



SHARPEN THE PENCIL

A Guided Journal To Reset and Refill Your Creative Well

MIND

What sparked my curiosity this week? What's one idea I want to explore further? When did I give myself time to think or wonder?

BODY

How did I move in a way that felt good? What did I give my body that it truly needed? When did I rest without guilt?

HEART

What simple action made me smile today? Who did I connect with in a meaningful way? What kindness did I offer myself or someone else?

SPIRIT

When did I feel most grounded or at peace? What moment helped me feel connected to something bigger? What quiet thought or reflection stayed with me?