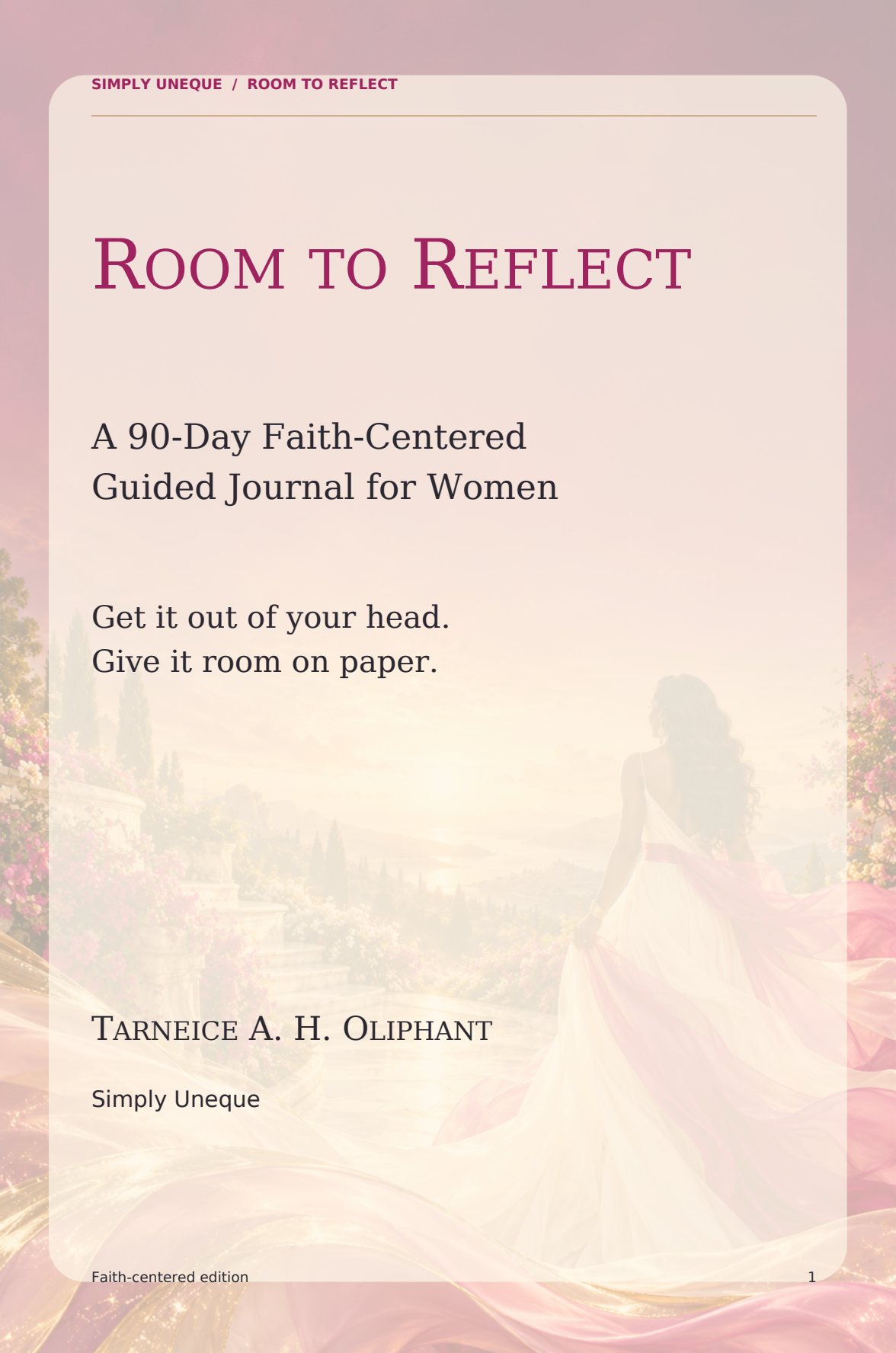
Room to Reflect

A 90-Day Faith-Centered Guided Journal for Women

Get it out of your head.
Give it room on paper.



Tarneice A. H. Oliphant

Simply Uneque

A NOTE FOR THE WOMAN HOLDING THIS JOURNAL

Sis, you do not have to arrive with polished words. You can begin with the sentence that feels unfinished, the thought that keeps circling, or the question you have not known how to ask.

These pages make room for real life: responsibilities, rest, relationships, joy, change, and the next step you are trying to understand. You can bring gratitude and disappointment into the same conversation with God.

Let this be a place to tell the truth gently. Some days you may fill the page. Other days, one honest line will be enough. Return when you can, notice what emerges, and give yourself room to grow.

With care,
Tarneice A. H. Oliphant
Simply Uneque

How to use this journal

Begin with the date and a word or two about how you feel. Read the Scripture connection in your Bible if you wish, then respond to the main question in your own words.

The deeper question is optional. Write a paragraph, a list, or a few sentences. You do not have to fill every line or answer every part of the prompt.

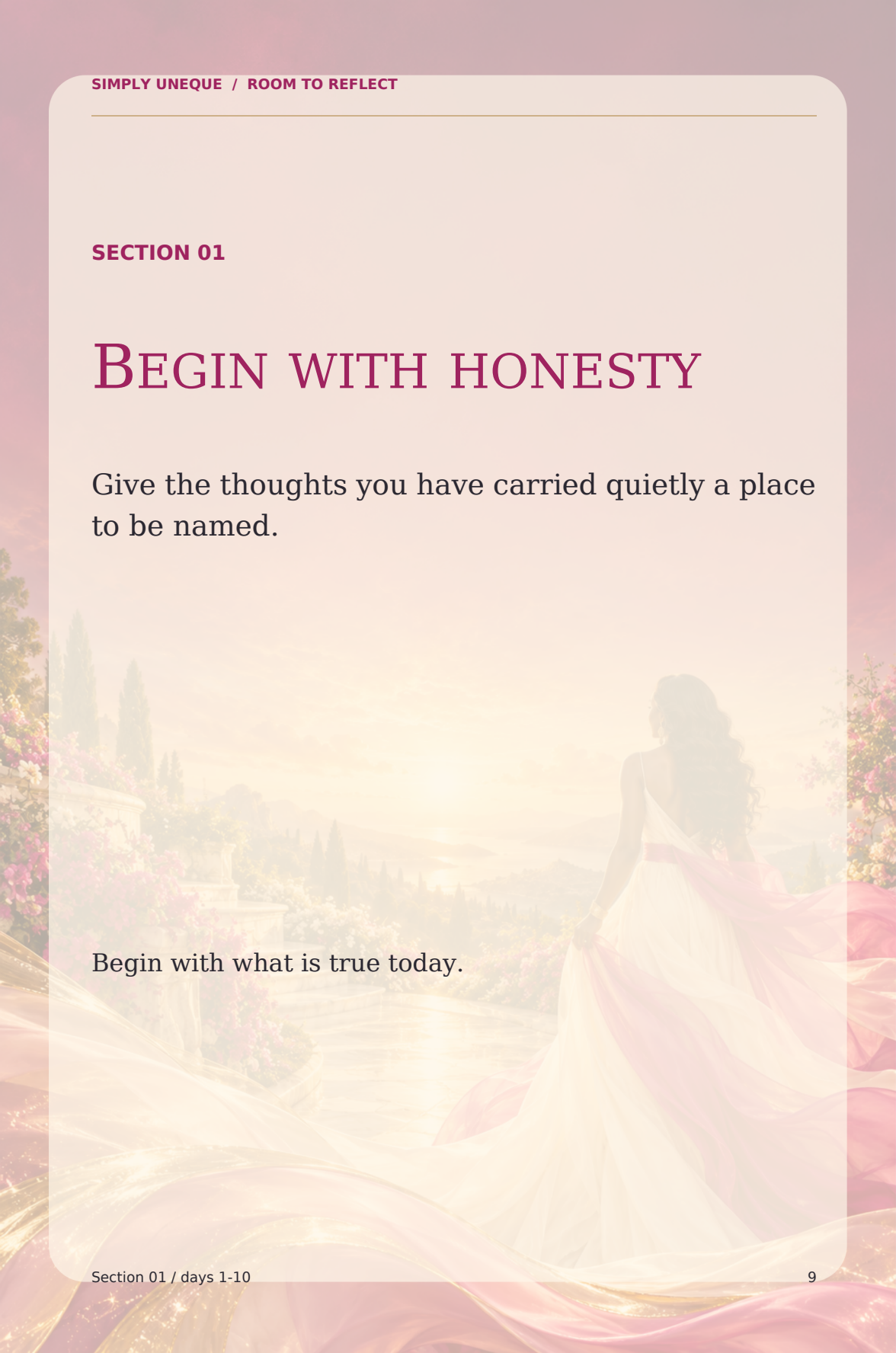
On the facing page, use the prayer starter or begin your own prayer. Record what you want to remember and one manageable step. Your step might be an action, a request for support, or a decision to rest.

The journal is undated. Work through the days in order or move to a theme that fits your season. Missing a day does not mean you need to start over. Each ten-day section ends with space to look back.

SECTION 01

Begin with honesty

Give the thoughts you have carried quietly a place to be named.



Begin with what is true today.

Day 01 | Begin honestly

Date: _____ Today I feel: _____

Scripture connection: Psalm 62:8

What would you tell God about today if you did not feel you had to sound strong first?

Go a little deeper (optional): What feeling is easiest to name, and which is harder to admit?

My prayer & my next step

God, today I am carrying...

What I want to remember

One small step I can take

Day 02 | Name the noise

Date: _____ Today I feel: _____

Scripture connection: Psalm 46:10

List the thoughts competing for your attention. Which one keeps returning when everything grows quiet?

Go a little deeper (optional): What deserves attention now, and what can wait?

My prayer & my next step

God, help me make room for...

What I want to remember

One small step I can take

Day 03 | The unfinished sentence

Date: _____ Today I feel: _____

Scripture connection: Romans 8:26

Complete this thought in several ways: What I have not known how to say is...

Go a little deeper (optional): What do you notice when you stop searching for perfect words?

My prayer & my next step

God, even without the right words...

What I want to remember

One small step I can take

Day 04 | Your body's message

Date: _____ Today I feel: _____

Scripture connection: Psalm 139:14

Where do you notice tension, fatigue, or ease today? Describe what was happening before you noticed it.

Go a little deeper (optional): What practical care might your body need?

My prayer & my next step

God, help me care for myself by...

What I want to remember

One small step I can take

Day 05 | What feels heavy

Date: _____ Today I feel: _____

Scripture connection: 1 Peter 5:7

Describe one concern that has felt heavier than usual. What makes it so difficult right now?

Go a little deeper (optional): Which part can you address, and which part is beyond your control?

My prayer & my next step

God, I bring You this concern...

What I want to remember

One small step I can take

Day 06 | Beyond “I’m fine”

Date: _____ Today I feel: _____

Scripture connection: Psalm 34:18

If someone safe asked how you really are, what would your honest answer be today?

Go a little deeper (optional): What response would feel comforting or useful?

My prayer & my next step

God, what I need to say is...

What I want to remember

One small step I can take

Day 07 | Mixed feelings

Date: _____ Today I feel: _____

Scripture connection: Ecclesiastes 3:1-8

What two feelings are sharing space in you today? Give each one room without deciding that one cancels the other.

Go a little deeper (optional): What might each feeling tell you about your needs?

My prayer & my next step

God, meet me in both...

What I want to remember

One small step I can take