Kinder Thoughts Morning and Evening Reflection Questions And Week Planner Journal Zine

Reach out to
Thalia@cicadacounselingchicago.com
to chat more about narrative therapy

@CicadaCounselingChicago

@CicadaCounseling.bsky.social

no AI used
CICADA COUNSELING CHICAGO
Www.CicadaCounselingChicago.com

designed on procreate
printed, cut, and stapled in home studio

no AI used
CICADA COUNSELING CHICAGO

Morning Reflections

Who will I be today?

How will I allow myself to be treated?

What will I notice? What will attract my attention?

What / who / how will I celebrate?

What / who / how will I grieve?

How will I connect?

How will I rest?

What will I do for my body?

Mantra:

Tarot pull:

Day Plan

Intention:

Get to's:

Priority

Body needs

Projects

Joy / pleasure

Connections

Appointments

Time	Deets	Alarm/ reminder set?
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N
--:--		Y / N

What is this

Hi there! I'm Thalia and I'm a Chicago based narrative therapist who enjoys journaling and benefits a lot from having a planner. I make little reflection journal zines and put them in queer little places around Chicago! Hope you like 'em! This zine is a daily journal and planner that can be used for one week or as a template. I am neurodiverse and enjoy a lot of the creativity and multitasking capacity that my neuro type benefits me, and I also struggle with memory, task management, planning, and scheduling. I was very apprehensive to using daily planners for a long time, because I try to resist equating productivity with value or worth, and my internal sense of time caused me to experience schedulers as uncomfortable.

While in graduate school for social work and women's and gender studies, I realized I needed to address my contradictory anxieties and concerns regarding accomplishing tasks and goals, connecting with loved ones, fulfilling my obligations annnnd not bullying or pressuring or shaming myself. planners and schedulers felt like tools of control and evoked a lot of shame until then. Over the years since, I have developed scheduling and planner keeping habits that I feel have improved my life and have not compromised the aspects of being neurodiverse that I value and intend to continue to foster.

I have enjoyed creating mini reflection zine journals the last month or so, and wanted to share my personal journal and planner template I have adopted over the years. This zine is the template I use for my daily morning and evening journaling and planning. each day has four pages. the first page asks morning reflective questions that encourage a type of intention for the day. The second page is the abbreviated planner. importantly, it has a mix of intention setting, appointments (with slots for time, details about the appointments, and if an alarm has been set to remind me about the appointment or not), and get to's (a cheesy but surprisingly effective [for me] reframe of 'to do's') with subtopics to help arrange and remind. For advanced journalers using this template, adding approximate spoons (capacity) needed for each 'get to' and appointment can be super helpful in planning the day out and better understanding one's capacity and 'spoon budgeting'. The third page is a space to review the events and activities of the day. And the fourth page is for reflecting about the more existential and emotional aspects of the day. This journal zine shares that pattern for 7 days worth of journaling. You are welcomed to use this zine as is, to gift it to others, to adapt it to better meet your needs, etc. Apologies for the small margins and text size! I typically use this format but with a larger journal! That said, ink and paper cost money and I'm literally just a girl ¯_(ツ)_/¯

evening review

what did I do?

where was I?

who was I with? how were they doing?

how did my body feel?

what did I eat and sippy?

what did I experience?

What art & entertainment (reading, listening, viewing, etc) did I enjoy?

Anecdote or story from today:

evening reflection

how was I kind?

what did I like about myself?

how did I live my values?

mantra or helpful thought that came up:

how was I free?

how was I loved and who showed me love?

what / who and how did I grieve?

what brought me joy? how did I inspire joy?

what did I dream or fantasize about?

encouragement for tomorrow:

evening reflection

how was I kind?

what did I like about myself?

how did I live my values?

mantra or helpful thought that came up:

how was I free?

how was I loved and who showed me love?

what / who and how did I grieve?

what brought me joy? how did I inspire joy?

what did I dream or fantasize about?

encouragement for tomorrow:

evening review

what did I do?

where was I?

who was I with? how were they doing?

how did my body feel?

what did I eat and sippy?

what did I experience?

What art & entertainment (reading, listening, viewing, etc) did I enjoy?

Anecdote or story from today:

Journaling and narrative therapy

Journaling has been a significant and important part of my mental and emotional life for a few decades. I find journaling to be deeply therapeutic and often encourage regular journaling to people I work with in therapy. It is such an honor and joy to cultivate and offer reflective questions for people to work through between our sessions. I love asking and learning the responses to questions like: what is your relationship to journaling, how has journaling benefited you in the past, why do you think you feel about journaling the way you do, what forms of journaling have impacted you in what ways?

Narrative therapy is a type of therapy developed to intentionally question and be critical of narratives, stories, beliefs, and emotions we have unwittingly internalized. We question and criticizes these internalzied narratives for the purpose of being able to choose what we internalize (what we believe and feel about ourselves and our belonging and roles in the world) and what we externalize (a process of releasing beliefs and feelings about ourselves back to their sources of origin). Narrative therapy emerged as one of if not the only 'Western' therapy modality to intentionally and specifically criticize white supremacy, colonialism, capitalism, patriarchy, and other forms of system oppression. Narrative therapists believe that a significant proportion of our depressive and anxiety symptoms, as well as dissociative and dysphoric experiences, are rooted in having internalized ideas, theories, and beliefs from those oppressive systems. The process and work of externalization is therefore considered liberatory and revolutionary. A primary goal of this work is to experience greater agency and autonomy, to develop skills to choose what we believe about ourselves, and to claim a more authentic identity for ourselves.

A primary way narrative therapists encourage this externalization process is through writing. That said, writing is certainly not the only way to explore what we've internalize, nor is it the only way to do the work of externalization. It probably is not beneficial for every person or every situation. With that disclaimer in mind, I hope this zine encourages creative, thoughtful, and useful reflections that can lead to greater individual liberation and kinder thoughts for yourself and others.

I titled this journal planner zine 'kinder thougts' because I developed this specific set of questions and approach to my daily journaling and planner habits at the end of last year after a depressive episode, set on by fascism, and increased violence in my community. I found kindness more challenging to access and offer myself. These questions and this format was thus developed to support being kinder to myself and ideally to others, as well as to improve my capacity to be supportive in care work and solidarity efforts. I hope this zine offers kindness to you as well, and even if you don't use it, I want to encourage you that things are really fucked out there, and I hope you're being kind to yourself and others [obviously except to the fascists fucking everything up].

evening review

what did I do?

where was I?

who was I with? how were they doing?

how did my body feel?

what did I eat and sippy?

what did I experience?

What art & entertainment (reading, listening, viewing, etc) did I enjoy?

Anecdote or story from today:

evening reflection

how was I kind?

what did I like about myself?

how did I live my values?

mantra or helpful thought that came up:

how was I free?

how was I loved and who showed me love?

what / who and how did I grieve?

what brought me joy? how did I inspire joy?

what did I dream or fantasize about?

encouragement for tomorrow:

Morning Reflections

Who will I be today?

How will I **allow myself to be treated?**

What will I **notice?** What will attract my **attention?**

What / who / how will I **celebrate?**

What / who / how will I **grieve?**

How will I **connect?**

How will I **rest?**

What will I do for my **body?**

Mantra:

Tarot pull:

Day Plan

Intention:

Get to's:

Priority

Body needs

Projects

Joy / pleasure

Connections

Appointments

Time	Deets	Alarm/ reminder set?
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N

Morning Reflections

Who will I be today?

How will I **allow myself to be treated?**

What will I **notice?** What will attract my **attention?**

What / who / how will I **celebrate?**

What / who / how will I **grieve?**

How will I **connect?**

How will I **rest?**

What will I do for my **body?**

Mantra:

Tarot pull:

Day Plan

Intention:

Get to's:

Priority

Body needs

Projects

Joy / pleasure

Connections

Appointments

Time	Deets	Alarm/ reminder set?
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N

Morning Reflections

Who will I be today?

How will I **allow myself to be treated?**

What will I **notice?** What will attract my **attention?**

What / who / how will I **celebrate?**

What / who / how will I **grieve?**

How will I **connect?**

How will I **rest?**

What will I do for my **body?**

Mantra:

Tarot pull:

Day Plan

Intention:

Get to's:

Priority

Body needs

Projects

Joy / pleasure

Connections

Appointments

Time	Deets	Alarm/ reminder set?
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N

Morning Reflections

Who will I be today?

How will I **allow myself to be treated?**

What will I **notice?** What will attract my **attention?**

What / who / how will I **celebrate?**

What / who / how will I **grieve?**

How will I **connect?**

How will I **rest?**

What will I do for my **body?**

Mantra:

Tarot pull:

Day Plan

Intention:

Get to's:

Priority

Body needs

Projects

Joy / pleasure

Connections

Appointments

Time	Deets	Alarm/ reminder set?
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N
:	–	Y / N

evening review / /

what did I do?

where was I?

who was I with? how were they doing?

how did my body feel?

what did I eat and sippy?

what did I experience?

What art & entertainment (reading, listening, viewing, etc) did I enjoy?

Anecdote or story from today:

evening reflection

how was I kind?

what did I like about myself?

how did I live my values?

mantra or helpful thought that came up:

how was I free?

how was I loved and who showed me love?

what / who and how did I grieve?

what brought me joy? how did I inspire joy?

what did I dream or fantasize about?

encouragement for tomorrow:

evening review / /

what did I do?

where was I?

who was I with? how were they doing?

how did my body feel?

what did I eat and sippy?

what did I experience?

What art & entertainment (reading, listening, viewing, etc) did I enjoy?

Anecdote or story from today:

evening reflection

how was I kind?

what did I like about myself?

how did I live my values?

mantra or helpful thought that came up:

how was I free?

how was I loved and who showed me love?

what / who and how did I grieve?

what brought me joy? how did I inspire joy?

what did I dream or fantasize about?

encouragement for tomorrow:

evening review / /

what did I do?

where was I?

who was I with? how were they doing?

how did my body feel?

what did I eat and sippy?

what did I experience?

What art & entertainment (reading, listening, viewing, etc) did I enjoy?

Anecdote or story from today:

evening reflection

how was I kind?

what did I like about myself?

how did I live my values?

mantra or helpful thought that came up:

how was I free?

how was I loved and who showed me love?

what / who and how did I grieve?

what brought me joy? how did I inspire joy?

what did I dream or fantasize about?

encouragement for tomorrow:

evening review / /

what did I do?

where was I?

who was I with? how were they doing?

how did my body feel?

what did I eat and sippy?

what did I experience?

What art & entertainment (reading, listening, viewing, etc) did I enjoy?

Anecdote or story from today:

evening reflection

how was I kind?

what did I like about myself?

how did I live my values?

mantra or helpful thought that came up:

how was I free?

how was I loved and who showed me love?

what / who and how did I grieve?

what brought me joy? how did I inspire joy?

what did I dream or fantasize about?

encouragement for tomorrow:

Morning Reflections

Who will I be today?

How will I **allow myself to be treated?**

What will I **notice?** What will attract my **attention?**

What / who / how will I **celebrate?**

What / who / how will I **grieve?**

How will I **connect?**

How will I **rest?**

What will I do for my **body?**

Mantra:

Tarot pull:

Day Plan

Intention:

Get to's:

Priority

Body needs

Projects

Joy / pleasure

Connections

Appointments

Time	Deets	Alarm/ reminder set?
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N

Morning Reflections

Who will I be today?

How will I **allow myself to be treated?**

What will I **notice?** What will attract my **attention?**

What / who / how will I **celebrate?**

What / who / how will I **grieve?**

How will I **connect?**

How will I **rest?**

What will I do for my **body?**

Mantra:

Tarot pull:

Day Plan

Intention:

Get to's:

Priority

Body needs

Projects

Joy / pleasure

Connections

Appointments

Time	Deets	Alarm/ reminder set?
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N
:__		Y / N