

The image features several ranunculus flowers in shades of pink and white, scattered across a light blue, textured background. The flowers are in various stages of bloom, with some fully open and others as buds. The text "My life matters" is centered in a black, cursive font.

*My life matters*



# *My Month*

Month -

Space for any significant notes for this month



# *My Month*

Space to record basic information on mood, energy and menstruation (if applicable).

You can use your own emoji, code or colour system for a quick indication.

|           |           |           |           |           |           |           |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>  | <b>5</b>  | <b>6</b>  | <b>7</b>  |
| <b>8</b>  | <b>9</b>  | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> |
| <b>15</b> | <b>16</b> | <b>17</b> | <b>18</b> | <b>19</b> | <b>20</b> | <b>21</b> |
| <b>22</b> | <b>23</b> | <b>24</b> | <b>25</b> | <b>26</b> | <b>27</b> | <b>28</b> |
| <b>29</b> | <b>30</b> | <b>31</b> |           |           |           |           |



# *My Month*

This is a circle shaped graph to record basic information on mood, energy and menstruation (if applicable). You can use your own emoji, code or colour system for a quick indication.

|           |           |           |           |           |           |           |  |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--|
|           | <b>2</b>  | <b>3</b>  | <b>4</b>  | <b>5</b>  | <b>6</b>  | <b>7</b>  |  |
| <b>8</b>  | <b>9</b>  | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> |  |
| <b>15</b> | <b>16</b> | <b>17</b> | <b>18</b> | <b>19</b> | <b>20</b> | <b>21</b> |  |
| <b>22</b> | <b>23</b> | <b>24</b> | <b>25</b> | <b>26</b> | <b>27</b> | <b>28</b> |  |
| <b>29</b> | <b>30</b> | <b>31</b> |           |           |           |           |  |
|           |           |           |           |           |           |           |  |



Oracle  
or Tarot  
card.

# *My Divinity*

Space for your cards, songs, quotes, dreams or synchronicities.

If you have oracle or tarot cards and wish to pull one for the moment, this is the place to record what it is and what it means to you. If you are not into cards you can put something like a quote you saw on social media or anything else inspiring to you.



# *My Divinity*

Space for your cards, songs, quotes, dreams  
or synchronicities.



# *My Divinity*





# *My Divinity*







# *My Divinity*





# *My Divinity*






# *My Divinity*





# *My Divinity*






*If you run out of room  
take it to the journal section.*

# *My thoughts*

This is a space to record any random thing that is in your head or heart. A quick snapshot of ponderings.

If you find yourself in a writing mood, there is space at the back for more detailed journal writing.



*If you run out of room  
take it to the journal section.*

# ***My thoughts***

*What is the last thing you thought about?*

*What's been bugging you recently?*

*What are you grateful for? What has made you smile?*



# *My thoughts*

*Journal Prompts or questions I am currently working with  
for inspiration check out*

<https://ceremonyritesandrituals.com/journal-prompts/>



# *My connection*

This is a space to record your awareness of the seasons and cycles, this can be what you notice about the current season, lunar phase or your own inner cycle depending on what resonates with you most.

*What have you noticed about your inner seasons and cycles?*

*What connections have you experienced?*





# *My connection*



# *My connection*



# *My connection*



# *My Universe*

This can be anything from detailed astrology, to simply what you notice when you look around, day and night.

*Sun, moon and stars.*

*Phases, musings, zodiac signs and anything else going on out there.*



# *My Universe*

*Sun, moon and stars.*

*Phases, musings, zodiac signs and anything else going on out there.*



# *My Universe*

*Sun, moon and stars.*

*Phases, musings, zodiac signs and anything else going on out there.*



# *My Universe*

*Sun, moon and stars.*

*Phases, musings, zodiac signs and anything else going on out there.*



# *My spiritual practice*

*Where did I find my quiet moments?*

*Where could I find quiet moments?*

*Using this journal is a spiritual practice in itself but this is a space to reflect and contemplate.*





# *My Journal*

*Automatic writing.*

*Just jot down the date and let the words flow.*

*No rules here.*



# *My Journal*

*continued*



# *My Journal*

*continued*



# *My Journal*

*continued*



# *My Journal*

*continued*



# *My Journal*

*continued*