



Dear Me, Let's Grow!

A FREE 30 DAY JOURNAL FOR THE
DELIGHTFULLY MESSY,
EMOTIONALLY EVOLVING HUMAN

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A Note From the Author

Thank you for downloading this journal.

We hope it helps you shed light on your true, authentic self. At NextDoor Counseling Services, we are committed to supporting individuals in learning, growing, and making empowered choices using their own unique strengths.

To explore more resources, visit our website:

www.NextDoorCounselingServices.com, and follow us on Facebook and Instagram @NextDoorCounselingServices. We regularly share psychoeducational content and mental health resources designed to support your journey.

If you live in Florida and are interested in beginning your therapy journey with NextDoor Counseling Services, visit our website and complete the “Contact Us” to schedule your free 15-minute consultation. You can also reach out to us on Psychology Today just search NextDoor Counseling Services.

We’re here to help. Wishing you all the best on your path to growth and healing.

Blessings & Love,

Tiffany Settles, MS, LMHC, LPCC
Licensed Mental Health Counselor (FL)
Licensed Professional Clinical Counselor (OH)

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Important Disclaimer

This book is intended for informational and supplemental purposes only and is not a substitute for professional mental health care, diagnosis, or treatment. It is not designed to treat, cure, or prevent any mental health condition. This journal is a self-guided reflection tool created by NextDoor Counseling Services, LLC. It is not a substitute for therapy or professional mental health treatment. Use of this journal does not establish or imply a therapist-client relationship.

If you are struggling with your mental health, please seek support from a licensed mental health professional. If you are experiencing a crisis or emergency, call 911 immediately. You can also call or text 988 to connect with the Suicide & Crisis Lifeline for free and confidential support, 24/7.

Always prioritize your safety and well-being—professional help is available, and you are not alone.

INTRODUCTION

Dear Me, Let's Grow?

A JOURNAL FOR THE DELIGHTFULLY MESSY, EMOTIONALLY EVOLVING HUMAN

Welcome!

Hi. Yes—you, the one holding this journal like it might whisper the meaning of life. (Spoiler: it won't. But it will spill some seriously honest tea... about you.)

If you've ever felt like a walking contradiction—part cosmic mastermind, part anxious puddle—congratulations, you're in exactly the right place. This isn't a space for perfection, productivity marathons, or forced positivity. This is a soft landing for beautifully complex humans just trying to make sense of their thoughts, feelings, and everything in between.

Dear Me, Let's Grow isn't here to fix you. You're not broken. It's here to help you find yourself—the self you've edited, quieted, second-guessed, or forgotten under the noise. It's a place for self-reflection, emotional honesty, boundary-setting, and awkward-but-liberating self-discovery... with a healthy dose of sarcasm and a warm mug of you're doing better than you think.

Inside, you'll be invited to ask bold questions, have weirdly healing realizations, and give voice to parts of yourself you've kept quiet for too long. You'll reclaim your time, your peace, your sparkle. You'll show up raw, real, curious—and if we're lucky, you'll laugh-snort at least once.

This journal is your permission slip to check in, check out, cry in the margins, doodle something vaguely therapeutic, or yell lovingly into the void. There's no step-by-step formula for growth here—just your pace, your rhythm, your messy, evolving process. So go ahead. Take a deep breath, or sigh like a tired raccoon. Grab a pen that feels like a wand. And dive in.

Let's get curious. Let's get real. Let's grow—beautifully, weirdly, and unapologetically.

With love,
Your Future Self (who is 100% cheering you on)

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You Made It to the End!

Cue the confetti and give yourself a standing ovation (or a celebratory snack—we don't judge)!

You just completed 30 days of digging deep, growing, and showing up for yourself. That's no small thing, and we're giving you a big ol' round of applause from NextDoor Counseling Services.

Before you close the book and move on with your fabulous, ever-evolving life, take a moment to reflect on how far you've come and what's next.

✨ Post-30 Day Reflections:

What did you learn about yourself?

What are some changes you're ready to make?

What are some changes you've already made?

What's your next bold, brave step?

If this journal helped you in any way—made you smile, cry, think, or breathe a little easier—share it with someone you care about. Growth is contagious (in the best way).

And hey, if you're ready to go even deeper, or if life is feeling a little heavier than this journal could hold, we'd love to walk with you on the next part of your journey.

Let's Talk!

Whether you want to explore something you wrote in these pages or dive into something completely new, we're here for it.

info@NextDoorCounselingServices.com

www.NextDoorCounselingServices.com

Serving individuals across the state of Florida

Not in Florida? No worries—we'll gladly point you in the right direction to find support in your area.

Thanks for trusting us with a piece of your journey.

Keep growing. Keep glowing. Keep going.

– With care,

NextDoor Counseling Services