THE QUIET GROVE

THE BOTANICAL JOURNAL COLLECTION

Becoming

VALUES & SELF-DISCOVERY



Thoughtful pages for exploring your values, boundaries, relationships, and the life you want to shape.

20 reusable pages / no tarot experience needed

THIS JOURNAL BELONGS TO

Make it your own.

Print a favorite page, repeat it, and begin wherever you are.



Thoughtful pages for exploring your values, boundaries, relationships, and the life you want to shape.

PRINTING YOUR JOURNAL

Choose your paper

Use Letter for 8.5 x 11-inch paper or A4 for 210 x 297 mm paper.

Check one page first

Print at Actual size / 100%, one-sided. If an edge is clipped, select Fit to printable area.

Enjoy the artwork

Color shows the illustrations best. Regular paper works; 24-28 lb paper feels nicer for writing.

Keep it simple

Print only the pages you need. Use a folder, clipboard, or binder sleeves to keep them together.

USING THESE PAGES

Pick one question that feels useful today. Write what is true now, even if it changes later. You may skip any prompt, keep answers private, and return at your own pace.

YOUR FIRST FIVE MINUTES

Begin with Who I am right now. Then choose one area you feel curious about: values, boundaries, relationships, or a small experiment.

A LOOK INSIDE

- Values, strengths, and personal identity prompts
- Boundary practice and decision-making pages
- Small experiments, relationship reflection, and letters

Printable PDF for personal use. These pages are not fillable forms. You may annotate a copy in a compatible PDF app; it will not sync with your website journal. Print copies for your own use, but do not redistribute or resell the files.

The parts of me.

Make room for qualities that do not always get equal attention.



DATE / VISIT / SESSION

A WORD OR THEME

WHAT PEOPLE SEE

Which parts of me are easy to notice?

WHAT I KEEP PRIVATE

What feels important but less visible?

WHAT I AM REDISCOVERING

Which interest or quality is returning?

WHAT I AM EXPLORING

What new possibility makes me curious?

What matters most.

Let values become visible in real choices.



DATE / VISIT / SESSION

A WORD OR THEME

Three values I care about

Name them in your own words. What does each mean to you?

A recent choice

Where did I act in line with one of those values?

A place to realign

What small choice would better reflect what matters?