



EDIT YOUR LIFE
PSYCHOTHERAPY

Boldly & Fearlessly, It's Your Masterpiece After All

JOURNALING WORKBOOK

Boldly & Fearlessly, It's Your Masterpiece After All

Welcome & Intention Setting

What do I hope to gain from journaling at Edit Your Life Co.?

Affirmation: I am the artist of my own life.

Daily Check-In

Mood (1–10) & a few words...

Energy (low / balanced / high)...

Gratitude: three things today...

One bold step I took...

Self-care I practiced...

Week 1 — Awareness

What emotions have been showing up most often lately, and what might they be asking me to notice?

Week 2 — Courage

What is one fear I'm ready to face this week, and what would a brave first step look like?

Week 3 — Self-Compassion

If I were my own best friend, what would I say to myself right now? Write that letter.

Week 4 — Growth

What am I learning about myself this month, and what habit or belief can I lovingly release?

Week 5 — Masterpiece Reflection

How will I shape my masterpiece this week? Name one bold, fearless micro-step and how you'll support yourself taking it.

Creative Expression

Use this page to sketch, doodle, or visually express what words cannot capture.