

creating a  
meaningful  
journaling  
practice -  
*that feels like  
home*

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in a world obsessed with chaos, noise, and speed, i choose slowness. stillness. i choose lingering with a sentence until it settles in my bones. pausing to let the message land in the depths of my soul.

for the ones who seek more - more meaning. more depth. more connection. more space

for the wanderers, feelers, intuitives, quiet revolutionaries who are tired of being told to consume faster, speak louder, keep up.

i honor the unconventional because i am the unconventional.

i've never known myself in the straight lines of the road. i know myself in the curves, twists, and turns. in the stories that don't always resolve. poetry that leaves me questioning, evolving, transforming, becoming. art that feels like remembering.

this is a collective of voices. a network of storytellers. a constellation of creators who dare go to the depths.

for those who seek softness, depth, quiet transformation, i offer mirrors, windows, doorways. you decide what to walk through.

these pages are not disposable. they are keepsakes. full of meaning. designed to be held, returned to. because i believe stories should live with you, not simply pass through you.

this is an invitation - to slow down, to join a community of others who crave the beauty of unbecoming. to turn inward. to unbecome who you've been so you can become who you're truly here to be.

**welcome to sondered co.**

*where sonder meets story.*



# hi, i'm mae

writing has always brought me so much joy.

as a child, i wrote poems and stories all the time. my mom would have some of them published in the local newspaper, i would give my words as gifts for my family and friends. i have diaries upon diaries filled with words from my soul - my thoughts, feelings, and rhymes filling the pages.

I've always been creative and had an eye for design. i love to quilt, create surface patterns, and [of course] write and journal.

**currently, 'creative' also translates to learning about / teaching myself all the sourdough recipes.** so far my favorite is the sourdough discard brownie recipe - it's a pretty big hit in my house.

i'm intuitive, a trained yoga instructor for both kids and adults, and former kindergarten/elementary teacher, who's been featured in some of the world's most sought-after kids yoga teacher trainings - and in Pornhub's sexual wellness center.

**you could say i've done a few different things in my day.**  
and i've loved all of it.

my hope is that Sondered co. inspires you to connect with your memories and different versions of yourself. with your dreams and desires for this lifetime. my hope is that you spend some time in reflection, softness, and depth. that you experience a quiet transformation and inner revolution, igniting the fire within.

# sondered co

what is  
journaling - *on*  
*an energetic*  
*level*

# what —

Journaling, by dictionary definition, is a form of self expression in which you share your thoughts and feelings.

*But it is so much more than that.*

It is the gateway to grounded energy, communication, trust, and connection. It is the path to healing. It is the path to curiosity, creativity, and divine creation.

The flow of your pen on paper is representative of your life. If you have difficulty writing, putting thoughts to paper, putting feelings to paper, releasing what's in your mind, you are being held back, unable to speak or even write your truth, unable to express yourself.

But if your pen moves along your paper freely and easily. If the ink is flowing smoothly, you are in flow.

Your energy is aligning with your truest, most favorite version of yourself. You are flowing with your soul's path.

**Journaling is a portal to the soul.**

It is stepping into your personal power, creating the life you once dreamed of having, and following your heart.

It is connecting to your intuition to bridge the gap between where you are now and where you want to be.

It is unlocking your light, illuminating your soul's path, and stepping into your truest being.

Journaling is about finding yourself. Knowing yourself. Loving yourself.

*Coming home to yourself.*

Every work you  
write is a step you  
toward the life you  
are meant to live.



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when  
journaling  
'isn't working'  
or feels like a  
challenge

# sometimes writing feels heavy -

maybe you’re telling yourself that you ‘should’ journal - and that’s why you do.

maybe you’ve heard it so many times but you don’t actually know what you’re doing.

maybe the journal prompts feel too generic.

maybe they’re not generic enough.

maybe you’ve been searching for a quick fix and when it doesn’t happen, you abandon the practice.

maybe you stay on the surface because going deeper feels overwhelming, or you’re not sure how to get there.

maybe you hold beliefs like “i’m not a good writer,” “i don’t have anything valuable to say,” or “it only counts if it’s long and profound.”

maybe writing pen to paper isn’t your thing.

maybe you’ve started and stopped a million times and aren’t sure how to reset once again.

maybe you’re looking for permission to feel safe starting small, messy, or inconsistent in your journaling practice.

maybe you’ve been taught that journaling looks a certain way - and all you want is to do something that ‘still counts as reflection’ *[spoiler alert: it all counts]*

do any or all of these sound familiar?

you don’t struggle with journaling because you lack discipline. you struggle because the way you’ve been taught to journal doesn’t support who you are or what you actually need.

**you deserve a practice that meets you where you are.**

let’s dive into what hasn’t been working - so you can create a way of journaling that finally does.

*You are always at the steering wheel of your energy. You are always in control.* However, for most of us, we need to first recognize that we are in control. That we have a say. That we have some power in our own energy. More than that, a lot of the energy that you have behind most things isn't yours. It was taught to you and you kept that energy without even realizing that it's not yours. And without realizing that you have the power to change it. Your resistances have resistances have resistances... *That resistance you feel is the energy of change.* You create change by understanding the energy you feel about something and shifting it. When things change within, things change around you. There is an energy to journaling, **an intention.**



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# the quick fix -

no such thing.

there. i said it.  
and i mean it.

although it often appears simple -

*pour yourself a coffee, sit down, write what you're thinking or feeling, close the notebook, carry on with your day -*  
journaling isn't a quick fix.

done.

except... that's not how it works.

journaling is not a quick fix for the unraveling, unlearning, and emotional unwinding that your healing requires. it can powerfully and beautifully support these things but it cannot replace the time, tenderness, and spaciousness that deep inner work asks of you.

there are no quick fixes for letting go of what no longer serves you. there is no shortcut to understanding your patterns, meeting your shadows, or tending to old wounds. there is no one-and-done practice that instantly aligns you with your highest self.

and journaling is not meant to be one.

journaling is a practice that becomes more meaningful the more you return to it. it's not the fast track to clarity, transformation, or vision... it's the container where those things slowly begin to unfold.

you may not get the breakthrough on the first page.

or the fifth.

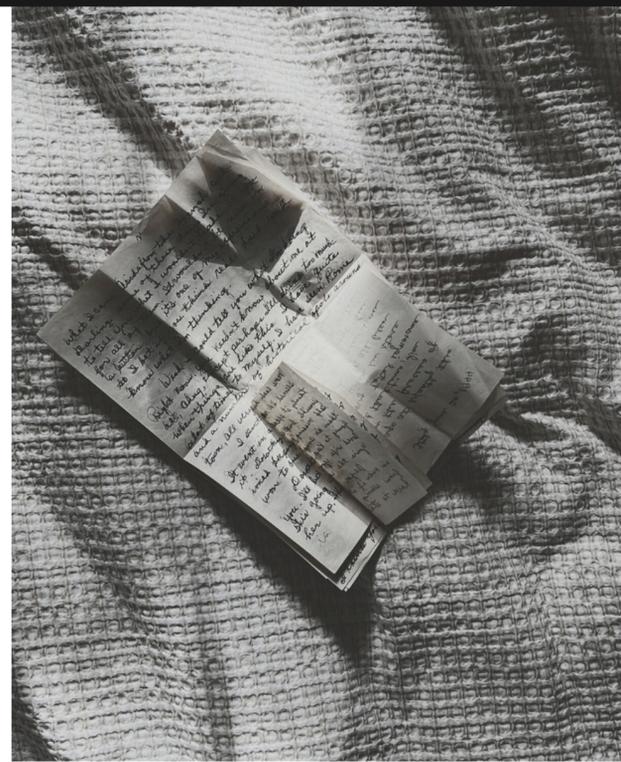
or the fifteenth.

but each time you show up you create the conditions for healing, integration, and self-connection to deepen. the space to soften into yourself. the openness to go to the depths.

journaling isn't about quick answers.

it's about learning to sit with your inner world long enough for the truth to surface, to witness yourself with compassion, curiosity, and courage - something we as a society have a hard time doing.

this isn't a fast journey. **it is a meaningful one.**



# surface level writing -

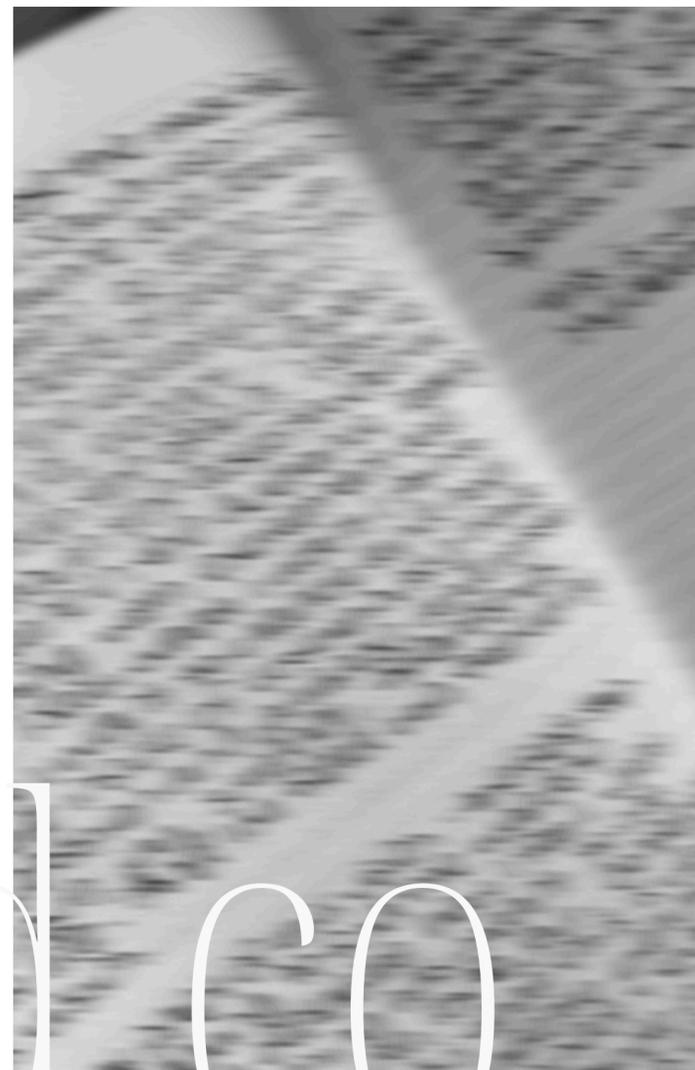
everyone begins their journaling practice by writing down their thoughts, feelings, and the events of the day. there’s a certain comfort in it - the immediate release, the sense of unloading what’s been sitting in your mind. it feels good. it feels like progress. it’s instant gratification.

**but journaling is deeper than that.**

when you stay at the surface, you limit the very transformation you’re reaching for. you skim the edges without ever touching the root of what you’re feeling, fearing, or longing for.

surface-level journaling keeps you from accessing the connection, healing, and expansion that are possible when you allow yourself to go deeper.

going deeper isn’t about writing more.  
it’s about allowing yourself to feel more.  
and trusting that your pages, and your heart, can hold it.



# the beliefs you hold about journaling -



the beliefs you hold about journaling quietly shape the way you show up to the page.

*if you believe you don't have time, you won't make space for it. if you see journaling as just another task - a place to unload your thoughts like a running to-do list - you'll stay disconnected from the depth it can offer. if you believe journaling is supposed to be easy, you may feel frustrated when it asks you to slow down, feel, integrate, and be present with yourself.*

**your beliefs are the energy you bring into your practice.**

they set the tone for how deeply you allow yourself to go.

if you believe journaling is powerful, it becomes a portal.

if you believe it can expand you, it will open something inside you.

if you trust it to guide you, it will mirror back the truth you're ready to meet.

your relationship with journaling shifts the moment you shift what you believe it can hold for you.



when your  
ink flows,  
your energy  
flows

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the energetics  
of creating a  
journaling  
practice for  
quiet  
transformation

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# the energy you embody *about* journaling -



this is the first hurdle in shifting your energy around journaling. whatever you believe about journaling is the energy you put into it - if you don't believe journaling is helpful, you won't bother trying or you'll try and it won't be helpful - because whatever you believe comes true (enter the self-fulfilling prophecy).

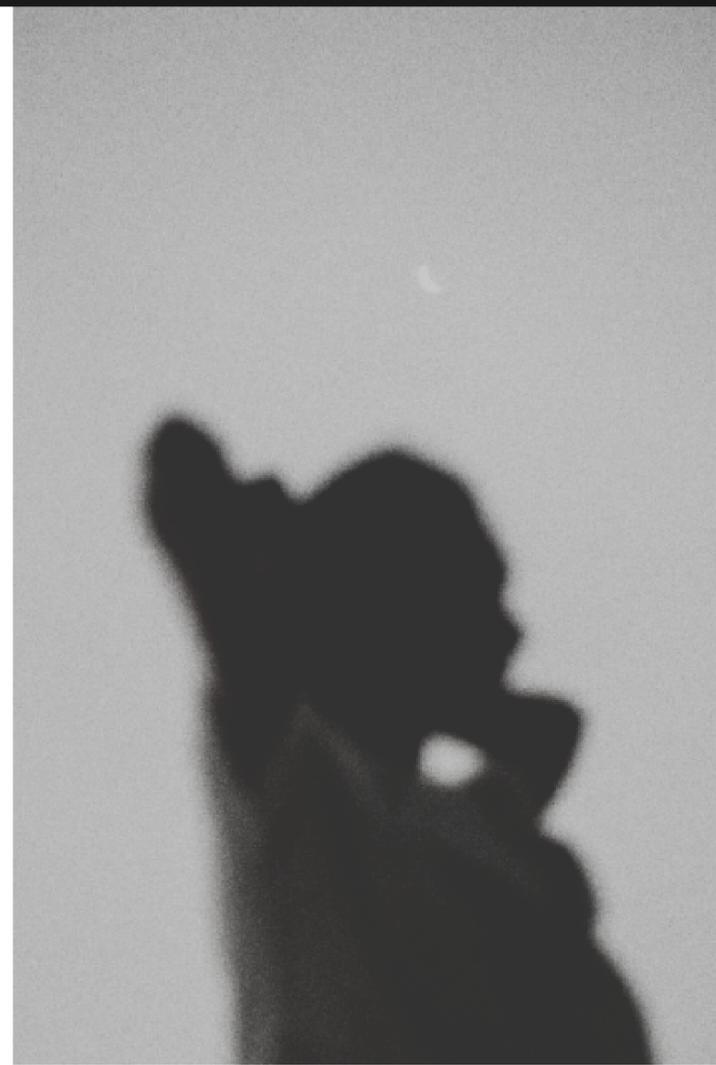
of course they do - that's how beliefs work. and that's how our brain works. we look for things that make our stories and beliefs about something true.

when starting anything new, it's important to address the energetic resistances you hold around that thing. *what is your definition of journaling? when you think of journaling, what comes to mind? what resistances come up for you?*

this is where a big piece of your resistance to journaling is.

resistances are part of the practice, they are the energy of change. use this energy to move through that resistance and shift your energy around journaling.

# the energy you embody *while* journaling -



*how do you feel when you are journaling? what is your intention with journaling? when you're journaling and something difficult comes up or you hit a block, how do you respond?*

if you don't have a journaling practice that you love, that empowers you, that brings you clarity and perspective, that brings you in alignment with your most peaceful self... you don't have a journaling practice.. you have a chore.

journaling has an energy to it - an energy that is necessary for creating a nourishing practice. a practice that you stick to. one that leaves you feelings aligned and empowered. one that brings you peace.

journaling is a way to SEE the words that you use every day. seeing is believing. when we see the words we use each day, we have a better understanding on how they impact us, how they make us feel. it's easy to forget the words that we speak or think, let them pass without realizing their impact.

journaling allows us to SEE the impact of those words. when you are able to SEE the words you're using in your day to day life, you're able to feel their energy. what energy are the words you're using bringing you?

journaling is only beneficial if there is emotion involved - if **it makes you feel something.**

# the energy you embody *after* journaling -



**journaling is not real life.**

journaling can help you identify that pattern and feelings, the triggers associated with that pattern, and the root of the pattern, as well as give you a tool for moving through that pattern. but it will not help you in real life. continuously journaling on something will not change it. you have to be the one to make the shifts, whatever that looks like. journaling cannot do that for you.

journaling is a multi-faceted and multi-dimensional practice. it requires you to go back in time, be in the moment, and look into the future. it requires you to look at your patterns, thoughts, beliefs, and experiences. it requires you to get real with yourself, let go of what no longer resonates with you, heal what needs to be healed, and move forward with the person you are ready to become.

doing all of the journaling is only the first step. **what comes next is the embodiment.**

you can write all you want on the pages of your journal but those pages are not real life. you are not magically going to release, heal, and rebirth simply by writing in your journal. *embodiment is real life. showing up for yourself is real life. taking all that you wrote on those pages, setting boundaries, holding higher energetic frequencies, and taking aligned action is real life.*

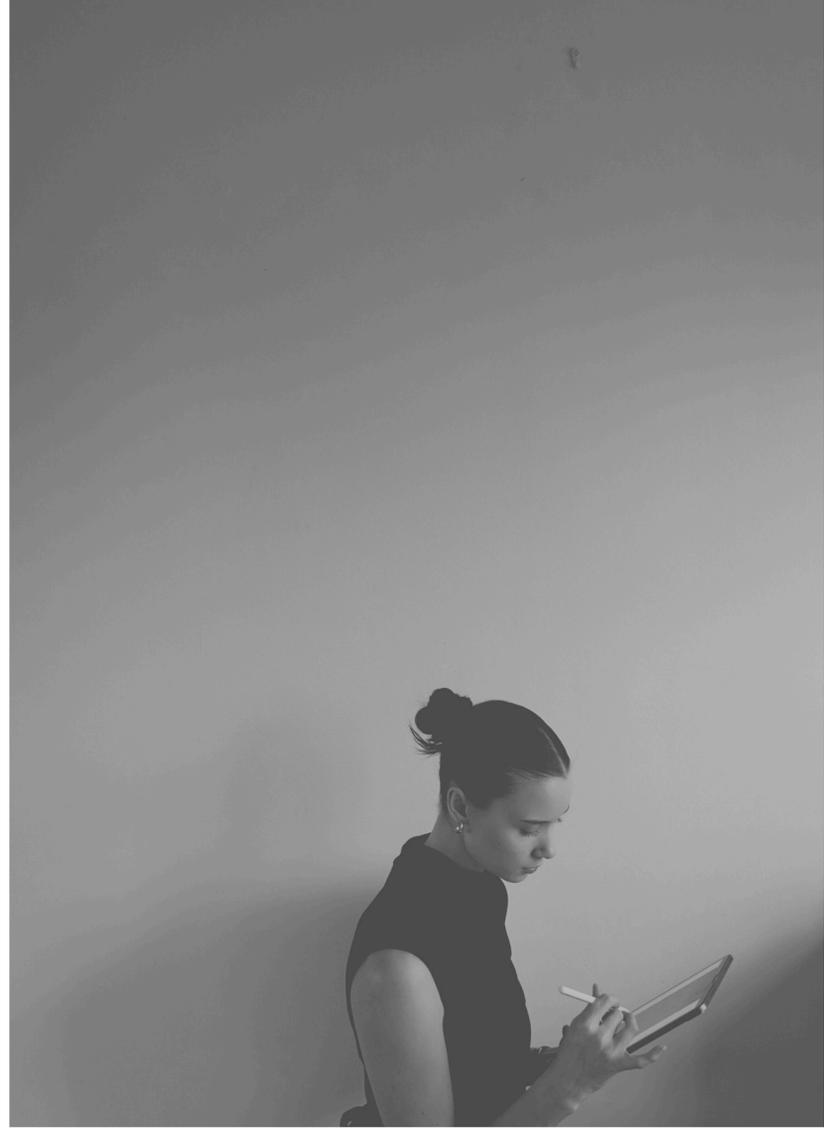
alternatives to  
pen + paper  
journaling



## 01. digital journaling

ex: notes app, typing journals, prompt apps

digital alternatives offer a gentle, accessible way to stay connected to your practice. using your notes app, a digital journal, or even a prompt-based app can make reflection feel easier, quicker, and more intuitive. typing allows your thoughts to flow without interruption, and having your journal with you wherever you go creates space for spontaneous insight. digital journaling isn't "less meaningful" than pen and paper - it's simply another pathway inward, one that adapts to your life and supports your consistency with softness.



## 02. voice-based alternatives

ex: voice memo app, walk+talk, audio diary

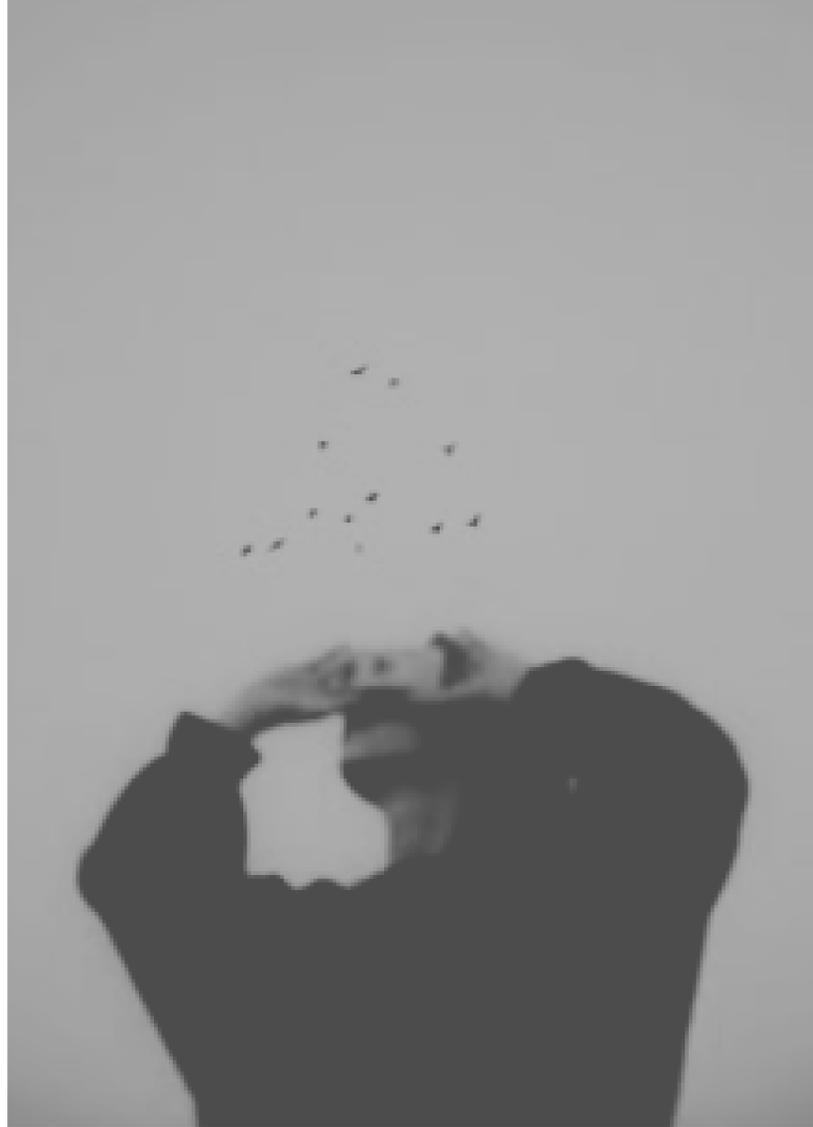
use the power of your voice as your journal. speaking out loud can unlock emotions, clarity, and insight in a way writing sometimes can't. when using technology, i always recommend recording a voice memo or using speech-to-text - typing on a keyboard is something we do all the time, and it can become mindless, detached, and habitual. but your voice carries tone, emotion, pauses, hesitation, and truth. it brings you closer to what you're feeling. you want to be connected to your journaling practice - voice journaling allows you to meet yourself in real time, with deep presence.



### 03. art journaling

ex: draw, color, paint, doodle, mind map, etc.

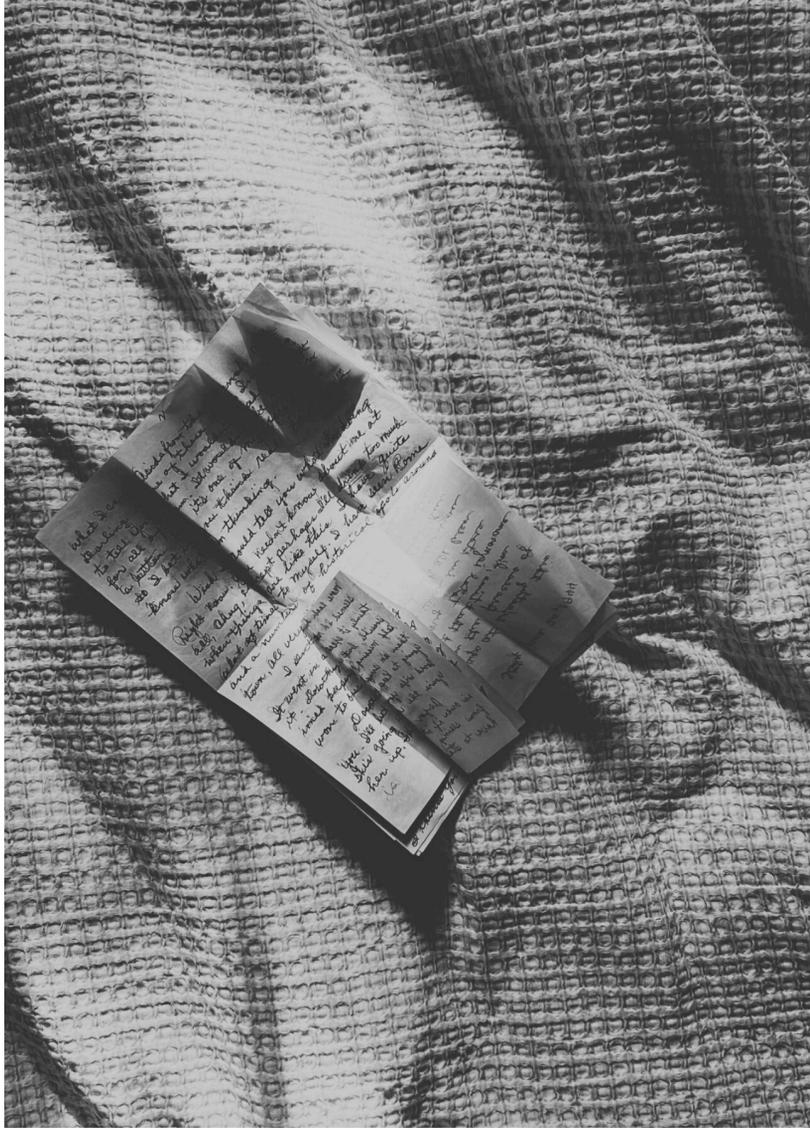
visual + creative alternatives invite you to express what words can't always hold. through color, texture, shape, and imagery, you can explore emotions in a way that feels intuitive and non-linear. sometimes your inner world knows what you're feeling long before your mind can articulate it and creative expression gives those feelings a place to land. art forms of journaling help you connect with yourself in a more childlike way - soft, playful, and deeply honest - offering a journaling practice that goes beyond language.



### 04. minimalist alternatives

ex: one line a day, lists, oracle/tarot cards, question only journaling

minimalist alternatives to journaling offer a simpler way to stay connected to yourself without the pressure of filling a page. you might keep lists - what you're grateful for, what you're learning, what you're releasing. or pull an oracle or tarot card and let its message be your guide for the day. question-only journaling can invite you into reflection without demanding an answer, letting the inquiry itself be enough. even one line per day can become a grounding, quiet moment. these small practices hold space for you without overwhelm, reminding you that reflection doesn't need to be elaborate to be meaningful.



## 05. letters you don't send

ex: a letter to someone who has passed, or someone who hurt/angered you

letters you don't send can become one of the most peaceful forms of journaling. in these letters, you can speak the truths you've held in your body, the words you never felt safe to say out loud, the grief, gratitude, anger, or longing that needs somewhere to go. writing to someone, something, or even a past or future version of yourself gives your feelings a direction, a container. the power isn't in the delivery, but in the release. these unsent letters create space within, reminding you that expression is healing even when no one else ever reads a single word.



## 06. day + night journaling

ex: writing in your journaling in the morning + evening using the same prompt

journaling on the same prompt in the morning and evening keeps you connected to yourself throughout the day. in the morning, your response is fresh, intuitive, unfiltered. by evening, you write to the same prompt with the weight of lived experience, allowing you to notice how your perspective shifted, what you held onto, and what softened. it's a powerful way to stay present with what matters and deepen your self-awareness, without overwhelming your practice. *example prompt: intentions for the day vs. how the day went.*

3 ways to get  
the most of  
your  
journaling  
practice





01. journal on the same prompt, thought, feeling, or experience in both the morning and evening

writing on the same prompt in both the morning and evening becomes an anchor - meeting yourself from two completely different versions of you.

in the morning, you arrive fresh: soft, half-formed thoughts, quiet desires you haven't yet talked yourself out of. your response is often clearer,

simpler, more honest. it sets your intention, your energy, your direction.

by evening, you return with the imprint of the day - the choices you made, the emotions you felt, the moments that challenged or uplifted you. when you revisit the same prompt, you get to witness what stayed true, what shifted, what surprised you, and what you abandoned without meaning to.

this practice shows you:

- where your energy naturally wants to go
- what stories you're carrying that don't belong to you
- how your emotions evolve throughout the day
- what truly matters enough to stay with you
- where your intentions and your lived experience align—or don't

it helps you build self-trust, because you learn to notice your inner patterns. it helps you build awareness, because you watch your truth change in real time. and it helps you build consistency, because the ritual is simple and grounding, not overwhelming.



## 02. shift your perspective

if a prompt or journaling exercise doesn't resonate with you, that's okay. instead of taking it so literally, how can you change it up to make it resonate with you better?

for example, if you are given the prompt asking *what happened today that upset me?* but nothing did, ask yourself why nothing upset you. did something happen that normally would have upset you but it didn't today? how can you flip the script on your experiences, thoughts, and feelings?



## 03. notice

every so often stop and ask yourself what guidance you have received so far . where have you shifted? how do you feel different?

it is important that you check in with yourself every once in a while so that you can see where you have shifted and where you need room to grow. progress is just as, if not more, important as the goal. celebrate every single accomplishment you make throughout your journaling journey.

*pro tip: go back and read through your journal(s) so you can really notice the shift in your writing + reflection.*

supportive  
guidance for  
creating a  
meaningful  
journaling  
practice

# permission to be imperfect -

most people want a journaling practice but feel like they're already failing before they begin. there's this quiet pressure to journal every single day, to be consistent, to do it "right."

**the truth is: your journal doesn't need perfection - it needs you.**

it needs you to show up for yourself. to write down the things you're thinking, feeling, and needing to let out

**you're allowed** to start small. **you're allowed** to fall out of rhythm and return without shame. **you're allowed** to write three words one day and three pages the next.

nothing about your practice needs to be polished or predictable. you get to be human here. your journal is a space where imperfect is more than enough.



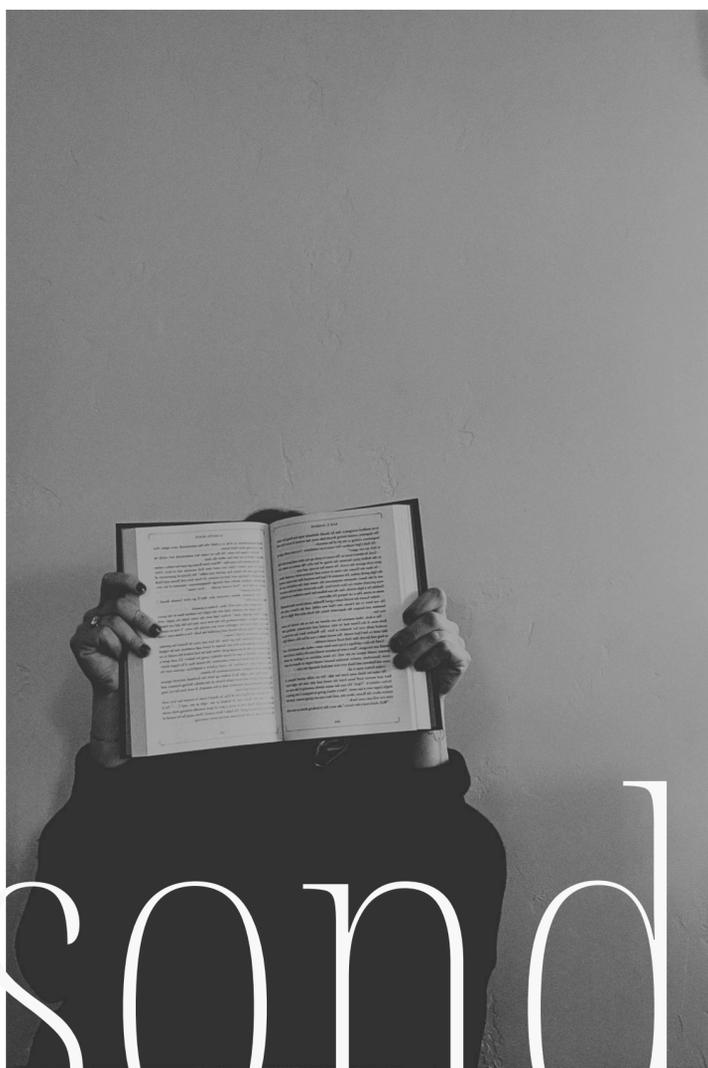
someday

# people you can write to -

not everything you move through is meant to be shared with another person. your journey, your healing. all of it is yours.

however, that doesn't mean you can't connect with others, especially those who are only energetically and spiritually available to connect with. in fact, there isn't a journaling journey that doesn't involve connecting with others.

writing to others in your journal can be a gentle, freeing way to explore feelings that are hard to voice aloud. you might write to a friend, a family member, a past version of yourself, or even someone you've never met, expressing thoughts, emotions, or gratitude you haven't shared. by addressing someone directly, you give your feelings a shape and direction, which can create clarity, release, and deeper self-understanding.



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# people you can write to -

## **yourself**

tell yourself what you need to hear in that moment. write about your thoughts, feelings + experiences.

## **another person**

sometimes, connecting with someone energetically is the best way to do so. maybe that person isn't ready to talk, but you are. or maybe you're not ready to talk to them but this is the first step in healing. maybe you want to talk to someone who is no longer here on this earthly plane.

## **future self**

what do you desire for your future? what does your future look and feel like? what does your future self need to hear right now? what do you need them to know? what does future you want present you to know? tell your future self what you're doing right now to take steps in becoming them.

## **ego**

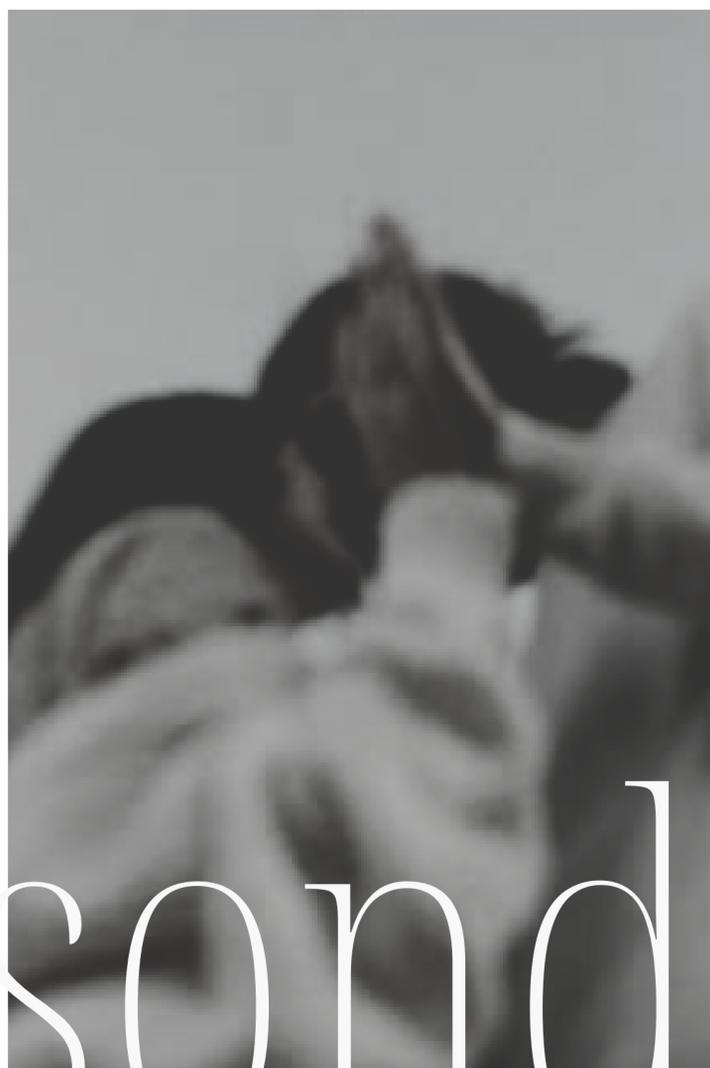
your ego is designed to keep you safe and you need it to survive. that said, your ego also holds you back. write a letter to your ego. tell it all about the new things you're planning. keeping your ego in the loop will help keep the ego calm in times of change.

## **inner child**

sit with a photo of your child-self, or visualize them. write her a letter. tell her what she needed to hear as a child.

## **your journal**

[save the last page in your journal] write a letter to your journal - thank it for holding space, words, emotions, + experiences. thank it for sharing this chapter of your life with you and for the reflection + growth. thank your journal for its pages and its guidance.



# example:

What change are you making?

Dear Ego,

It is time for me to \_\_\_\_\_. I've been working hard on moving through/healing \_\_\_\_\_. This work hasn't been easy. There has been a lot of learning/mindset shifts and now it is time to transform and integrate all that we have learned.

Limiting beliefs, thoughts, and patterns. Shadow work, subconscious programming, etc.

Show your Ego how you have already done the thing you want to do or how you have been preparing for it.

Together we have already \_\_\_\_\_.

Now it is time to \_\_\_\_\_.

Next step.

I know it will be scary. I expect you to pop in and try to stop me in making this change. But I will not let you. We are making the right decision. We have done the work and are ready for the next step in this expansion.

Ego, thank you for protecting me and keeping my comfort and safety in your mind.. I appreciate your guidance. I know that I can count on you to want to do what is safe for me. Now it is your turn to trust me.

# example:

Dear Journal,

What are you thanking the journal for?  
Ex: holding some of the most  
inspirational work I've done yet;  
allowing me to fill your pages; holding  
space for me; being my guidance system

You are complete. Thank you for \_\_\_\_\_. Within these  
pages, I have \_\_\_\_\_. I've shared \_\_\_\_\_.

Thank you for all that you hold. Thank you for holding  
it for me, for keeping it safe.

What have you done? Released +  
expressed {thoughts, emotions}, filled  
the pages with inspiration, learned, set  
intentions; built dreams, etc.

What have you shared? Desires,  
manifestations, visions, emotions,  
experiences, thoughts, etc.

All that has happened lately is within these pages.  
Released from me to you. Thank you for holding them,  
for letting me let go.

Now it is time for new chapters in a new book. I know  
the magic of this journal will continue to the next.

Thank you for the magic.

# use prompts that make you *feel* -

the wrong reflection prompts can make journaling feel flat or mechanical - like filling out a form instead of meeting yourself.

**the right prompts open something inside you.** they soften you. they bring you closer to the version of you who wants to grow, heal, and return to herself.

examples of prompts that make you *feel*:

*what truth am i avoiding because it would change something?*

*what is trying to rise within me right now?*

*where am i craving softness?*

*what part of me is asking to be seen today?*

*what is something i deeply long for that i pretend i don't?*

*what desire keeps resurfacing no matter how many times i avoid it? what does it want from me?*

*if my behaviour patterns from the last month continue for the next 3 months, where will i end up?*

*if someone was looking into my life and could only see the way i spend my time, would they know what i value?*

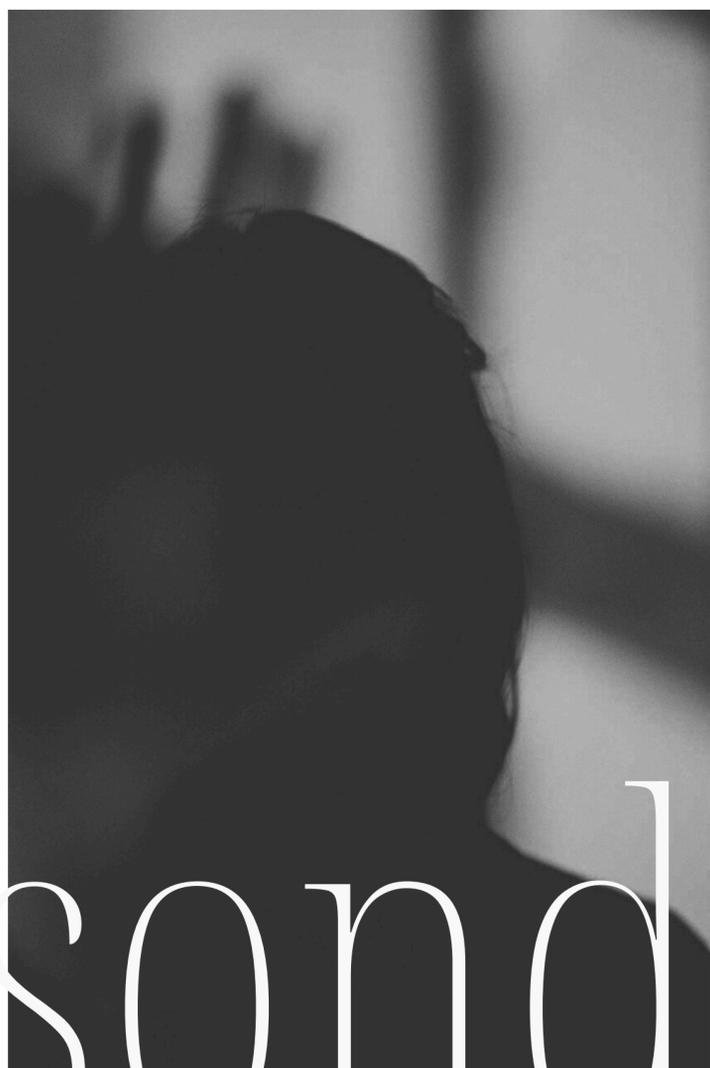
these are the kinds of questions that lead you deeper than surface-level reflection - and the kind of prompts that will help you build [and maintain!] a meaningful journaling practice.

# being consistent -

creating consistency for your journaling practice isn't about discipline or perfection - it's about creating soft, reliable space for yourself. consistency happens when the practice feels nourishing, not demanding, signalling to your mind and body: *we're slowing down now* these small cues help you transition out of the rushing world and into your inner one.

staying consistent comes from removing pressure. instead of journaling for twenty minutes, you might give yourself permission to show up for two. instead of needing profound insights every day, you allow a single sentence. instead of judging yourself for missing days, you simply return without shame. consistency grows when the practice meets you where you are.

a sustainable journaling practice should not feel like a responsibility. it should be a moment you look forward to, **because it feels good to come back to yourself.**



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# journal prompts for creating a meaningful journaling practice

these reflection prompts are specifically designed to help you shape a meaningful, sustainable, deeply personal journaling practice. these prompts will guide you inward, help you understand what you need for a deeply meaningful practice, and support you in creating a ritual you'll actually return to.

# clarity + intention

01. how do i think and feel about journaling versus how do i want to think and feel about journaling?

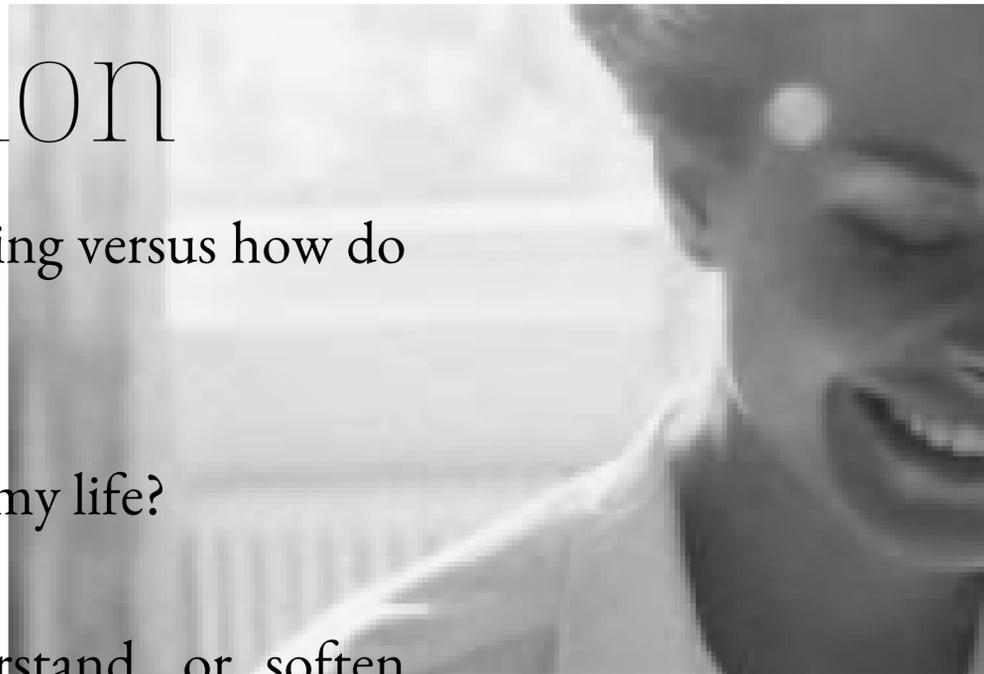
02. what do i hope journaling brings into my life?

03. what do i want to explore, understand, or soften through journaling?

04. what part of me is asking for this practice? what does she need?

05. why do i want to journal? what are my intentions with this practice?

06. what does a meaningful journaling practice feel like to me?



# honoring your natural rhythm + ritual

01. when do i feel most open, reflective, or connected to myself?

02. what times or spaces in my life naturally hold slowness or stillness?

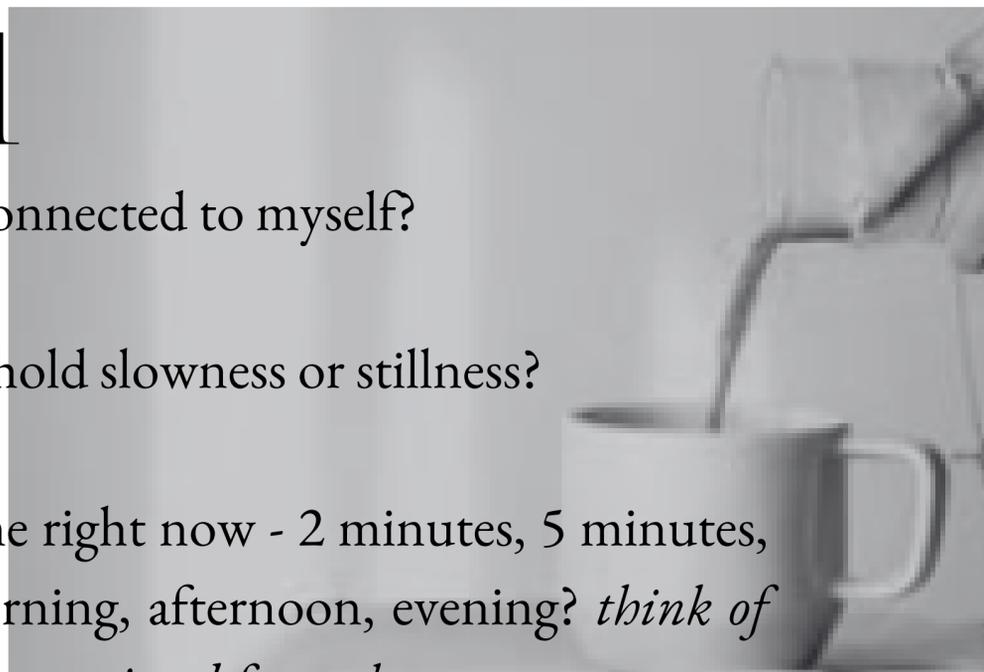
03. what amount of time feels realistic for me right now - 2 minutes, 5 minutes, 10 minutes? 2x per week? 5x per week? morning, afternoon, evening? *think of the moments you have for yourself and build your ritual from there.*

04. what does consistency mean to me? how can i redefine it in a way that feels gentle?

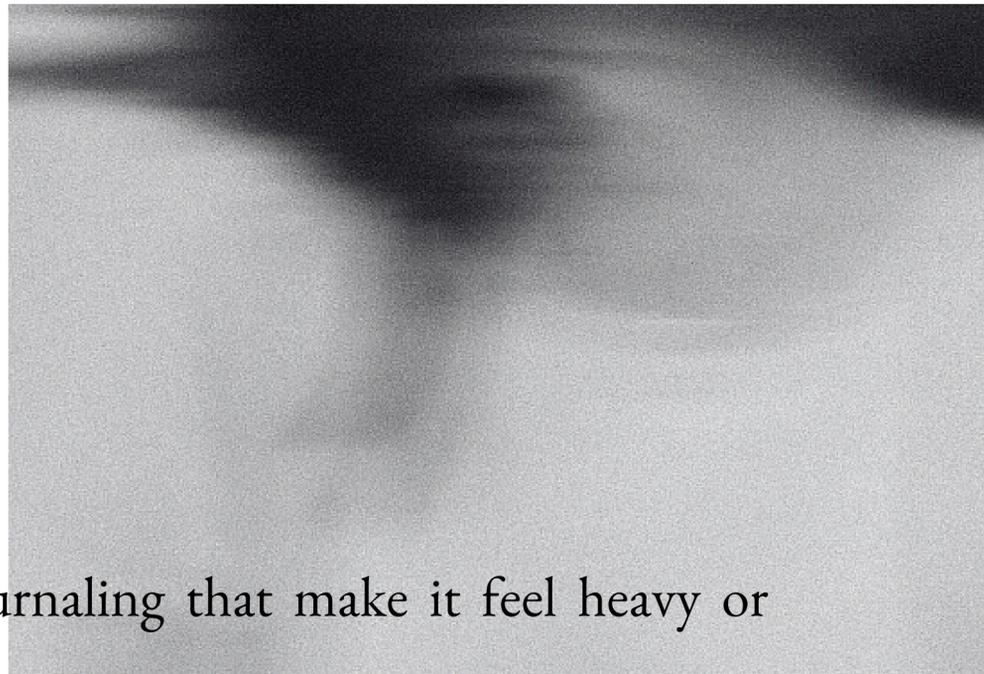
05. what does my “before journaling” ritual look like?

06. what sensory/environmental elements help me feel grounded in my practice? ex: candles, music, warmth, scent, light, etc.

07. how do i want to feel after i’m done journaling and what supports that feeling? *choose a word that evokes a feeling or energy within to help you with this. for example: my word is ‘complete’ - i write until i feel complete. nothing has to make sense, nor do i need to make sense of it right away. it simply needs to feel complete in my mind + body.*



releasing  
resistance,  
pressure, +  
perfectionism



01. what expectations have i placed on journaling that make it feel heavy or intimidating?
02. what would journaling look like if i removed all pressure and let it be simple?
03. what fears or beliefs arise when i think about showing up on the page?
04. what resistances around journaling come up for me? what beliefs am i holding around journaling? are these beliefs based on my personal experience or the beliefs/thoughts of others? what are these resistances teaching or showing me about myself?
05. how can i allow my journaling to be imperfect, messy, honest, and enough?

creating +  
maintaining a  
meaningful  
journaling  
practice



01. when i imagine myself six months from now, what does my relationship with journaling look like?
02. how do i want journaling to support the version of me i'm becoming?
03. what does "showing up for myself" mean within this practice?
04. what would help me come back to journaling on the days i resist it?

# reflection prompts for beginners

## **soft starts**

01. what is present in my body right now?
02. what emotion is closest to the surface for me today?
03. what is one thing i want to give myself permission to feel?

## **building awareness**

01. what is taking up the most space in my mind?
02. what do i wish someone would ask me right now?
03. what am i avoiding saying - to myself or to others?

## **inviting curiosity**

01. what do i need more of in my days?
02. what am i craving emotionally, mentally, or spiritually?
03. what small moment recently made me pause or breathe differently?

## **gentle reflection**

01. what is something i'm proud of myself for?
02. what have i learned about myself recently?
03. what is one thing i want to understand more about who i am?



# reflection prompts for rebuilding your practice



## **letting go of pressure**

01. what story am i telling myself about “falling off” my practice? how can i meet myself with softness instead of self-judgment?

02. what do i want to release about how journaling should look?

reconnecting with intention?

03. why am i feeling called back to my journal now? how can i make my journaling practice simpler, lighter, or more intuitive?

04. what does it look like to show up in a way that feels sustainable for where i am right now?

## **finding your rhythm again**

01. what time of day feels most natural for reflection? what environment helps me soften into myself?

02. what alternative forms of journaling feel easier as i ease back in (voice notes, lists, art, movement)?

## **looking forward with compassion**

01. what do i want my journaling practice to support in this season of my life?

02. how do i want to feel after i finish writing?

03. when i imagine myself showing up consistently in a way that feels good, what does that version of me look like?

It is only when  
the world is  
quiet that we  
hear what is  
meant for us.

sondered.co

# go deeper

here to remind you: the stirring that just won't quiet is asking you to *listen*.

Sondered Co. is here to bring you back to you. to lead you deeper into yourself, into truth, into the quiet knowing that has always been there.

a space for deep reflection & soft unfolding. there's a quiet place between the noise of the world and the whispers of your soul. a place where you can slow down, soften, and meet yourself more deeply. this is what my substack is - an intimate space for the kind of words that awaken something dormant within you. if you're craving depth, self-discovery, and a rhythm that feels more like home, i invite you to follow + subscribe.



the moon told her  
its secrets because  
it knew - who would  
believe the girl  
that talks to the  
moon?

## the poetry club

*poetic reflections to lead you deeper within, into the quiet knowing that has always been there.*

it's easy to lose yourself in the noise of everyday life. the poetry club offers a way back to quiet transformation, to soulful reflection, and to the power of words that feel like home. it's not just about poetry; it's about creating space for yourself, for your voice, for your becoming. **what i'm calling literary self-care.**

each month you'll receive a new original poem and gentle reflection prompts - delivered to your mailbox via snail mail - to guide you deeper into self-discovery and quiet transformation.

[join the poetry club](#)