VOICE WITH A PURPOSE

A VOICE WITH A PURPOSE PRINTABLE

Words to Keep Close

A Tiny Journal for Hard Days

A little place to set something down.



Created by Casey Edwards | voicewithpurpose.org

BEFORE YOU BEGIN

This Journal Will Not Rush You

Some days, a full journal asks too much. This one was made for those days.

This journal will not ask you to turn pain into a lesson, find a silver lining, or explain why something happened. It offers a few quiet places to tell the truth.

Begin on any page. Write one word or fill every line. Circle something. Skip something. Close it when you have had enough. Nothing here needs to be completed to count.

You do not have to finish anything here.
You only have to arrive as you are.

With care,

Casey Edwards



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A QUIET CHECK-IN

Begin Here

You do not need the perfect word. Choose whatever feels closest.

What are you carrying today?

- [ ] Grief
- [ ] Uncertainty
- [ ] Fear
- [ ] Loneliness
- [ ] Exhaustion
- [ ] Pain
- [ ] Anger
- [ ] Something unnamed

If I could set down one thing for a little while, it would be:

There is no wrong place to begin.



THE WORDS I CARRY - 01

What I Have Survived

You are allowed to name what it took without minimizing it or making it beautiful.

What did it take for me to get here?

What part of me kept going, even quietly?

There is room for her here.





A LETTER ACROSS TIME

Loving the Person I Survived Becoming

You do not have to wait until every wound is healed before offering yourself tenderness.

What I wish she had heard then

What I want her to hear now



Love does not have to wait for the finished version of you.



THE WORDS I CARRY - 02

What Cannot Be Measured

Some truths never appear on a chart, a monitor, a calendar, or a list of symptoms.

What others can see

What this has cost me

The monitor knows how to count - but it cannot measure the whole story.



A NEED IS NOT AN APOLOGY

What I Need Without Apology

Needing care, relief, answers, rest, or reassurance does not make you difficult.

Right now, I need...

I have been afraid to ask because...

The gentlest way I can ask is...

I am not difficult because I need relief.
I am not too much because I need answers.



THE WORDS I CARRY - 03

From the Middle

Not every page of a life arrives with an ending, an explanation, or a lesson.

I do not know what comes next.
I am still here.
Tonight, I do not need to make that mean anything more than it does.

What remains unfinished right now?

What can be true today without knowing what comes next?

This page is allowed to remain unfinished.





NO PERFORMANCE REQUIRED

Sometimes Staying

Staying does not always look brave from the outside. It may look very ordinary.

Today, staying might look like:

- [ ] Resting without earning it
- [ ] Eating something
- [ ] Asking one more time
- [ ] Taking my medicine
- [ ] Taking the next breath
- [ ] Not explaining myself
- [ ] Letting someone help
- [ ] Crying without fixing it

Something else: _____

For this one day, staying means:

Sometimes staying is the whole brave thing.



A LITTLE LIGHT IS STILL LIGHT

One Small Porch Light

You do not need a map for the whole road. Find one thing that can glow beside you.



A person who helps me feel less alone



A place where my body can soften



A truth I do not want fear to erase

One light I can leave on for myself today:



A CARD TO MAKE YOUR OWN

The Word I Want to Keep Close

Write one sentence you want to carry. Cut out the card if you would like, or leave it here.



THE WORDS I WANT TO CARRY

There is room for me here.

Optional keepsake card: 4 x 6 inches when printed at Actual Size / 100%.



BEFORE YOU GO

The Porch Light Will Be On

If you reached this page, you do not have to call it progress. You do not have to feel better, clearer, stronger, or ready.

May you remember that your needs do not make you difficult. May you honor what cannot be measured. May you love the person who carried you here. And when all you can do is stay, may staying be enough for tonight.

Take what you need.
Leave the rest for another day.
Come back whenever you need another word to carry.

There is room for you here.

