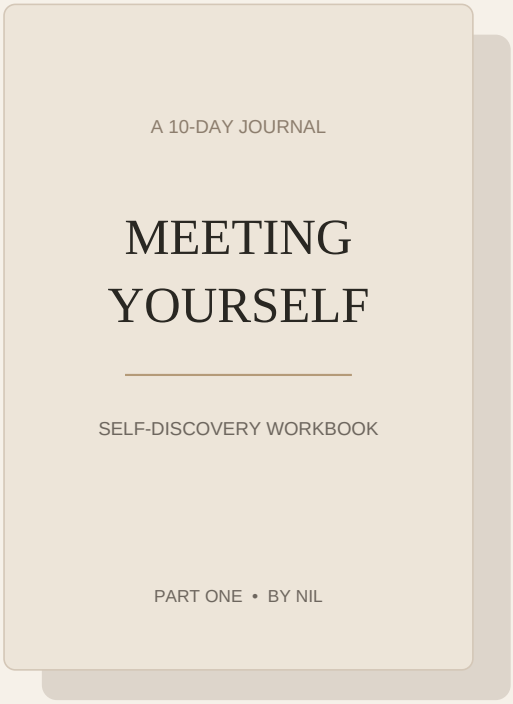
A GENTLE START WITH YOURSELF

MEETING YOURSELF

A 10-day self-discovery workbook

Make space to understand who you are — beyond your roles, routines, and other people's expectations.



TEN DAYS. TEN MOMENTS TO CHECK IN WITH YOU.

A guided digital journal designed to help you pause, reflect, and reconnect with the person you are.

10 daily reflection themes Explore your identity, values, strengths, needs, and what makes you feel alive.	**3 prompts each day** Thoughtful questions to help you move beyond surface-level answers.
A daily affirmation A simple reminder to meet yourself with honesty and kindness.	**Space to write** Room to record your thoughts and personal discoveries.

YOUR FIRST STEP: Begin with Day 1 and give yourself a few quiet minutes each day.

START YOUR 10-DAY JOURNEY

A personal reflection workbook. Your journey, your words, your pace.