

Hello ladies!! I'm so glad that you are here! This guided journal came about as a tool to support you through the modern challenges of life and the speed at which we all live. The world is changing so quickly and we all have to adjust and learn at a rapid pace.

This guided journal came about after many years of stress, fear, doubt, insecurity, lost friendships, and loneliness.

I was desperate to spring clean my mind and gain clarity. I was also desperate to put my mind and body in order and my answer was journaling.

The harder things got, the closer I came to having to make huge decisions and leave the T Junction of procrastination, the more I wrote.

Writing for me was therapy and the way forward. Here I am today significantly healthier, happier, and clearer about my future, able to look back and be grateful for my life. It has enabled me to digest my past and plan my future without depression or anxiety.

I hope and pray that this guided journal will also strengthen and support you as you move forward on your journey.

No matter the season of your life, may you find self-improvement and self-love through journaling. I hope that you record your thoughts, plans, dreams, and prayers and that you personally transform into all that you deserve to be.

You are worthy of all you wish for.

Kat x