

Talk Breathe Live Moments
September
I Am Ready

Guided Reflection Journal



Created by: Darlene Wierski-Devoe

🌿 Talk Breathe Live Moments 🌿

September

I Am Ready

First, I want to say how much I appreciate you. Thank you for showing up for yourself and saying “yes” to this practice. It’s not always easy to slow down or give ourselves permission to pause, but you’ve taken the first step – and that in itself is powerful.

Action of Readiness - Step Forward with Intention

Readiness is not just a feeling – it’s a choice we embody through small, meaningful actions. This week, invite yourself to choose one action that symbolizes your openness, courage, or willingness to move forward.

How to Use This Journal and Prompts

Each month we work on a different theme and focus. There will be some prompts, ideas and room for exploration in these pages. Each has been curated with a heart-felt desire to lean into a mindset of discovery.

Here’s how you can flow with it:

1. Start by leaning into – a sense of calm, openness, and curiosity?
2. Reflect. Use the journal prompts to notice patterns, shifts, or moments of self-expression
3. Be kind to yourself. This isn’t about “getting it right.” It’s about showing up, again and again.



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A Little Note of Appreciation

I want you to know how much I appreciate you and all that you are doing as you walk along this path of self-discovery and exploration.

Journaling, using prompts and mindfulness has been such a gift in my own life - helping me pause, breathe, and rediscover who I am beneath all the noise. Sharing it with you is an honour.

So let's do this together: breathe, notice, and be open to what unfolds.

“Each morning we are born again. What we do today is what matters most.” – Buddha

With gratitude and excitement for your journey,

Darlene 🌿



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Disclaimer:

The activities and prompts in this document are intended to spark curiosity and reflection. They are suggestions, not medical advice, and are not meant to replace professional therapy or counselling. By engaging in these reflections, you are taking responsibility for your own actions and personal journey. If you are experiencing emotional or mental health concerns, please consult with a licensed therapist or healthcare provider.



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Anchoring to Your Breath

Your breath is always with you – steady, reliable, and right here in this moment. In this first week, we'll explore using the breath as an anchor.

When life feels overwhelming or distracting, the simple act of returning to your breath can bring you back home to yourself. This practice helps you build focus, calm your nervous system, and create a pause between what happens around you and how you respond.

Breath is your constant reminder: you are here, and this moment is enough.



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I Am Ready

Each morning, place your hand on your heart and whisper...
“I am ready. I am here. I am enough”

This month invites you to explore readiness as permission, not pressure.
Use these prompts anytime you want to reconnect with your heart’s wisdom.

Action of Readiness – Step Forward with Intention

Reflect and Identify:

Take a few quiet moments to ask yourself: “*What is one action that would feel like a step toward my readiness?*”

It could be:

- **Sending a message you’ve been hesitating to send**
- **Signing up for a class or workshop that inspires you**
- **Decluttering a space that feels stagnant**
- **Saying yes to something that excites your heart**

Choose something that is symbolic but manageable, something that lights you up rather than overwhelms you.

Write your reflections here:



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Action of Readiness – Step Forward with Intention

Set Your Intention

Write down your chosen action and attach an intention to it.

For example: *“I take this step as an expression of my readiness to grow and embrace possibility.”*

Write your reflections here:

Take the Action

Schedule a specific time this week to complete it. Approach it with mindfulness—notice your breath, your body, and any emotions that arise as you act.

Write your reflections here:



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Action of Readiness – Step Forward with Intention

Reflect on the Experience

After completing the action, pause to observe: How do you feel? What did this step teach you about your readiness? What shifts or insights arise?

Write your reflections here:

Celebrate the Step

Acknowledge yourself for taking action. Even small steps carry great meaning. Whisper softly to yourself:

✨ I am ready. I take steps with courage and curiosity.



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The Talk Breathe Live Moments Guided Reflective Journal

is designed to help you slow down, reflect, and take mindful steps forward. With monthly themes, guided practices, affirmations, and space for your own reflections, this journal becomes a supportive tool for your personal growth and self-discovery journey.

Practical. Accessible. Heart-centered.

This is your space to breathe, to reset, and to step into inspired action—month after month.

