



A COMPANION TO RIGHT NOW

My Little Heart Journal

Walk beside Priya.

Listen to your own little heart.



A private, editable journal for your journey through the book

Open in Adobe Acrobat Reader or another PDF app that supports forms



CHAPTER 1

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 2

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 3

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 4

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 5

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 6

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 7

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 8

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 9

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





CHAPTER 10

Title or words that stayed with me

How are you feeling right now?



Peaceful



Hopeful



Tired



Overwhelmed



Grateful



Other

Feelings

What emotions came up for you in this chapter?

Thoughts

What stayed with you? Where did you connect with Priya?

Notes to Myself

What would you like to remember or take with you?





My Journey with Priya

A final page for the thoughts you want to carry forward

When I began...

How did you feel when you first opened the book and journal?

What I discovered...

What did Priya, the story or your own reflections help you notice?

A letter to my future self

Write with kindness. What do you want your future self to remember?

Date

