

KAGE ROOT

ROOTED DIARY

7 DAYS TO CHECK IN WITH YOURSELF

ONE SEED. ONE ROOT. ONE DAY AT A TIME.

You do not need to have everything figured out.

This diary is simply a place to slow down for a few minutes, get what is in your head onto paper, notice what is good as well as what is difficult, and choose one small seed for the day.

There are no perfect answers. Write honestly. Keep it simple. This is for you.

If you miss a day, do not restart. Just come back to the next page.

A BETTER YOU GROWS FROM HERE.

Stay Rooted. ■

DAY 1

A few quiet minutes. That's enough.

HOW AM I FEELING TODAY?

WHAT'S ON MY MIND?

No need to solve it. Just get it out of your head.

ONE THING I'M GRATEFUL FOR - AND WHY

It can be something big or something very small. The 'why' is the important bit.

TODAY'S SEED ■

What is one small thing I can do today that would help me?

END OF DAY - WHAT WENT WELL OR WHAT DID I LEARN?

One seed is enough.

DAY 2

A few quiet minutes. That's enough.

HOW AM I FEELING TODAY?

WHAT'S ON MY MIND?

No need to solve it. Just get it out of your head.

ONE THING I'M GRATEFUL FOR - AND WHY

It can be something big or something very small. The 'why' is the important bit.

TODAY'S SEED ■

What is one small thing I can do today that would help me?

END OF DAY - WHAT WENT WELL OR WHAT DID I LEARN?

One seed is enough.

DAY 3

A few quiet minutes. That's enough.

HOW AM I FEELING TODAY?

WHAT'S ON MY MIND?

No need to solve it. Just get it out of your head.

ONE THING I'M GRATEFUL FOR - AND WHY

It can be something big or something very small. The 'why' is the important bit.

TODAY'S SEED ■

What is one small thing I can do today that would help me?

END OF DAY - WHAT WENT WELL OR WHAT DID I LEARN?

One seed is enough.

DAY 4

A few quiet minutes. That's enough.

HOW AM I FEELING TODAY?

WHAT'S ON MY MIND?

No need to solve it. Just get it out of your head.

ONE THING I'M GRATEFUL FOR - AND WHY

It can be something big or something very small. The 'why' is the important bit.

TODAY'S SEED ■

What is one small thing I can do today that would help me?

END OF DAY - WHAT WENT WELL OR WHAT DID I LEARN?

One seed is enough.

DAY 5

A few quiet minutes. That's enough.

HOW AM I FEELING TODAY?

WHAT'S ON MY MIND?

No need to solve it. Just get it out of your head.

ONE THING I'M GRATEFUL FOR - AND WHY

It can be something big or something very small. The 'why' is the important bit.

TODAY'S SEED ■

What is one small thing I can do today that would help me?

END OF DAY - WHAT WENT WELL OR WHAT DID I LEARN?

One seed is enough.

DAY 6

A few quiet minutes. That's enough.

HOW AM I FEELING TODAY?

WHAT'S ON MY MIND?

No need to solve it. Just get it out of your head.

ONE THING I'M GRATEFUL FOR - AND WHY

It can be something big or something very small. The 'why' is the important bit.

TODAY'S SEED ■

What is one small thing I can do today that would help me?

END OF DAY - WHAT WENT WELL OR WHAT DID I LEARN?

One seed is enough.

DAY 7

A few quiet minutes. That's enough.

HOW AM I FEELING TODAY?

WHAT'S ON MY MIND?

No need to solve it. Just get it out of your head.

ONE THING I'M GRATEFUL FOR - AND WHY

It can be something big or something very small. The 'why' is the important bit.

TODAY'S SEED ■

What is one small thing I can do today that would help me?

END OF DAY - WHAT WENT WELL OR WHAT DID I LEARN?

One seed is enough.

LOOK BACK

7 days. No judgement - just notice.

WHAT DID I NOTICE ABOUT HOW I'VE BEEN FEELING?

WHAT HELPED ME MOST THIS WEEK?

WHAT AM I GRATEFUL FOR AFTER THESE 7 DAYS - AND WHY?

WHAT ONE THING DO I WANT TO CARRY FORWARD?

You don't have to change everything at once.

ONE SEED AT A TIME.

Stay Rooted. ■