

Release the Worry

*A 90-Day Guided Anxiety & Emotional
Reset Journal*

*Volume 2
by Luna Paper Co*



Welcome

This journal is your safe space to slow down, reflect, and reconnect with yourself.

Each page is here to support your journey — with calm prompts, space to breathe, and gentle reminders that clarity lives within.

You are exactly where you need to be



Write your name below and make it yours.

Name: _____

Optional: Add a contact in case this journal is lost



How to Use This Journal

This is your gentle space for emotional clarity and calm reflection

- ✓ Begin each day with a moment of stillness
- ✓ Use prompts to explore your thoughts
- ✓ Reflect weekly on your patterns
- ✓ Be kind, not perfect
- ✓ Return anytime — this journey is yours



Take a breath. Breathe. This space is for you

Daily

Reflection Page

One thing I'm grateful for today is...

Today I feel...

My thoughts are...

What I need right now is...

You're doing enough. You are enough