

The background of the entire image is a warm, cozy scene. It features a thick, white, chunky-knit blanket that covers most of the surface. In the lower-left area, an open book with cream-colored pages is partially visible. To the right of the book, a white ceramic mug filled with a frothy, light-brown beverage, likely coffee or a latte, is positioned. Scattered near the book and mug are several dried star anise pods. In the upper-left corner, there are soft, out-of-focus bokeh lights in warm tones. The overall atmosphere is calm and inviting, suggesting a quiet time for reading or journaling.

RHEA

6 Minute Transformation *Journal*

Morning | Night | Diary | Affirmations

How to Use Your Journal

Creating gentle morning and evening rituals can support you through seasons of change.

Our bodies respond to rhythm, and routine helps create a sense of calm and safety especially during midlife hormonal shifts.

This journal is designed to help you slow down, reflect and reconnect. The final six minutes before sleep and the first six minutes after waking can shape your mood more than you realise. Practiced daily, these small moments can gently transform how you feel.

Creating Your Practice

Print the journal pages and keep them beside your bed with a pen so the practice becomes effortless.

Print multiple copies of the morning and evening pages (pages 4 - 7).
Print the affirmation list once (page 8).

Aim to use them daily for at least 21 days to build rhythm and familiarity.



At Night

Take six quiet minutes before bed.

Slip into something comfortable, dim the lights, and allow your environment to signal that it's time to unwind.

Follow the prompts intuitively and don't overthink your answers. Writing down your thoughts helps release the day and settle your mind.

In the Morning

Wake gently, allowing six quiet minutes before reaching for your phone.

Take a few slow breaths and notice the light, the air, the stillness.

Write down what you feel grateful for and release any lingering thoughts or tasks. Clearing your mind first thing creates space for steadiness and intention.

Using Affirmations

Each page includes space for a daily affirmation.

Choose one intentionally, or let your finger move gently through the list until you feel called to stop.

Write it down and repeat it softly throughout the day.

This practice isn't about perfection.
Be gentle. Keep returning.

With love,

RHEA & CO