

A WORKING JOURNAL · FOR MAKERS BECOMING MENTORS

The Journal

a calm place to think it through

Twelve quiet pages for the work behind the work — your why, your week, your boundaries, your money, your next calm step. ☆

THIS JOURNAL BELONGS TO

STARTED



BEFORE YOU BEGIN

Hello, maker.

You already know how to make the thing. This journal is for the **other** work — the deciding, the pricing, the boundaries, the slow turn from *maker* to *mentor*.

It isn't a planner and it isn't homework. It's a calm place to put down what you're carrying, notice what's working, and choose one clear next step instead of ten anxious ones.

There are no right answers here and nothing to finish. Some pages you'll fill in one sitting; others you'll come back to week after week. Use a pencil. Cross things out. Let it be a little messy — that's where the honest thinking lives.



a small promise

Five honest minutes here beats an hour of scrolling for the answer. Stay warm. Stay clear. Protect your time.

— Anna-Liisa

HOW TO USE THIS JOURNAL

Four gentle moves.

1

Start with your why

Page 4 is your ground. Come back to it whenever a decision feels foggy — your reason usually has the answer.

2

Keep a weekly rhythm

Once a week, sit with the check-in spread. Three wins, what drained you, one boundary you held, one calm next step. That's it.

3

Check the money & the edges

Use the money and boundaries pages when a price, a request, or a "yes" you regret needs a second look — before, not after.

4

Review once a month

The monthly page zooms out. What grew, what you'd let go, and the one thing future-you will thank you for.

ONE GENTLE RULE

If a page makes you tense, write the tense thing down and stop there. Naming it is the work. You don't have to solve it on the same day.

THE GROUND FLOOR

Where I'm starting from.

Answer once, honestly. Return whenever you feel pulled off course.

1 Why I started making in the first place —

2 What I want mentoring others to *feel* like —

3 The kind of work I want more of (and less of) —

4 What I'm protecting my time and energy *for* —

THE PRACTICE

A small weekly rhythm beats a big plan.

You don't need a new system. You need ten honest minutes, once a week, to see the week clearly and choose one thing.

- ☐ **Notice the wins.** Three things that went right — small counts.
- ☐ **Name what drained you.** Not to fix it today, just to see it.
- ☐ **Honour one boundary.** One edge you held, or wish you had.
- ☐ **Choose one calm next step.** The smallest move that matters.

turn the page when you're ready →

WEEKLY CHECK-IN

WEEK OF

This week.

THREE WINS — SMALL COUNTS

WHAT DRAINED ME

A BOUNDARY I HELD

HOW MY ENERGY FELT

- ☐ steady & clear
- ☐ stretched but okay
- ☐ running on empty

ONE CALM NEXT STEP

MONEY & PRICING CHECK-IN

An honest look at the numbers.

Use this before you send a price or say a "yes" — not after.

- The price I want to say out loud —

- The story I'm telling myself about that number —

- What this price protects (my time, focus, the quality, my rest) —

The money-block scan

- ☐ I'm pricing for the person who can't afford it, not the one who can.
- ☐ I'm adding "just a little" free work to feel safe.
- ☐ I'm waiting to feel "ready" before I charge properly.

Ticked one? Note it on next week's check-in and try the number anyway.

BOUNDARIES & ENERGY

Where my edges are.

A boundary written down is one you can actually keep.

1 A "yes" I gave recently that I regret —

2 What I'd say instead, calmly, next time —

My fixed edges

The non-negotiables.

Where I can flex

Room, on my terms.

MY CALM SENTENCE

One line I can reach for when a request catches me off guard:

ZOOM OUT

MONTH

The monthly review.

- What grew this month — in the work, or in me —

- What I'm ready to let go of —

- The moment I felt most like a *mentor*, not just a maker —

THE ONE THING FOR NEXT MONTH

A NOTE TO FUTURE YOU



read this on a hard day

A letter to the maker you'll be on a discouraged day — remind her she's allowed to grow slowly, charge fairly, and protect her peace. That's not stepping back; that's the work.

Dear me,

DATE _____

— me