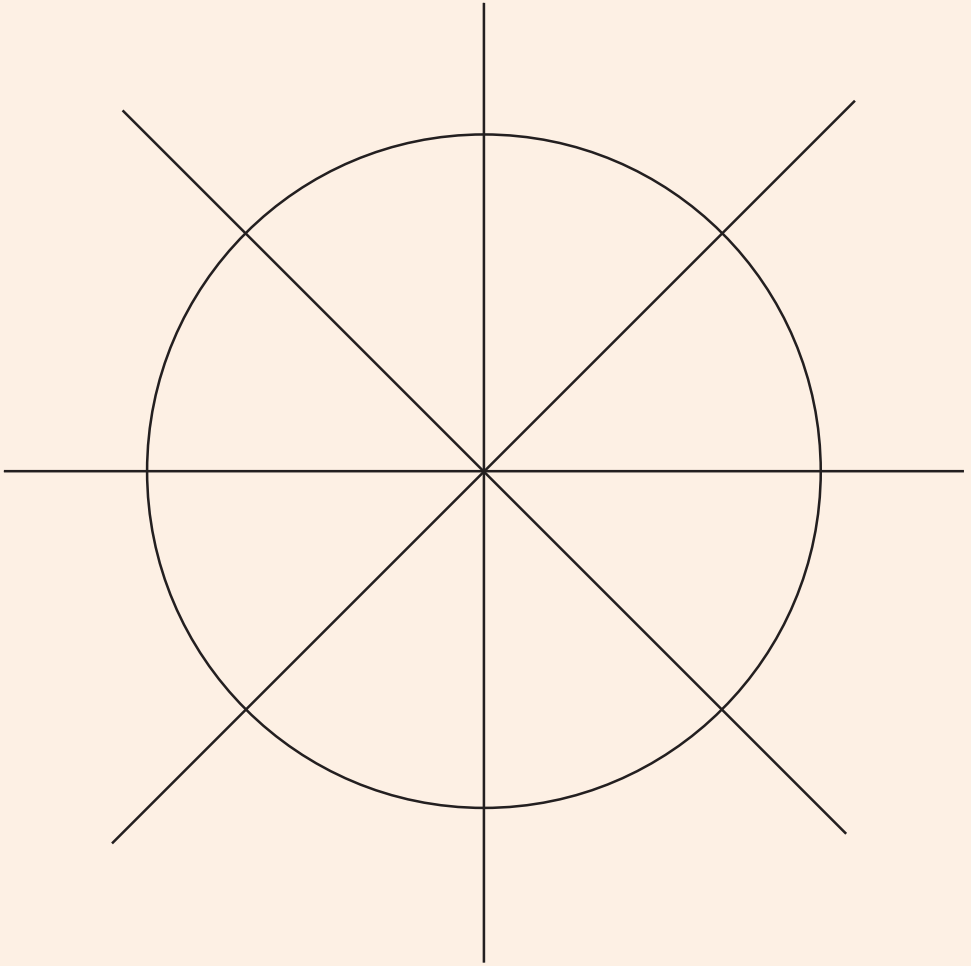
You are okay.

You are safe.

My *Affirmation* to calm my nerves

Circle of Control

The circle and everything inside are things you can control,
the lines of your life extend beyond this circle.



Take a pause and put down what is in your
own control versus what is not.

Future expectations

Outside Expectations and judgements

Tune into
your frequency



Internalized biases

Comparison with others

I wish my parents knew,

If this page felt heavy, try these somatic exercises to regulate your nervous system.

Somatic Exercises

Unclench your jaw



Drop your shoulders



Shake your hands out



Move your eyes



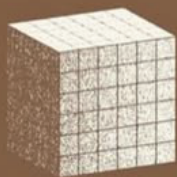
Stick your tongue
out & exhale



Take 3 deep breaths



9 ways to connect with your body



Feel a textured surface.



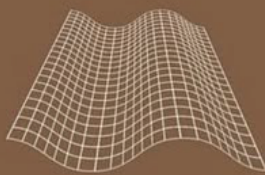
Gently touch your toes.



Roll your ankles & wrists.



Bring your palms together.



Extend both arms fully.



Inhale deeply, exhale gently.



Release shoulder tension.



Unclench your jaw.



Close and slowly open your eyes.

Visualize Your Safe Place:



When I'm here I...



See: _____



Hear: _____



Smell: _____



Taste: _____



Feel: _____

Monday Mantra

Today, I choose peace over pressure, presence over
perfection, and progress over comparison.

My heart is open, my mind is calm,
and my soul is grounded in trust.

I am exactly where I need to be.

For your Mondays

My *word* for the week...

I will *stop*...

I will *start*...

I will *forgive myself* for...

I will *prioritize*...

I *know* I need to...

Right where you are sitting



Write ten things
about where you
are sitting right now
that you had not
noticed before. Do
not censor.

Things that are the most important to us are
often hidden because of their familiarity.

● _____

● _____

● _____

● _____

● _____

● _____

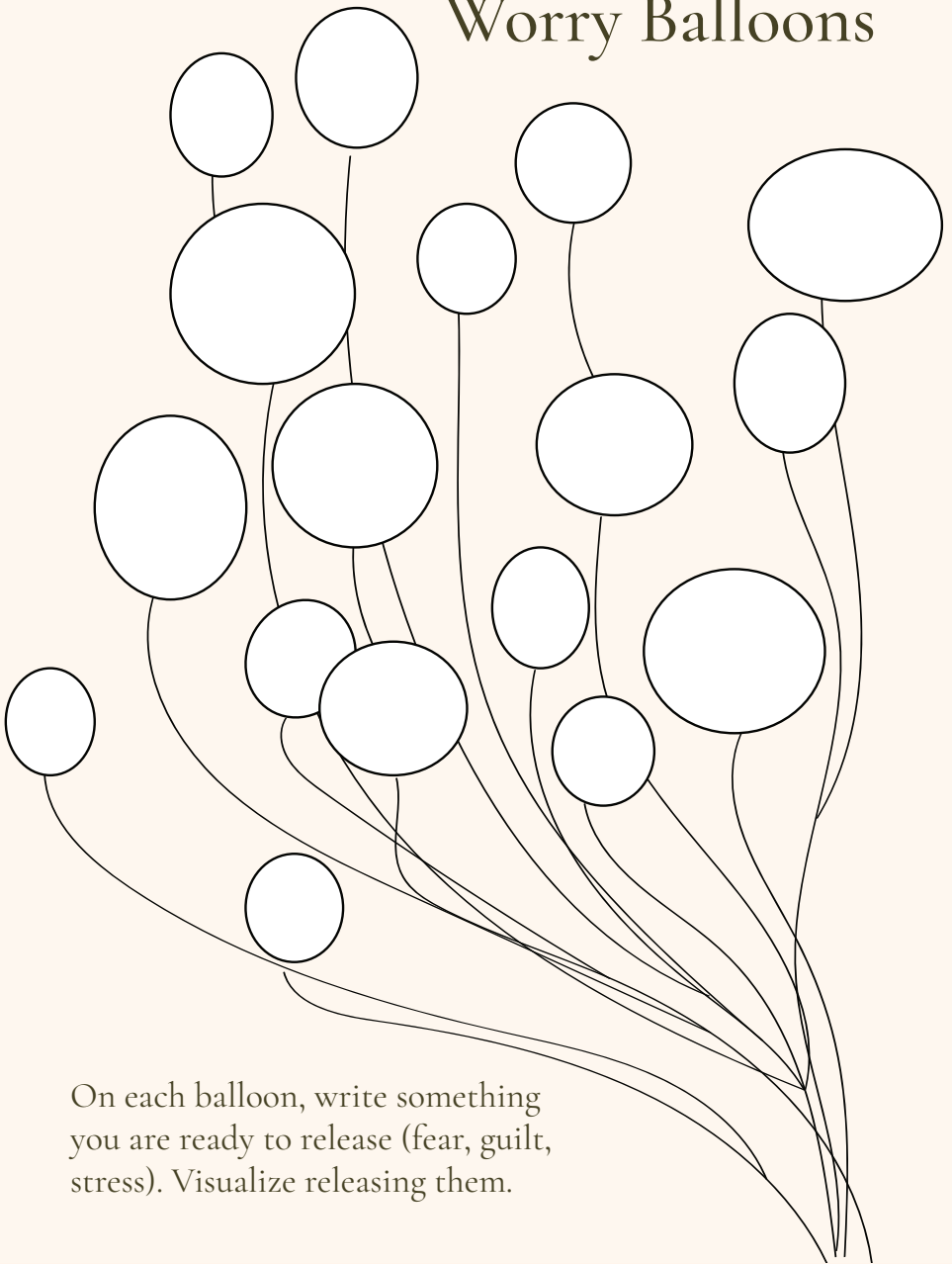
● _____

● _____

● _____

● _____

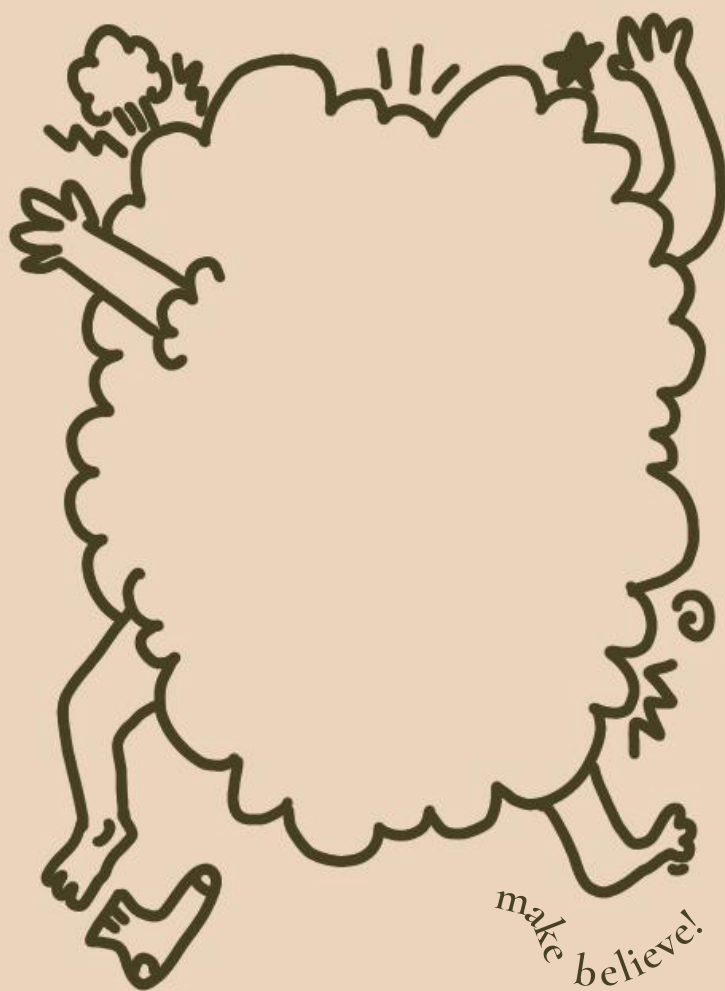
Worry Balloons



On each balloon, write something you are ready to release (fear, guilt, stress). Visualize releasing them.

Miracle Question: If all these worries
disappeared for a day when you wake up,
how will it feel like?

Once a year you could transform yourself
into a **different creature**.
What would you become?



Be your own creature

Name of my creature:

One thing I'd do first:

One problem I'd solve:

What will be my weakness?

Nightly Release

Before I sleep, *I let go of...*

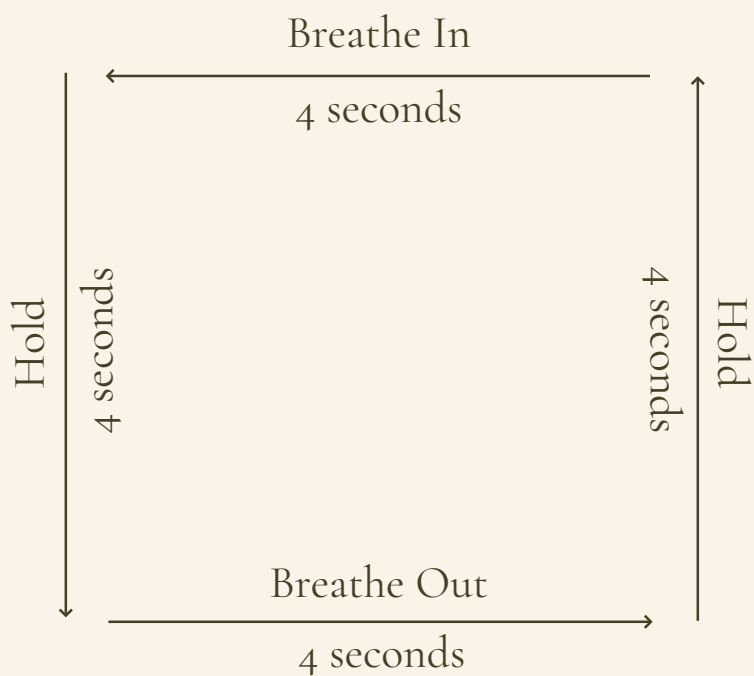
One regret

One fear about tomorrow

One negative thought about myself



Box Breathing





There's no such thing as a bad emotion.
Every feeling is simply a signal, a messenger
trying to tell us something. Emotions only feel
heavy or negative when they're left
unprocessed, bottled up, or ignored.

Emotional Breakdown

How do you feel?

Why?

How long?

Who knows?

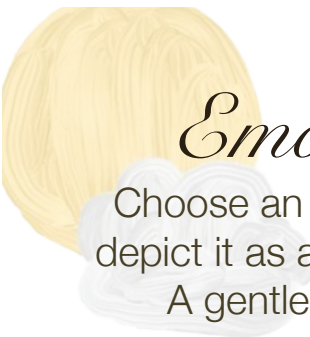
Will this last?

Yes

No

How will you handle it?

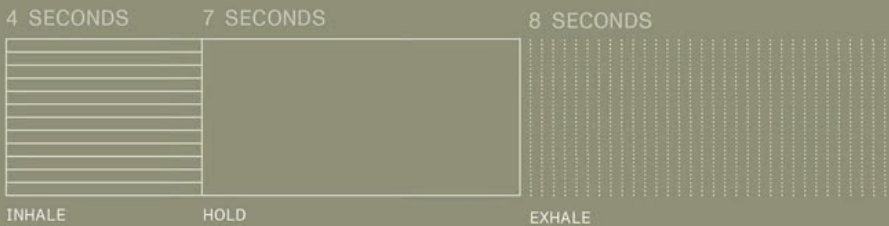
Forget about it!



Emotions as Weather

Choose an emotion you're feeling right now and depict it as a weather scene. Is it a thunderstorm? A gentle breeze? A foggy day? A sunrise?

Drawing your emotions is one way
to cope with your feelings.
Here is one more technique to help
you stay grounded.



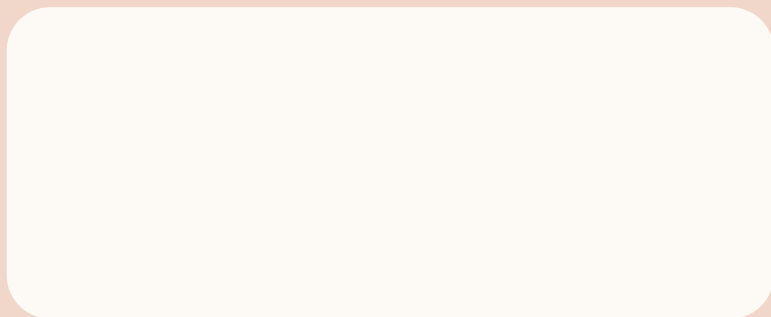
This 4-7-8 breathing exercise lowers stress hormones
and regulates the heart rate.

Practice it and allow your body to
enter a state of recovery.

My Personal Crisis Plan

I know I'm triggered when I notice:

Some safe people I can reach out to are:



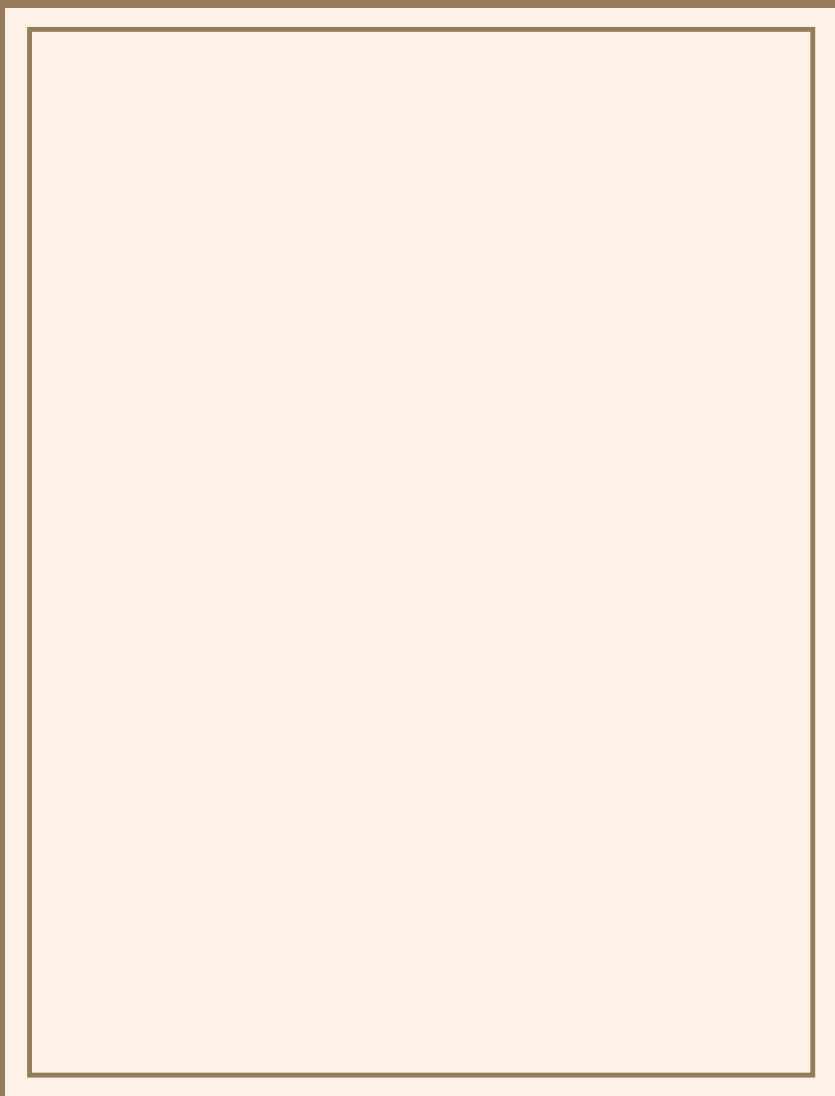
Other resources I can
use to get my self care:



Some good ways to distract myself are:

Things that help me when I feel this way are:

Ways to keep myself and
my space safe are:



Fill this box with all your bad habits, then
cut it up or cover with a bold colour!

What *excites* you?

What *drains* you?

(do more of this)

(do less of this)

*your outer world is
a reflection of your
inner world*



For Today

Plans for *the day*...

Positive Affirmation...

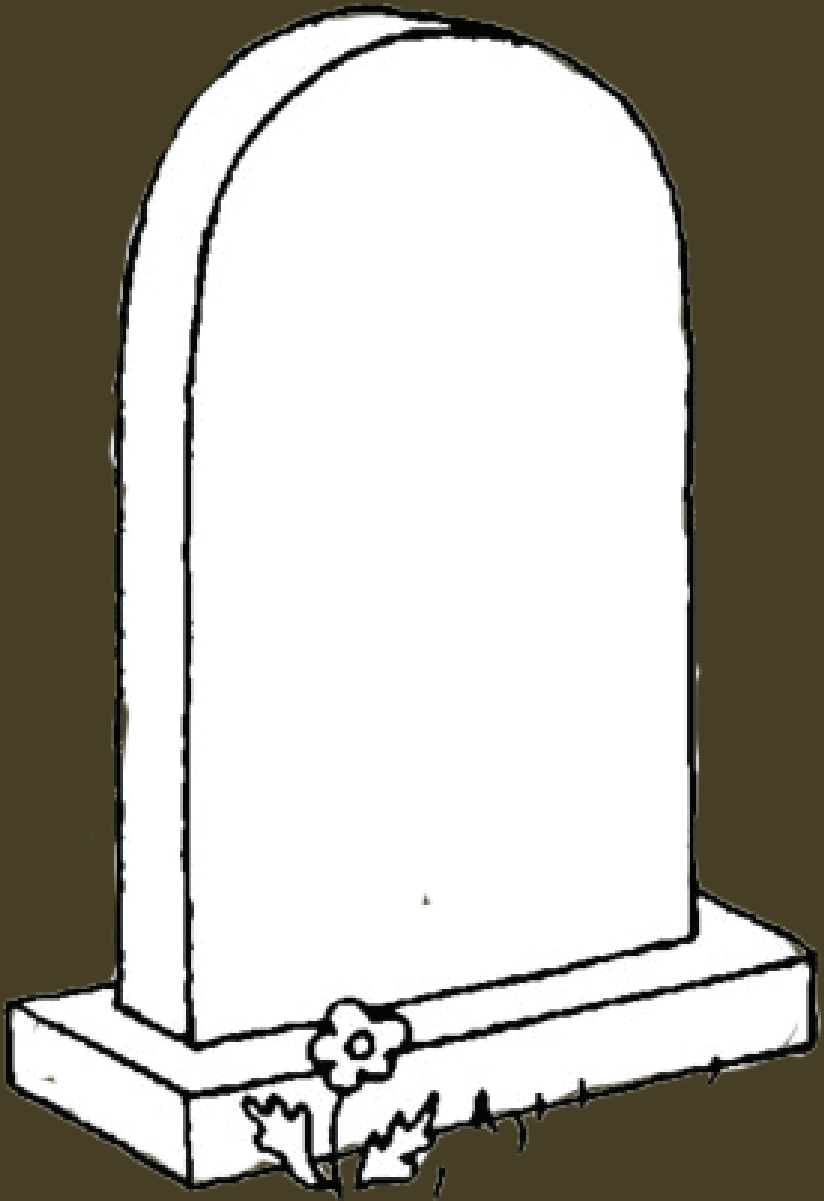
I want to *feel*...

I will *accept*...

I want to do *more* of...

What would make today *amazing*?

Write your own obituary



How will people remember you?



What did you say no to?



How did you make the world a better place?



The *Align Within* check-out

One thing I am *proud* of:

Self *affirmation*:

What am I *grateful* for?

How did you *nourish* your:

Mind

Body

Soul

What went well?

What didn't go so well?

What a time to
be ~~ALIVE~~
ALIGNED

*move with
clarity &
peace*

Use this page to leave yourself
positive words to return to.

Our team



Hi, I'm Priyanshi, someone endlessly curious about what it means to feel whole. My journey began with a simple urge: to create spaces where you could breathe a little deeper and with softness.

This journal isn't just pages; it's a reflection of everything I've learned (and unlearned) about mental wellness. My hope is that as you write, doodle, or simply sit with it, you find small pockets of stillness that feel like your own version of Sukoon.

Hi, I'm Mahi. I design things you can hold, see, and if I've done it right you will feel a little comfort in it too. I'm someone who thinks (*a lot*), feels (*too much*), and designs (*with heart*). To me, design is quiet care, it shows up in the margins, the colours, the choices you might not even notice. Working with two incredible women in wellness taught me how deeply design can support healing. I hope you feel beautiful, honest, and human too.

I am Dimple, I began my journey as a fitness coach, helping people build strength and discipline through movement. But soon realized real well-being is about inner balance too. That shift led me to become a Life Coach, blending emotional awareness with body wisdom. My work now focuses on holistic wellness, helping others reconnect from the inside out. This journal is a gentle reflection of that journey.



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