

# THE JOURNEY KNOWS

*Resting in God's  
Faithfulness*

DELIGHTED WOMAN



Delighted Woman

# She Grows Here

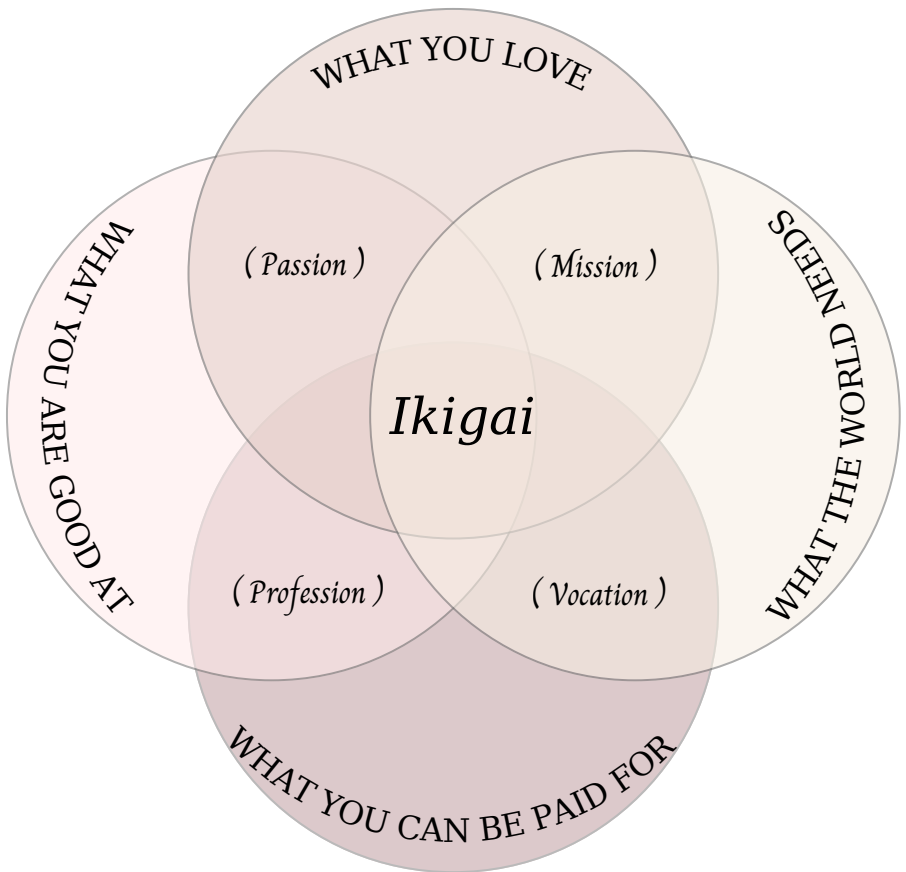
the journey knows



# *Ikigai*

生き甲斐

the reason for being



DATE:



# *Ikigai*

## Journal Guide

### **WHAT DO I LOVE ?**

*What gives me joy and life?*

- When do I feel most like myself?
- What activities energize me even in stillness?
- What stories, moments, or people draw my heart?

A large, empty, light pink rounded rectangle occupies the bottom half of the page, serving as a space for journaling or drawing.





# *Ikigai*

## Journal Guide

### **WHAT I AM GOOD AT**

*What flows naturally from how I am formed?*

- What do people often come to me for?
- Where do I bring clarity, calm, or direction?
- What strengths have been affirmed in me?

A large, empty, light pink rounded rectangle occupies the bottom half of the page, serving as a space for journaling or writing.



# *Ikigai*

## Journal Guide

### **WHAT THE WORLD NEEDS?**

*Where does my compassion notice gaps?*

- What brokenness or confusion do I notice most?
- Who do I feel drawn to guide or protect?
- What systems or spaces need more wisdom and care?

A large, empty, light pink rounded rectangle occupies the bottom half of the page, serving as a space for journaling or writing.



# *Ikigai*

## Journal Guide

### **WHAT CAN I BE PAID FOR?**

*How can purpose be sustained with integrity?*

- What brokenness or confusion do I notice most?
- Who do I feel drawn to guide or protect?
- What systems or spaces need more wisdom and care?

A large, empty, light pink rounded rectangle occupies the bottom half of the page, serving as a space for journaling or reflection.



# VISION BOARD

travel

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FAMILY



FAITH

A large dashed rectangular box for the FAITH section, with a small heart icon at the bottom right corner.

SUPPORT GROUP

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HEALTH

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Commit your work to the Lord, and your plans will be established

# Vision Board

CAREER

*hobbies*

*abundance*

GIVING



Commit your work to the Lord, and your plans will be established

## CALENDAR

## JANUARY

S

M

T

W

T

F

S

## FEBRUARY

S M T W T F S

## M A R C H

S

M

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W

T

F

S

## A P R I L

S M T W T F S

## M A Y

S M T W T F S

## J U N E

S M T W T F S

## J U L Y

S

M

T

W

T

F

S

## AUGUST

S M T W T F S

## S E P T E M B E R

S M T W T F S

## OCTOBER

S M T W T F S

## NOVEMBER

S M T W T F S

## D E C E M B E R

S M T W T F S





# CALENDAR 2026

## JANUARY

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## FEBRUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## APRIL

S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

## MAY

S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

## JUNE

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

## JULY

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

## AUGUST

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

## SEPTEMBER

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

## OCTOBER

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

## DECEMBER

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3



# YEAR *Block Year Planner*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
JANUARY							
FEBRUARY							
MARCH							
APRIL							
MAY							
JUNE							

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
JULY							
AUGUST							
SEPTEMBER							
OCTOBER							
NOVEMBER							
DECEMBER							

# 2026 Block Year Planner

JANUARY	Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
FEBRUARY	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	1
	2	3	4	5	6	7	8
MARCH	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
APRIL	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2	3
	4	5	6	7	8	9	10
MAY	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
	1	2	3	4	5	6	7
JUNE	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

JULY	Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
AUGUST	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
SEPTEMBER	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
OCTOBER	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
NOVEMBER	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	1	2	3	4	5	6
DECEMBER	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			



# SELF-CARE

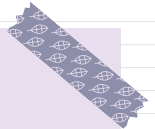
## Prescription Checklist



*Reset planning day*  
*Life audit + journaling*  
*Home reset (one space only)*  
*Slow morning + prayer*

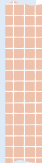
*Library visit*  
*Book discovery day*  
*Museum visit*  
*Coffee + reading in the park*

*Family dinner*  
*Bless others' day*  
*Gratitude journaling*  
*Acts of service (small+intentional)*



*Creative planning session*  
*Writing or art afternoon*  
*Photography walk (nature or city)*  
*Vision reflesh*

*Solo picnic*  
*Nature photoshoot*  
*Long mindful walk*  
*Outdoor journaling*




*Cafe discovery*  
*Thrift store treasure hunt*  
*New hobby trial*  
*Music or playlist rediscovery*



# SELF-CARE

## Prescription Checklist



*Solo day trip*

*Mini solo travel*

*New neighborhood  
exploration*

*Museum or cultural day*

*Lazy day (no agenda)*

*K-drama or series day*

*Cinema day (solo or family)*


*Home spa day*

*Sport's day or movement  
challenge*

*Health or farmer's market  
visit*

*Wellness check-in*

*Stretch+recovery time*



*Creative planning + routine  
reset*

*Meal planning ritual*

*Wardrobe refresh*

*Declutter one category*


*Bake day*

*New book day*

*Cozy reading afternoon*



*Home-centered creative time*



*Reward yourself  
meaningfully*

*Year-reflection +  
thanksgiving*

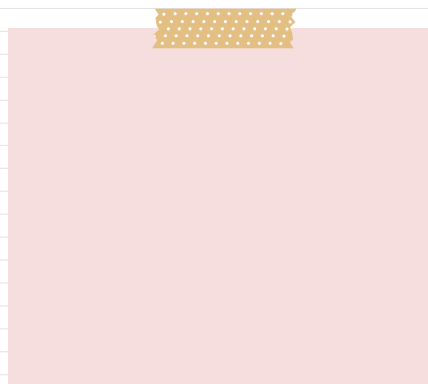
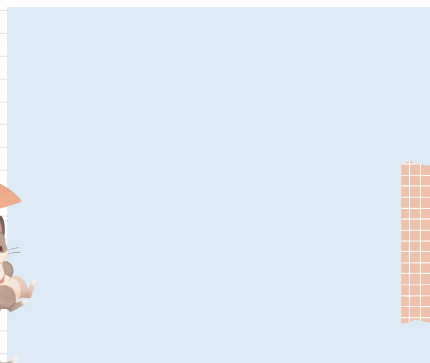
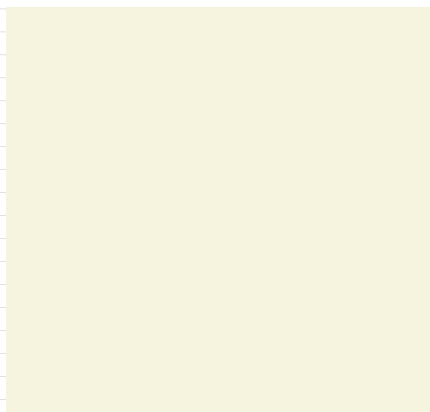
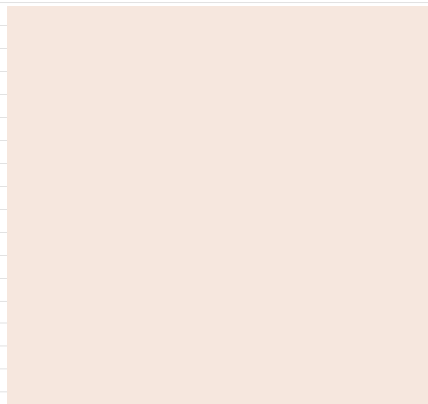
*Memory keeping  
(journal+photos)*

*Rest as worship*



# SELF-CARE

## Prescription Checklist





# BUDGET PLAN

Deuteronomy 28:12

*The Lord will open the heavens, the storehouse of his bounty, to send rain on your land in season and to bless all the work of your hands. You will lend to many nations but will borrow from none.*

Envelope	Budget	Purpose

## SINKING & SAVINGS FUND

Account	Goal	Purpose



# spending

habit tracker

months

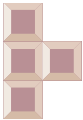
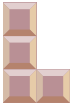
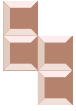
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days



# Deep Clean Checklist

[illegible]

J	F	M	A	M	J
J	A	S	O	N	D

# 52 WEEK

## Weightloss tracker



STARTING WEIGHT











































































































ENDING WEIGHT

# Health Tracker

J F M A M J J A S O N D

## SYMPTOMS

[illegible]

month of

“

”

SUN

MON

TUE

WED

THU

FRI

SAT


# MONTHLY PLANNER

M	T	W	T	F	S	S

NOTES

# MONTHLY BUDGET

MONTH OF:

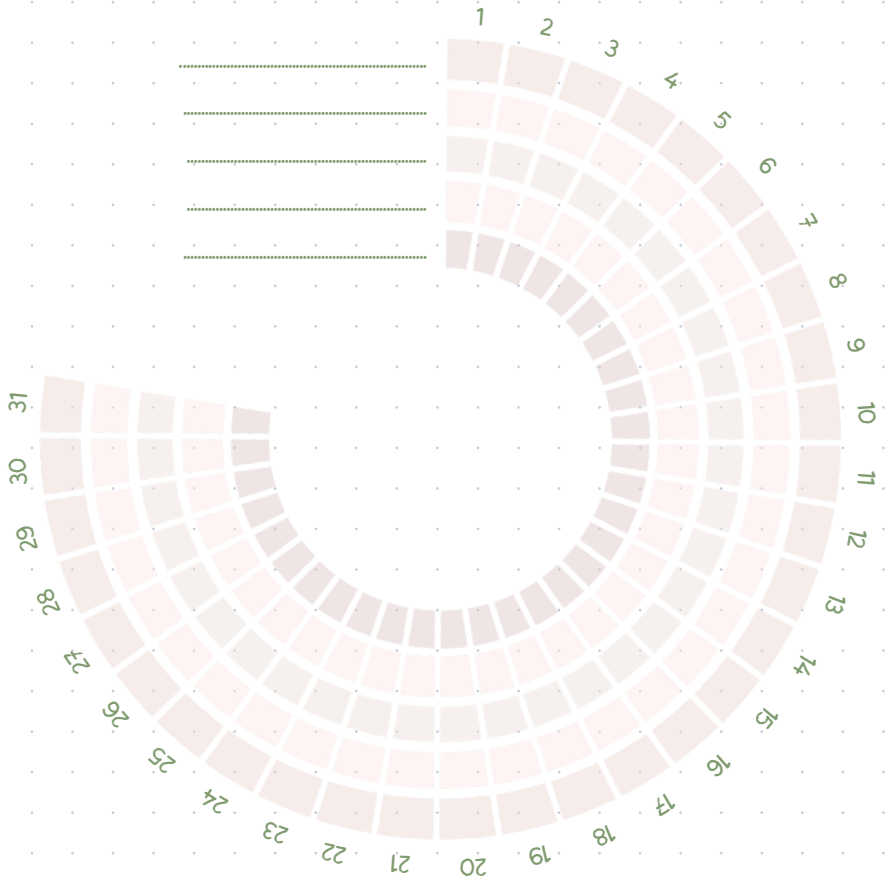
[illegible]

<b>Total Income</b>	
<b>Total Expenses</b>	
<b>Net Savings</b>	



# Habit Tracker

**month:**



## To do list

Date

\_\_\_\_\_

To do

## Priorities

[illegible]

## Notes

[illegible]

## Reminder

Tomorrow

# GRATITUDE *daily journal*

month:

1	
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# GRATITUDE *daily journal*

month:

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# highlight of the day

*month:*

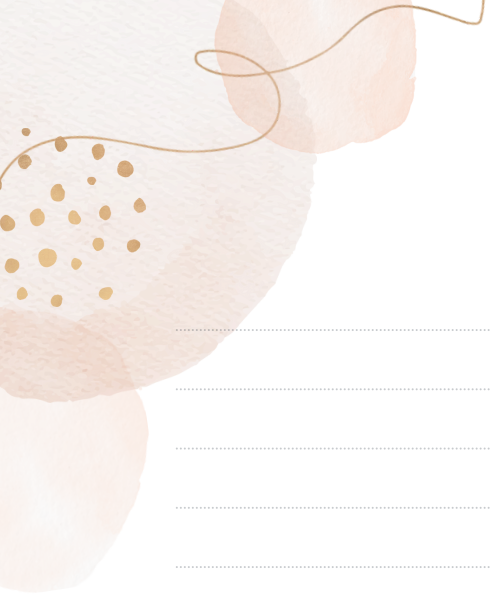
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15	

# HIGHLIGHT of the DAY

*month:*

16	
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29	
30	
31	

## This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



# Monthly Reflection

A series of horizontal dotted lines for writing, spanning the width of the page below the title.

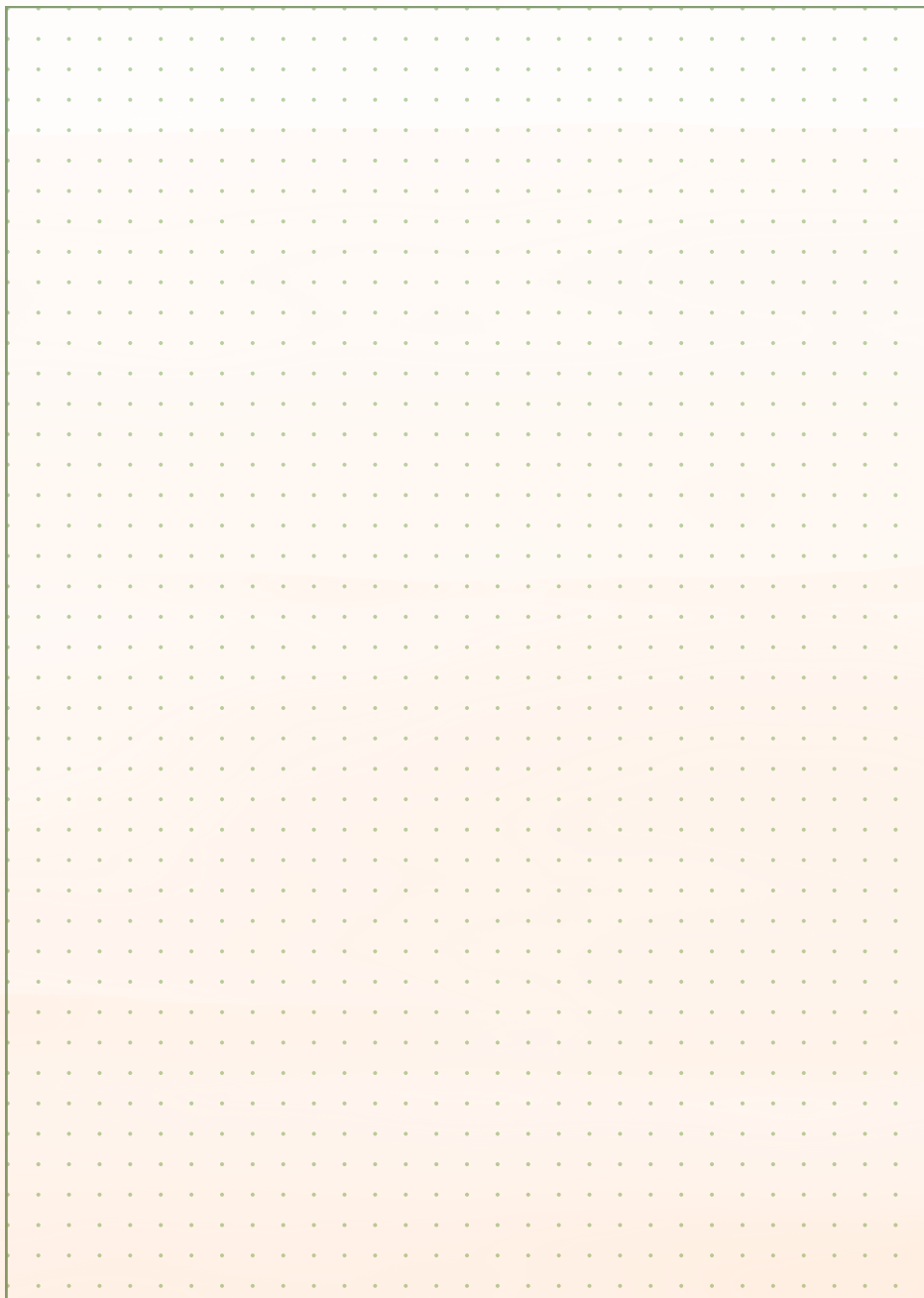


# My Notes



## NOTES

# Notes



# PRAYER LIST

Matthew 7:7

*“Ask and it will be given to you; seek and you will find;  
knock and the door will be opened to you.*

MON

TUE

WED

THU

FRI

SAT

ANSWERED PRAYERS

NOTES :