



# THE JOURNEY

31-Day Journal

# self care

This journal belongs to

---





# WELCOME

## **We're Passionate About Helping People**

Honestly, our story matters only in relation to yours. We do what we do because we care about you and the people you care for, and we desire that everyone be able to freely and abundantly live the life that Jesus died on the cross to give us all.

Our business started small, with willing hearts and a God-given vision to be points of light in our area, serving local churches and our community. We have grown over the years to become one of the largest Christian Counseling organizations in Colorado, but our dream remains the same: We want to bring about a world where people are healed, restored, redeemed and set free.



Match With a Counselor

## Welcome to the 31-Day Journal Challenge

We are so excited to be sharing with you our 31-day content calendar for Mental Health Awareness Month! We want to do our part in spreading awareness, destigmatizing mental health, and equipping you with the right tools to manage symptoms and abundantly live the life Jesus died to give us all.

When writing in this journal, you'll probably have a lot of emotions come up. While it might not feel great, it's an important part of healing. Be vulnerable. Be honest. Commit to journaling for just 5 minutes each day. You've got this.

### Habit Tracker & Monthly Planner

After the intro section on the next few pages, you'll find a 31-Day Journaling Challenge checklist and a blank 1-month calendar. Use the checklist before you begin the rest of the workbook, and track your journaling streak using the circles provided.

Use the calendar however you'd like! Write down important events coming up that you need to mentally prepare for. Put reminders on it and set a printed version on your desk. Whatever you need.

### Weekly Topic Sections

This book is broken down into five sections, with topics on anxiety, depression, trauma/PTSD, relationships, and messages of hope for healing. In each section, you'll find a weekly planner, 7 daily planners, and 7 writing prompts. The prompts are the most important part of this whole thing.

Set aside 5 minutes each day to write out your thoughts on the prompts. Journaling shouldn't be a negative experience, and it shouldn't be an extremely happy one either. Embrace your feelings; don't fight yourself. Remember, take your time, be vulnerable and honest with yourself, and commit to just 5 minutes each day.

**WE BELIEVE IN YOU.**



HELLO *Breakthrough*

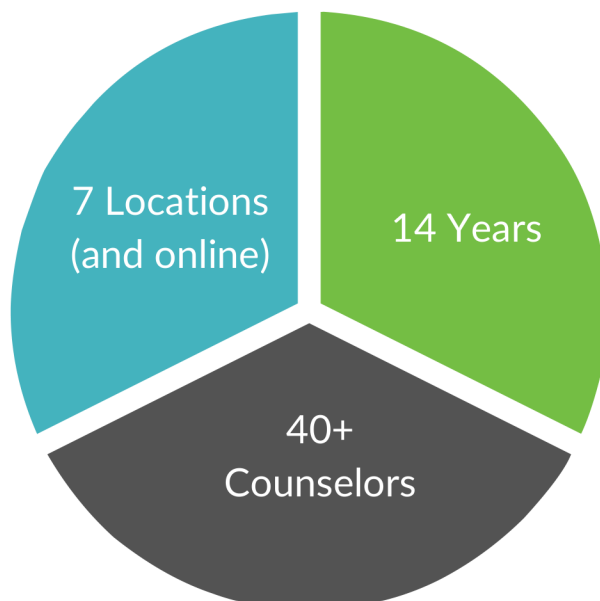
## CHRISTIAN WORLDVIEW CLINICAL EXCELLENCE

---

At Cornerstone Christian Counseling, we hold a Christian worldview. With that said, we welcome clients wherever they are coming from. Christian, non-Christian, or non-religious, we will respect, honor, and care for our clients with non-judgmental compassion and grace.

We strive for clinical excellence. We believe that God has given us the ability to study and implement clinical practices that have been proven to be effective in helping people heal, grow and thrive. All of our therapists have at least a Masters-level education in Marriage and Family Therapy, Clinical Psychology or other related fields, and all of them continually engage in post-graduate trainings.

In short, the therapists at Cornerstone strive to combine a Christian Worldview with Clinical Excellence.





# SERVICES WE OFFER

01

## **In-Person Counseling**

In-person counseling continues to help our clients acknowledge issues, and encourages them to think up solutions with gentle help and guidance from the counselor.

02

## **Trauma Therapy**

Many of our counselors are specifically and highly trained in healing from trauma. We offer two types of trauma therapy here at Cornerstone: EMDR and Brainspotting.

03

## **Play Therapy**

Children learn to communicate with others, express feelings, modify behavior, develop problem-solving skills, and learn skills for relating to others.

04

## **Online Counseling**

We want to make quality, God-honoring counseling available to everyone, even if time, accessibility, and distance are limiting factors.

05

## **We Also Offer**

Premarital counseling using SYMIBS and Prepare-Enrich, sex therapy, family counseling, marriage counseling, teen therapy, counseling for men and women, therapy for children/teens. and much more!





**We provide clinically excellent Christian counseling services in-person at any of our 7 locations, and online.**

We know that finding a quality Christian counselor can be overwhelming at times. Scrolling through bio after bio unsure of who will be the right fit for a client's situation is exhausting. We're here to help find a therapist that matches all of the specialties our clients are looking for—even if that's a Christian counselor that's not on our team.

# 7 LOCATIONS AND ONLINE

1

CASTLE ROCK, CO

2

CENTENNIAL, CO

3

COLORADO SPRINGS, CO

4

LAKEWOOD, CO

5

ST AUGUSTINE, FL

6

WESTMINSTER, CO

7

WHEAT RIDGE, CO

# 31-DAY CHALLENGE

**New Habit:**

**Why is this important for me?**

---

---

**Strengths:**

---

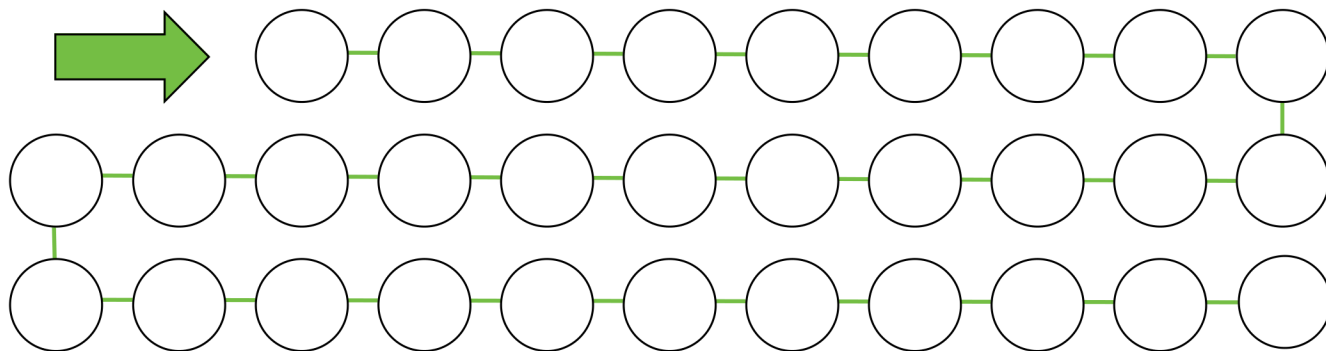
**Weaknesses:**

---

**Reward:**

---

Let's do this!



**How did it go?**

---

---

**What did I learn?**

---

---



# MONTHLY PLANNER

MONTH: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Priorities

Notes



WEEK 1

# ANXIETY



Match With a Counselor



# WEEKLY PLANNER

Priorities

Monday

Tuesday

Wednesday

Notes

Thursday

Friday

Saturday

Sunday

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

1

2

3

4

5

6

7

8

9

10

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

✓ Delegated

# What triggers your anxiety?

Date:

# DAILY PLANNER

Date:

## Priorities

[illegible]

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated



## What physical symptoms do you have?

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓

Completed

•

In Progress

×

Deleted

→

Forwarded

✓

Delegated

## What negative thoughts contribute to anxiety?

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated



## What is your biggest fear related to anxiety?

Date:

# DAILY PLANNER

Date:

## Priorities

---

---

---

---

---

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

## Describe a time you overcame anxiety:

Date:

# DAILY PLANNER

Date:

## Priorities

[illegible]

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated



Write a note from your future self about how you overcame anxiety:

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

✓ Delegated

Describe 3 things you're grateful for today:

Date:



WEEK 2

# DEPRESSION



Match With a Counselor



# WEEKLY PLANNER

Priorities

Monday

Tuesday

Wednesday

Notes

Thursday

Friday

Saturday

Sunday

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

Describe a time you felt your lowest:

Date:

Lined area for writing the response.

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

## What are some small things that bring you joy?

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

# What does self-care look like for you?

Date:



# DAILY PLANNER

Date:

## Priorities

[illegible]

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

✓ Delegated

Describe a past achievement you're proud of:

Date:

Lined area for writing the response.

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

✓ Delegated

Write about a person who supports you:

Date:

Lined area for writing.

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

## What book/movie/song inspires you? Why?

Date:





WEEK 3

# TRAUMA/PTSD



Match With a Counselor

# WEEKLY PLANNER

Priorities

Monday

Tuesday

Wednesday

Notes

Thursday

Friday

Saturday

Sunday

# DAILY PLANNER

Date:

## Priorities

[illegible]

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

## What coping methods have helped in the past?

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

1

2

3

4

5

6

7

8

9

10

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

Describe a past situation that caused you pain:

Date:

Lined area for writing the response.

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

Date:



# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

Describe a time you felt like you were reliving a past traumatic experience:

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

1

2

3

4

5

6

7

8

9

10

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

Describe a time you felt unsafe, and why:

Date:

Lined area for writing the response.

# DAILY PLANNER

Date:

## Priorities

.....

.....

.....

.....

.....

## To-Do

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

☐ .....

## Schedule

07:00am

.....

.....

08:00am

.....

.....

09:00am

.....

.....

10:00am

.....

.....

11:00am

.....

.....

12:00pm

.....

.....

1:00pm

.....

.....

2:00pm

.....

.....

3:00pm

.....

.....

4:00pm

.....

.....

5:00pm

.....

.....

Night

.....

.....

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed • In Progress × Deleted

→ Forwarded ✓ Delegated

Write about a time you felt silenced:

Date:

Lined area for writing the response.

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

## In what ways can you forgive yourself & others?

Date:





CORNERSTONE  
CHRISTIAN COUNSELING

WEEK 4

# RELATIONSHIPS



Match With a Counselor

# WEEKLY PLANNER

Priorities

Monday

Tuesday

Wednesday

Notes

Thursday

Friday

Saturday

Sunday

# DAILY PLANNER

Date:

## Priorities

[illegible]

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

## How has a past relationship affected you?

Date:

# DAILY PLANNER

Date:

## Priorities

[illegible]

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

What have you learned about yourself through current or past relationship issues?

Date:

Lined area for writing the response.

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

## Describe your relationship with Jesus:

Date:



# DAILY PLANNER

Date:

## Priorities

[illegible]

## To-Do

This image shows a blank sheet of primary-ruled paper. It features ten rows of handwriting practice lines. Each row is defined by three horizontal lines: a solid top line, a dashed midline, and a solid bottom line. On the far left of each row, there is a small, empty circle, likely intended for a student's name or a mark. The entire page is white, and the lines are light gray.

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

Date:

# DAILY PLANNER

Date:

## Priorities

---

---

---

---

---

---

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

## How can you improve communication?

Date:

# DAILY PLANNER

Date:

## Priorities

[illegible]

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

## How did you heal from a past relationship?

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

✓ Delegated

# How can you prioritize your relationship needs?

Date:

Lined area for writing the response.





WEEK 5

# HOPE & HEALING



Match With a Counselor

# WEEKLY PLANNER

Priorities

Monday

Tuesday

Wednesday

Notes

Thursday

Friday

Saturday

Sunday

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

1

2

3

4

5

6

7

8

9

10

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

Describe the goal(s) you're working towards, and one thing you can do to start today:

Date:

# DAILY PLANNER

Date:

## Priorities

---

---

---

---

---

---

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

Write about a person who has positively impacted your life in a big way:

Date:

Lined area for writing the response.

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

12345678910

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

Write a prayer to God asking for healing:

Date:



# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

1

2

3

4

5

6

7

8

9

10

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

# What does "self love" mean to you?

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

1

2

3

4

5

6

7

8

9

10

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

√ Delegated

## What is your favorite Bible verse and why?

Date:

# DAILY PLANNER

Date:

## Priorities

## To-Do

## Schedule

07:00am

08:00am

09:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

Night

## Productivity

How productive was the day? Rate today's productivity below.

1

2

3

4

5

6

7

8

9

10

## Legend

✓ Completed

• In Progress

× Deleted

→ Forwarded

✓ Delegated

Write about something you're looking forward to:

Date:

Lined area for writing.

# DAILY PLANNER

Date:

## Priorities

---

---

---

---

---

## To-Do

[illegible]

## Schedule

Time	Activity
07:00am	
08:00am	
09:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
Night	

## Productivity

How productive was the day? Rate today's productivity below.

1 2 3 4 5 6 7 8 9 10

## Legend

✓ Completed      • In Progress      × Deleted

→ Forwarded      ✓ Delegated

## How has God moved in your life recently?

Date:





We want to hear  
your story.

Let's write a new  
chapter, together.

Sean Taylor, Founder

# CLINICALLY EXCELLENT CHRISTIAN COUNSELING



## Individuals

Achieve the freedom and  
hope that you deserve.



## Couples

Grow your relationship,  
not your arguments



## Families

Our counselors work with  
clients of all ages to help  
keep your family strong.



## More

We've can help you get  
from where you are to  
where you want to be.



**CORNERSTONE**  
Christian Counseling



303-902-3068



[christiancounselingco.com](http://christiancounselingco.com)



Colorado, Florida, Online



[hello@christiancounselingco.com](mailto:hello@christiancounselingco.com)



*Thank You!*