THE QUIET GROVE

THE BOTANICAL JOURNAL COLLECTION

A Season of Change

ENDINGS & NEW BEGINNINGS



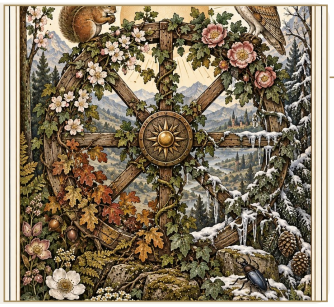
A steady place to reflect on transitions, arrange support, and take manageable next steps.

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.



A steady place to reflect on transitions, arrange support, and take manageable next steps.

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

Use these pages during a move, changing role, relationship shift, or another life transition. Choose the prompts that fit your situation and leave the others. There is no deadline for feeling settled.

YOUR FIRST FIVE MINUTES

Begin with Naming this season. If reflection feels like too much today, use The next useful step to choose one manageable task.

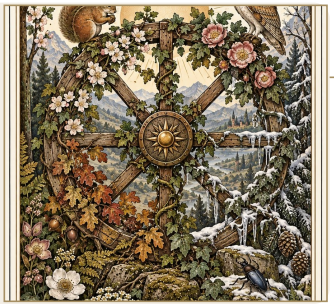
A LOOK INSIDE

- Endings, uncertainty, and new-beginning reflections
- Support maps, decision logs, and practical next steps
- Routine planning and a gentle transition review

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.

What changes. What remains.

Look at both movement and continuity.



DATE / VISIT / SESSION

A WORD OR THEME

ENDING

What is coming to a close?

BEGINNING

What is emerging or becoming possible?

CONTINUING

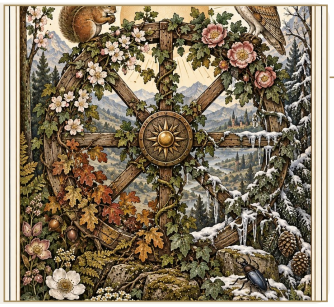
What remains part of my life?

UNKNOWN

What do I not know yet?

Honoring what was.

Make room for a mixed and honest account.



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What mattered

Which parts of this chapter do I want to remember?

What was difficult

What do I not need to romanticize?

What I will carry

Which lesson, relationship, or quality comes with me?