

SUN SALT SOUL JOURNAL

Life by the Shore

A Year of Reflective Journaling for Coastal Living

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WELCOME TO YOUR JOURNEY

Reflective journaling is the practice of pausing to examine thoughts, feelings, and experiences with curiosity rather than judgment. This journal invites you to create a sacred space for that reflection—a place where authentic thoughts can exist without censorship, where patterns become visible, and where personal growth unfolds naturally.

This journal contains 52 weekly prompts, monthly reflection templates, gratitude practices, goal-setting worksheets, and affirmation collections designed to anchor your practice in the present moment. There are no right answers—only honest ones.

How to Use This Journal

Choose a quiet time: Find a moment when the mind is calm—perhaps at dawn, by a window, or near water.

Write without editing: Let thoughts flow onto the page. This is not about perfect prose; it's about authentic expression.

No time limits: Some prompts deserve five minutes; others deserve an hour. Honor what surfaces.

Revisit your writing: Return to earlier entries to witness patterns and progress.

Create ritual: Light a candle, make tea, or sit in a favorite space. Ritual signals to the mind that this time is sacred.

52 WEEKLY REFLECTION PROMPTS

Week 1: What does a perfect day look like? Describe it in vivid detail—where are you, who is present, how does your body feel?

Week 2: What fear have you been sitting with lately? Write about where it came from and what it might be protecting.

Week 3: Who in your life brings out your best self? What qualities do they reflect back to you?

Week 4: What have you learned about yourself this week that surprised you?

Week 5: If your body could speak, what would it tell you right now?

Week 6: What would change if you stopped seeking permission to be yourself?

Week 7: Describe a moment this week when you felt truly present. What made that presence possible?

Week 8: What patterns are you noticing in your thoughts or behaviors?

Week 9: What would it feel like to release control? What might open up?

Week 10: How do you show up differently with different people? What does that reveal?

Week 11: What do you need to grieve? What are you letting go of?

Week 12: When do you feel most alive? What elements are present in those moments?

Week 13: What conversation have you been avoiding? What's underneath that avoidance?

Week 14: How has your relationship with yourself changed over the past year?

Week 15: What small act of kindness could shift your week?

Week 16: What are you learning by slowing down?

Week 17: Where do you feel stuck? What might be keeping you there?

Week 18: What brings you genuine joy (not just distraction)?

Week 19: How do you define success on your own terms?

Week 20: What would your wisest self tell you right now?

Week 21: How are you honoring your body this week?

Week 22: What relationship deserves more of your attention?

Week 23: What are you resisting? What does that resistance point to?

Week 24: Describe a strength you've had to develop. How has it shaped you?

Week 25: What would it mean to forgive yourself?

Week 26: How do you want to be remembered?

Week 27: What am I learning about vulnerability?

Week 28: What brings you peace in uncertain times?

Week 29: How are your values showing up (or not showing up) in your daily life?

Week 30: What does belonging feel like for you?

Week 31: What conversation shifted something in your perspective?

Week 32: How do you celebrate your own wins?

Week 33: What have you created recently—literally or metaphorically?

Week 34: Where are your energy leaks? What could you protect?

Week 35: What did your child self need that your adult self can now provide?

Week 36: How are you defining authenticity for yourself?

Week 37: What would change if you trusted yourself more?

Week 38: Describe a moment of unexpected beauty this week.

Week 39: What am I learning about asking for help?

Week 40: How do you practice self-compassion when things don't go as planned?

Week 41: What would it mean to surrender your timeline?

Week 42: What does rest mean to you, and how are you honoring it?

Week 43: How are your relationships deepening or shifting?

Week 44: What would it look like to choose yourself first, without guilt?

Week 45: What part of yourself is asking for more expression?

Week 46: How do you want to show up in your community?

Week 47: What small change could have the biggest impact on your wellbeing?

Week 48: Describe your relationship with change. Are you resisting or flowing?

Week 49: What does coming home to yourself feel like?

Week 50: How has this year transformed you so far?

Week 51: What intention do you want to carry into the next season?

MONTHLY REFLECTION TEMPLATES

January

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

February

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

March

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

April

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

May

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

June

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

July

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

August

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

September

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

October

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

November

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

December

- What were the three most significant moments this month?
- What challenged me and how did I respond?
- What am I proud of accomplishing?
- What relationships deepened this month?
- What do I want to release before moving into next month?
- What intention will guide me forward?

GRATITUDE LOG

Gratitude is not about toxic positivity or ignoring pain. It's about noticing what sustains you—the small moments, the people, the sensations, the lessons. This practice rewires the brain toward appreciation without dismissing difficulty.

People

Who showed up for you? Who made you laugh?

Sensations

What felt good in your body? What delighted your senses?

Lessons

What challenge taught you something valuable?

Moments

What ordinary moment held unexpected beauty?

Self

What did you do for yourself? What strength did you access?

Nature

What in the natural world captured your attention?

QUARTERLY GOAL-SETTING WORKSHEETS

Q1: January - March

Theme: New Beginnings

- What do I want to accomplish this quarter?
- What habits or practices will support this?
- What obstacles might arise? How will I navigate them?
- How will I measure progress?
- What support do I need?
- What would make this quarter feel successful?

Q2: April - June

Theme: Growth & Expansion

- What do I want to accomplish this quarter?
- What habits or practices will support this?
- What obstacles might arise? How will I navigate them?
- How will I measure progress?
- What support do I need?
- What would make this quarter feel successful?

Q3: July - September

Theme: Integration & Refinement

- What do I want to accomplish this quarter?
- What habits or practices will support this?

- What obstacles might arise? How will I navigate them?
- How will I measure progress?
- What support do I need?
- What would make this quarter feel successful?

Q4: October - December

Theme: Harvest & Reflection

- What do I want to accomplish this quarter?
- What habits or practices will support this?
- What obstacles might arise? How will I navigate them?
- How will I measure progress?
- What support do I need?
- What would make this quarter feel successful?

VISION BOARD PLANNING PAGES

Vision boarding activates the creative mind and clarifies desires. This section guides the process of translating dreams into visual representation.

Home & Environment

How do you want your physical space to feel? What colors, textures, and energy?

Relationships

How do you want to show up in relationships? What quality of connection?

Work & Purpose

What kind of work energizes you? How do you contribute meaningfully?

Body & Health

How do you want to feel in your body? What practices support that?

Experiences

Where do you want to travel? What experiences call to you?

Growth & Learning

What do you want to master? What fascinates you?

Inner World

What emotional states do you want to cultivate? What values guide you?

AFFIRMATION COLLECTIONS

Self-Worth

- ✧ I am enough exactly as I am.
- ✧ My worth is not determined by productivity or approval.
- ✧ I honor the unique gifts I bring to the world.
- ✧ I deserve kindness, especially from myself.
- ✧ My presence matters.
- ✧ I am learning to trust my own judgment.

Growth

- ✧ I welcome challenges as opportunities to expand.
- ✧ I am becoming who I'm meant to be.
- ✧ My mistakes are data, not defeats.
- ✧ I am stronger than I knew.
- ✧ Growth happens at the edge of comfort.
- ✧ I choose progress over perfection.

Peace

- ✧ I release what is beyond my control.
- ✧ This moment is enough.
- ✧ I am safe right now.
- ✧ Stillness is available to me.
- ✧ I choose calm over chaos.
- ✧ Peace begins within me.

Abundance

- ✧ I attract what aligns with my values.
- ✧ There is enough for everyone, including me.
- ✧ I receive with gratitude.
- ✧ My creativity is boundless.
- ✧ Opportunities flow to me naturally.
- ✧ I am worthy of good things.

Choose one affirmation each week. Write it multiple times. Speak it aloud. Let it rewire your mind toward possibility.

