
A cluster of dried yellow flowers with green leaves is attached to a piece of orange textured paper in the top left corner.

For much of my life, I felt like a stranger  
to myself—tangled in doubt, expectations,  
and fear. But healing is a process of  
unraveling, of gently peeling back the  
layers of who we thought we had to be and  
rediscovering who we truly are.

This workbook is an invitation to that journey.  
Through journaling, mindfulness, and self-  
reflection, I hope these pages help you  
pause, breathe, and reconnect with yourself.

With love & light,  
Jessica

A cluster of dried orange flowers with green stems is attached to a piece of green textured paper in the bottom right corner.

# How to Use this Journal

This workbook is designed to help you **unravel, reflect, and reconnect** with yourself. Each page is a tool to guide you on your journey back to who you truly are. Some pages are meant to be revisited often, so feel free to **print multiple copies** of any pages that resonate with you. There's no right or wrong way to use this—move through it at your own pace.

---

## What's Inside?



**Vision Board Pages** – A blank version (ideal for cutting and pasting images, doodling, or creating a collage) and a guided version (perfect for writing in your goals and intentions).

**Grounding Cheat Sheet** – Quick and effective techniques to help you stay present when life feels overwhelming.



**Affirmations for Unraveling & Reconnecting** – Powerful statements to shift your mindset and remind you of your strength.

**"What Is This Teaching Me?" Mindset Shift Chart** – A space to reframe challenges into lessons, helping you move from frustration to growth.



**Weekly Mindfulness Tracker** – A simple way to track your mindfulness habits and reflect on your progress each week.

**Journaling Pages** – Prompts & blank pages to help you reflect and explore your inner world. Print as many as you need.





# VISION BOARD

*travel*

---

---

---

GOALS



---

---

---

---

---

FAMILY



*hobbies*

RELATIONSHIPS

---

---

---

---

CAREER

*money*

HEALTH

---

---

---

---







# Grounding Cheat Sheet

WHEN YOU FEEL OVERWHELMED, ANXIOUS, OR DISCONNECTED,  
TRY ONE OF THESE GROUNDING TECHNIQUES TO BRING YOURSELF  
BACK TO THE PRESENT MOMENT.

## 5-4-3-2-1 *method*

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

## Barefoot *grounding*

- STEP OUTSIDE AND PLACE YOUR BARE FEET ON THE GROUND IF YOU CAN (GRASS, SAND, DIRT).
- TAKE DEEP BREATHS AND FOCUS ON THE NATURAL ELEMENTS.

## Deep *breathing*

- INHALE FOR 4 SECONDS
- HOLD FOR 7 SECONDS
- EXHALE FOR 8 SECONDS

## Anchor *with words*

- NAME 5 THINGS IN THE ROOM THAT START WITH THE LETTER A, THEN B, AND SO ON.
- REPEAT A GROUNDING PHRASE LIKE: "I AM SAFE. I AM PRESENT. I AM IN CONTROL."



# AFFIRMATIONS FOR UNRAVELING & RECONNECTING

REPEAT THESE AFFIRMATIONS DAILY OR WHENEVER YOU NEED A  
REMINDER OF YOUR STRENGTH AND GROWTH.

- ♥ I am learning to trust myself more every day.
- ♥ I release doubt and embrace my journey.
- ♥ I am safe in the present moment.
- ♥ My voice and my feelings matter.
- ♥ I am allowed to take up space and be seen.
- ♥ Growth feels uncomfortable, but I am ready for it.
- ♥ I welcome change as part of my transformation.
- ♥ I am unraveling the old to discover my true self.
- ♥ I choose curiosity over fear.
- ♥ I am worthy, just as I am.



# "WHAT IS THIS TEACHING ME?"

When challenges arise, it's easy to ask, "Why is this happening to me?" Instead, try to shift your perspective by asking, "What is this teaching me?" Use this space to work through moments of frustration and uncover their lessons.

*Read more  
about this*



**The  
Challenge**

**Initial  
Reaction**

**Reframed Perspective**  
*(What Is This Teaching Me?)*





# WEEKLY MINDFULNESS TRACKER

WEEK OF .....

*Mindfulness practices I focused on this week:*

☐ Meditation

☐ Body Scan

☐ Deep breathing

☐ Mindful Eating

☐ Grounding exercises

☐ Other: .....

How did I feel at the start of the week?

*(Brief reflection on mood, stress, or energy levels)* .....

.....

.....

How did I feel at the end of the week?

*(Reflect on any changes, improvements, or challenges)* .....

.....

.....

What practice helped me the most this week? .....

.....

.....

What was challenging about mindfulness this week? .....

.....

.....

One intention for next week: .....

.....

.....



What is something you need to hear today? Can you tell it to yourself?

MON TUE WED THU FRI SAT SUN

○ ○ ○ ○ ○ ○ ○

DATE: .....



What's a small moment from this week  
that brought you peace or joy?

MON TUE WED THU FRI SAT SUN

○ ○ ○ ○ ○ ○ ○

DATE: \_\_\_\_\_





Where in your life are you holding back,  
and why?

MON TUE WED THU FRI SAT SUN

○ ○ ○ ○ ○ ○ ○

DATE: .....



What's one thing you're grateful for that  
you often overlook?

MON TUE WED THU FRI SAT SUN

○ ○ ○ ○ ○ ○ ○

DATE: .....



# JOURNAL

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

DATE: \_\_\_\_\_

Journal writing area with horizontal lines.






# You're Already Finding Yourself

This journey isn't about perfection—it's about curiosity, reflection, and growth. By showing up for yourself in these pages, you've already taken powerful steps toward self-discovery.

Keep going. Keep questioning. Keep unraveling. If you found this workbook helpful, I'd love to hear about your experience! Stay connected and continue your journey with more insights, reflections, and resources:

 Read More on the Blog → [unravelingtheself.com](https://unravelingtheself.com)

 While you're there, subscribe for more free tools, encouragement, and personal reflections.

## Copyright & Sharing

© Unraveling the Self, 2025. All rights reserved. This workbook is for personal use only and may not be copied, reproduced, or distributed for commercial purposes.

Want to share this with others? Please link back to <https://unravelingtheself.com> so they can download it directly.

Sharing on social media? I'd love to see how you're using it! Tag me at @unravelingtheself on Facebook and Instagram so I can cheer you on!

