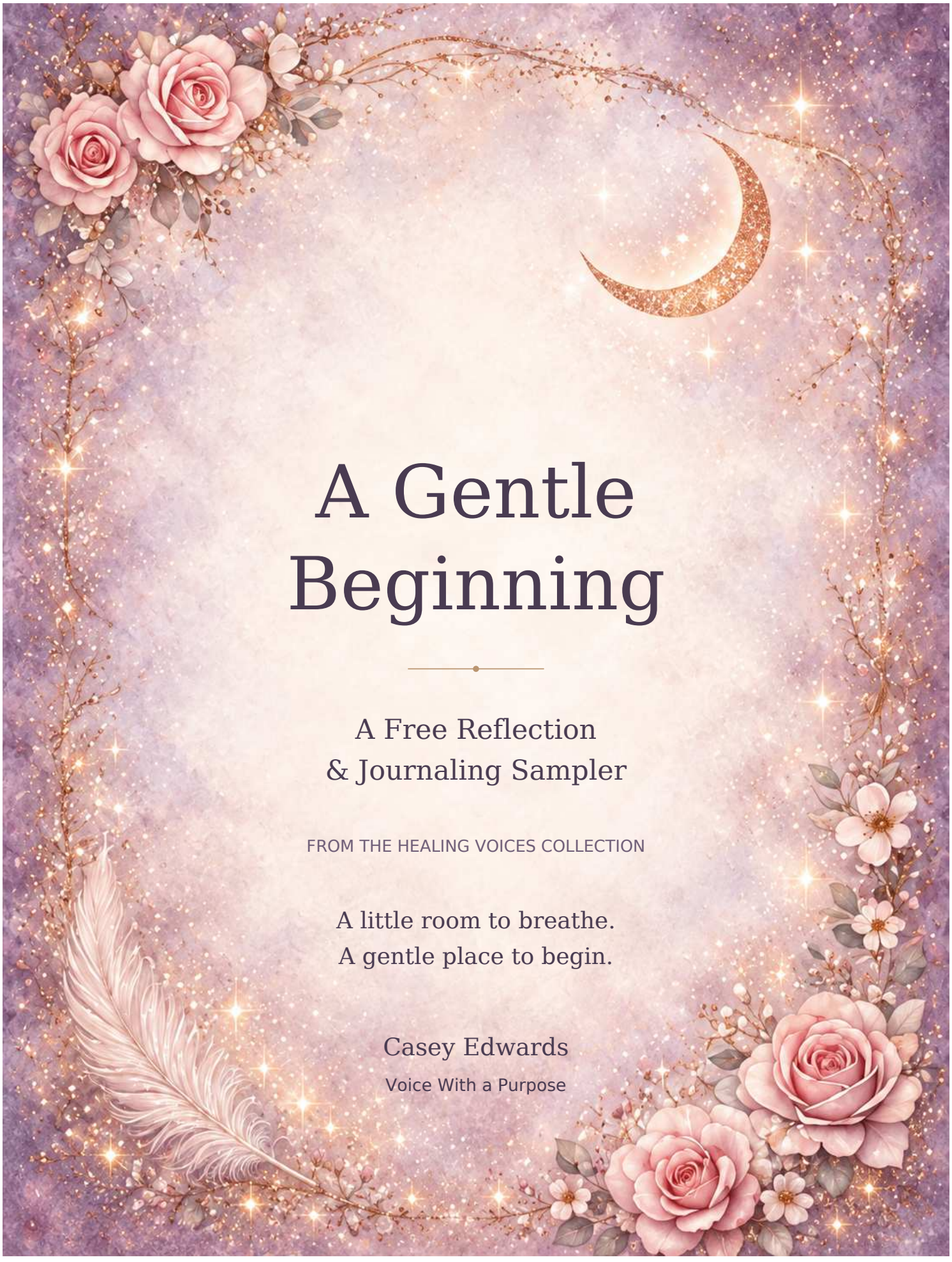


A Gentle Beginning

A Free Reflection & Journaling Sampler

FROM THE HEALING VOICES COLLECTION

A little room to breathe.
A gentle place to begin.

Casey Edwards
Voice With a Purpose

There Is Room for You Here

These pages were not created from perfection. They grew from survival, softness, reflection, and the quiet courage of continuing.

This is a small place to begin: a question to sit with, room for your own words, and a few reminders to carry with you.

You do not need to arrive feeling hopeful or knowing what to say. Write a sentence. Draw something. Leave a page unfinished. You can return whenever you wish.

There is no right pace and nothing here to complete for anyone else. Let these pages meet you as you are.

Come in. Sit down. Take what you need.

With love,
Casey

When Was the Last Time You Felt Safe Enough to Exhale?

Think of a moment when you could loosen your shoulders or let out a breath. It might have been brief, ordinary, or long ago. What was around you? What helped you settle?

If a memory feels hard to reach, you can write about something that might offer a little ease today—a quieter room, a familiar song, or someone who listens. You may also leave this question for another day.

Breathe. You are allowed to take up space.

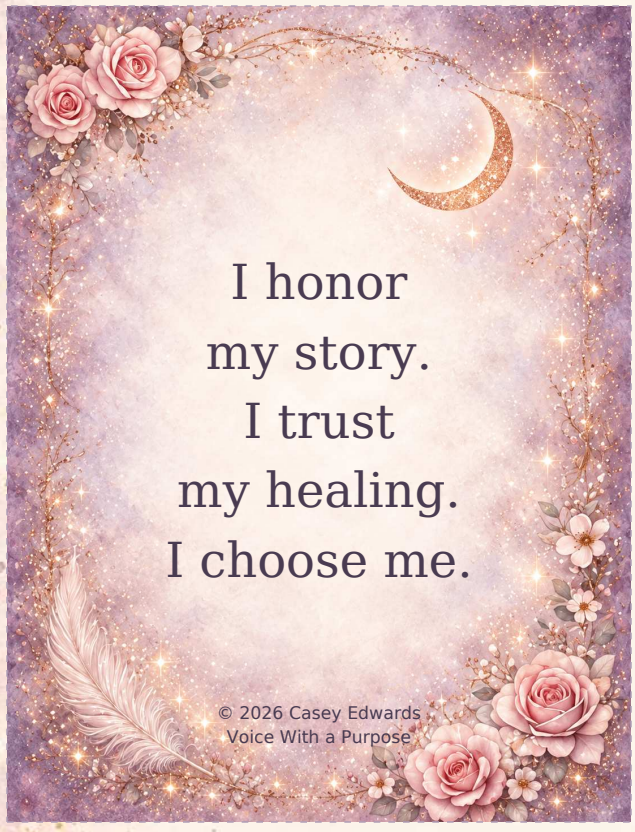
A MOMENT TO KEEP

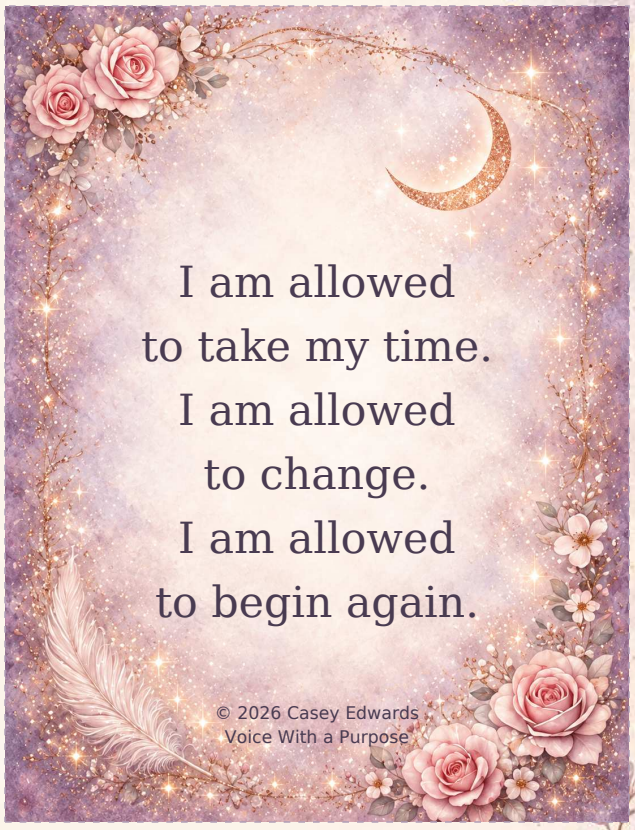
You do not have to understand everything you feel before you give it a little room.

You can pause here.

Words to Carry With You

Two small reminders for the days you need them.





Print this page at 100% size and cut along the dotted edges.
Each card measures 3¼ × 4¼ inches.

Tuck one into a book, keep it by your bedside,
or share a little encouragement with someone you love.