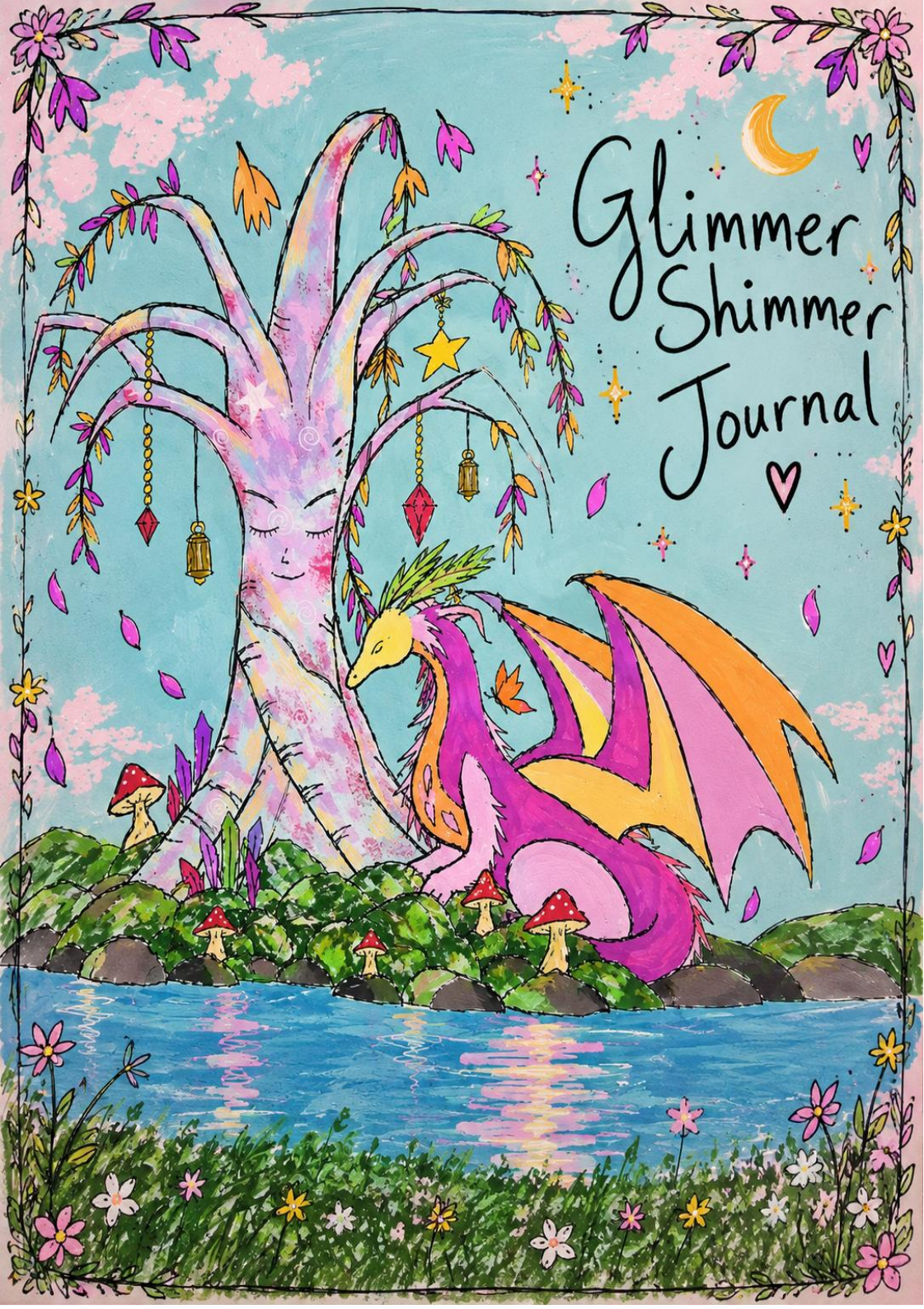


Glimmer Shimmer Journal





Welcome to your Glimmer Shimmer Journal

Glimmers are the little moments
that make something inside you light up.



A feeling.

A colour.

A thought.

A place.

A tiny bit of magic you almost missed.



This journal is a gentle space for you
to notice, explore and celebrate
your own glimmers.



There are no rules.
Just notice what you notice.









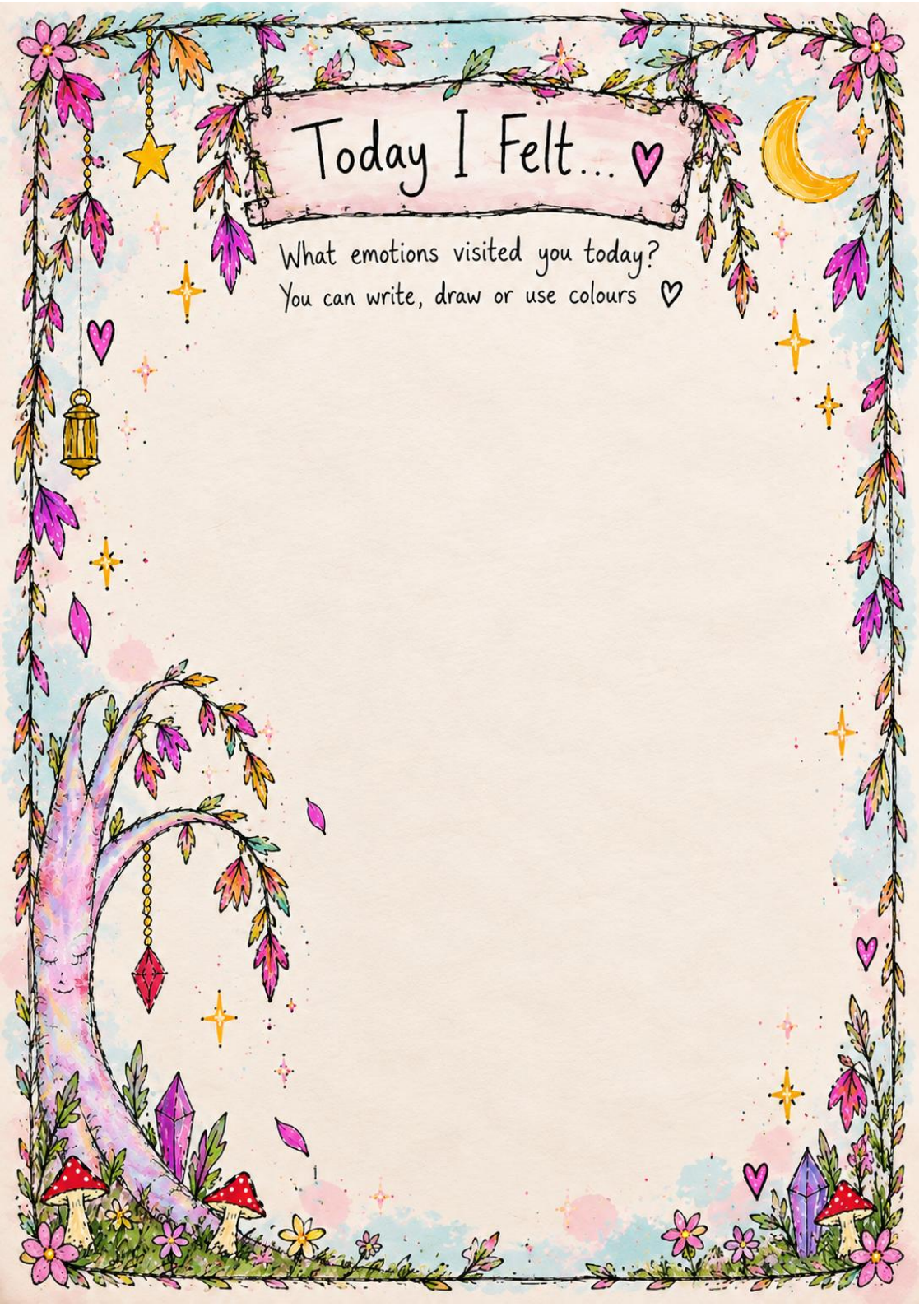
My Glimmers

What made you sparkle today?
Even just a little bit. ♡









Today I Felt... ♥

What emotions visited you today?
You can write, draw or use colours ♥





My Dreams ♥

What would you love to do,
see or be one day?









I am Grateful for... ♡

What are you thankful for today?
Big things, small things, anything at all.







My Happy Place ♥

Where do you feel calm, safe
and most like you?







Time to Rest ♡

What do you need right now?
You can write, draw or just be here.

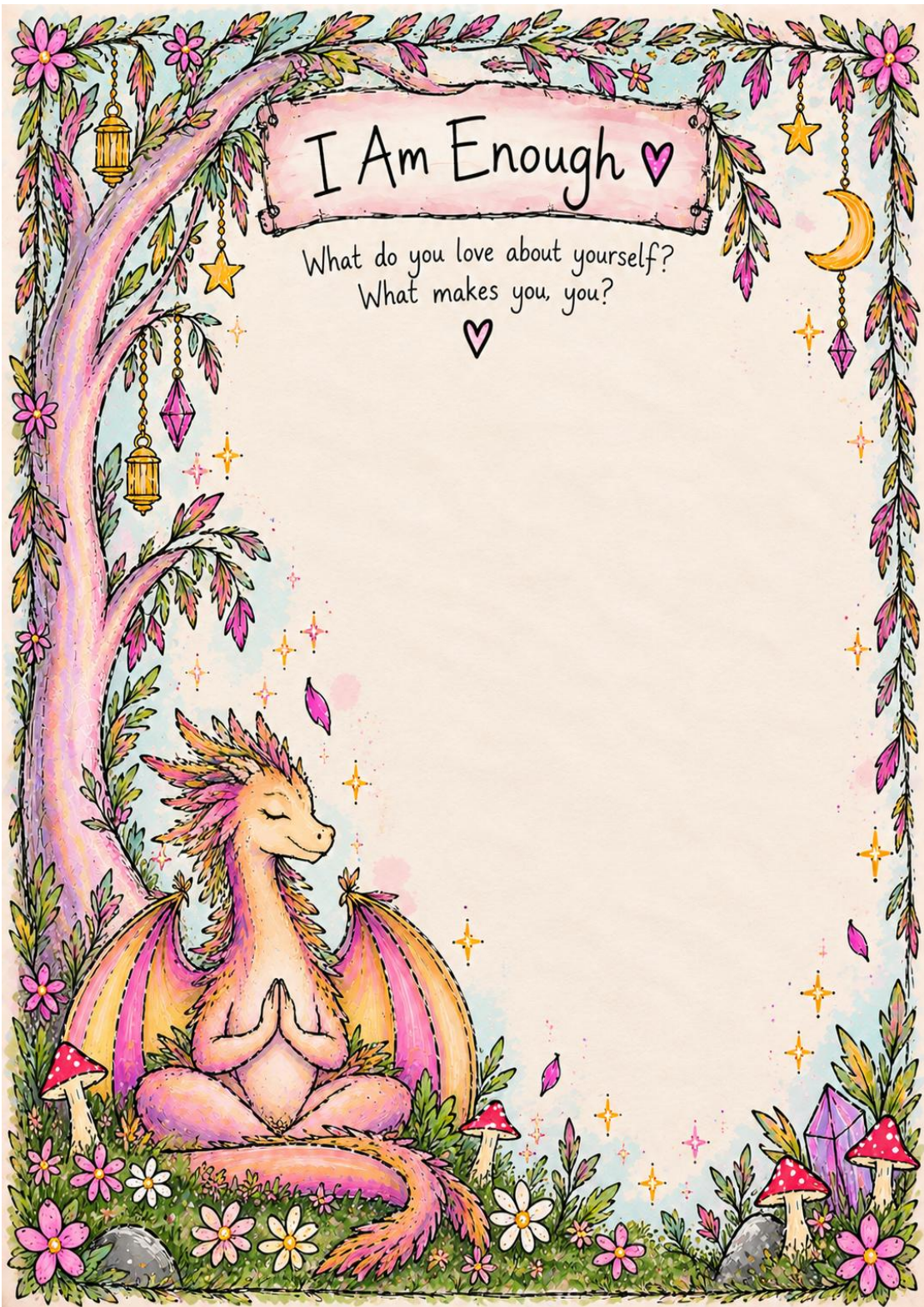






I Am Enough ♡

What do you love about yourself?
What makes you, you?







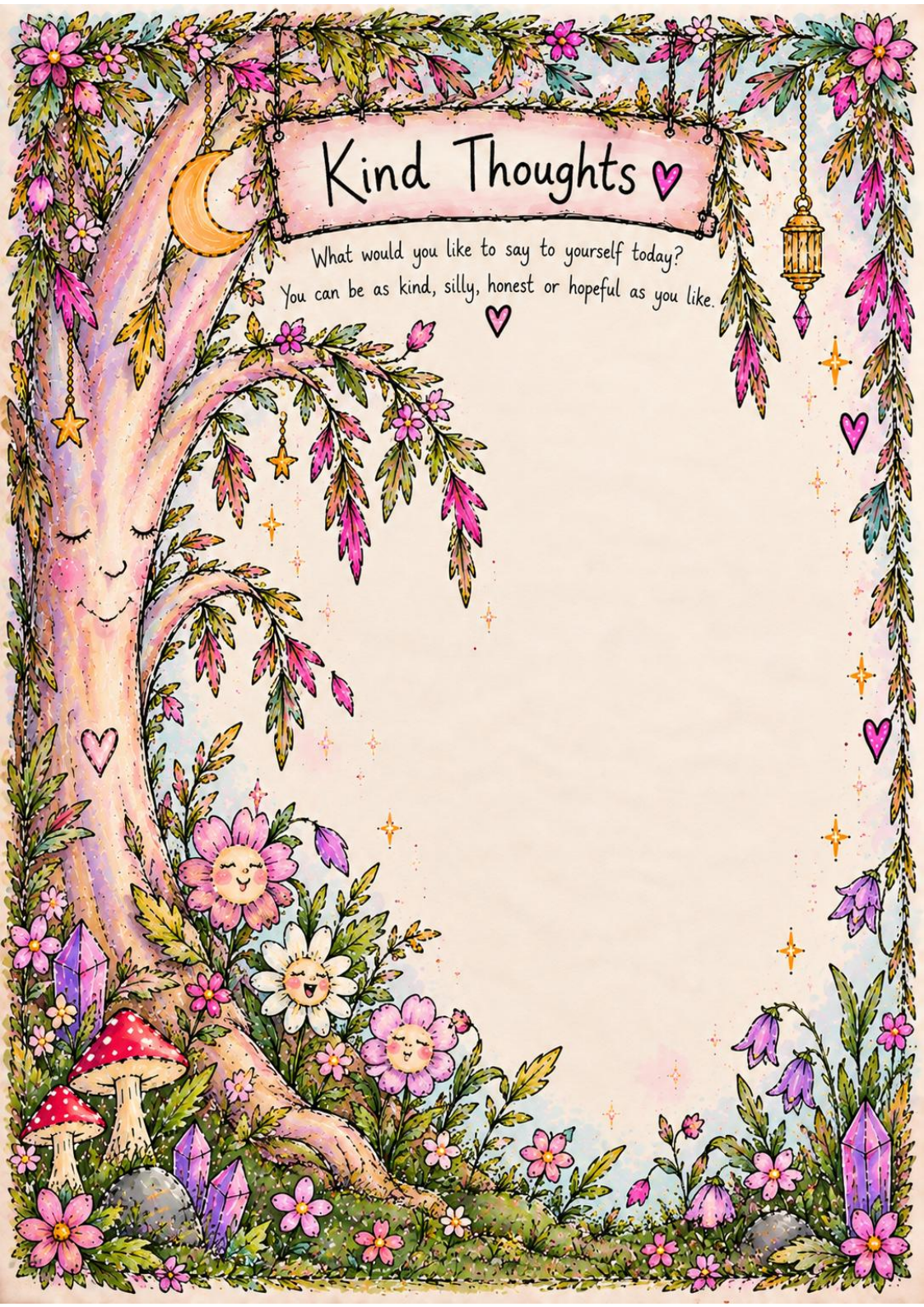
My Inner Voice ♡

What is your heart trying
to tell you today?









Kind Thoughts ♥

What would you like to say to yourself today?
You can be as kind, silly, honest or hopeful as you like.







A Little Brave ♥

What did you do even though
it felt a little scary?

Tiny brave things count too.







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