

COSMIC SUN

Guided Journal

Reflection prompts for grief, resilience, self-advocacy, hope, and self-trust.

[Guided writing pages](#)

Gentle support for pacing, reflection, recovery, and self-trust.

A Journal for Self-Trust

This journal is a place to be honest without having to be impressive. Use the prompts in order or choose the one that meets you where you are.

- Write briefly if your hands or focus are tired.
- Repeat prompts that help.
- Skip anything that feels too much today.
- Use this as a companion, not homework.

Prompts for Hard Days

Today I am carrying...

The kindest thing I can do in the next hour is...

One thing I wish others understood is...

Prompts for Hope

A small sign of resilience I noticed recently...

Something I want to make easier for future me...

A boundary that would protect my energy...

Weekly Reflection

Question	Notes
What supported me?	
What drained me?	
What did I learn about my body?	
What support do I want next week?	

Journal Prompt - Page 1

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 2

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 3

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 4

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 5

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 6

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 7

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 8

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 9

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 10

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 11

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 12

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 13

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 14

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 15

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 16

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 17

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Journal Prompt - Page 18

Write a few words or a full page. Both count.

What I am feeling

What I need

A kinder thought I can practice

Self-Advocacy Notes - Page 1

Use these pages to prepare for conversations with doctors, family, work, or community.

What I need to say

What boundary protects my health

What support would help

Self-Advocacy Notes - Page 2

Use these pages to prepare for conversations with doctors, family, work, or community.

What I need to say

What boundary protects my health

What support would help

Self-Advocacy Notes - Page 3

Use these pages to prepare for conversations with doctors, family, work, or community.

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Self-Advocacy Notes - Page 4

Use these pages to prepare for conversations with doctors, family, work, or community.

What I need to say

What boundary protects my health

What support would help

Self-Advocacy Notes - Page 5

Use these pages to prepare for conversations with doctors, family, work, or community.

What I need to say

What boundary protects my health

What support would help

Book a Coaching Session

You do not need to have everything organized before reaching out. A discovery call is a quiet place to name what is hard, what you want support with, and whether coaching feels like a good next step.

- One-on-one fibromyalgia coaching
- Support with pacing, routines, flare planning, and self-advocacy
- Gentle accountability that respects your energy limits

Contact: susana.alarcon1976@gmail.com

Medical Disclaimer

This resource is educational and supportive only. It is not medical advice, diagnosis, treatment, or a substitute for care from a qualified healthcare professional. Always consult your healthcare provider before changing medications, treatment, movement, nutrition, supplements, or any health plan.