



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](http://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.

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Blessings & Love,

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Licensed Professional Clinical Counselor (OH)

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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)

# Who am I when no one's watching—and do I like that person?

DATE: \_\_\_\_\_

I am a beautiful contradiction—complex, curious, and capable.



## So Now What...

Three black dots arranged vertically, representing a list or a series.

# What's one quirky thing about me that I've learned to love?

DATE: \_\_\_\_\_

I am allowed to change my mind and still know myself.



## So Now What...

Three black dots arranged vertically, representing a list item.

If someone filmed a scene from your life today, what kind of story would it tell? Comedy, drama, slow-burning indie flick—or something else entirely?

DATE: \_\_\_\_\_

I get to be a masterpiece and a work-in-progress.



## So Now What...

Three black dots arranged vertically, representing a list or a series.

What would 8-year-old me high-five me  
for today—and would they laugh-snort  
with joy or nod like a tiny wise elder?

DATE: \_\_\_\_\_

I don't need to have it all figured out to move forward.



## So Now What...

Three black dots arranged vertically, representing a list or a series.

# What part of me did I discover that I didn't expect to find?

DATE: \_\_\_\_\_

*My inner voice is wiser than the noise around me.*



## So Now What...

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# What rule of “being normal” would I joyfully break forever?

DATE: \_\_\_\_\_

I evolve with honesty, grace, and a little glitter.



## So Now What...

Three black dots arranged vertically, representing a list item.

**If my inner critic had a voice, what ridiculous outfit would it be wearing—and why do I still let it boss me around in those shoes?**

DATE: \_\_\_\_\_

Growth is happening—even when it's not Instagram-worthy.



## So Now What...

100

# What do I bring to the table (besides emotional support snacks and well-timed sarcasm)?

DATE: \_\_\_\_\_

I show up for myself like I'm my own hype team.



## So Now What...

100

DATE: \_\_\_\_\_



# What's stopping me—and is it real or a recycled fear?

I grow at the speed of trust—my own.



## So Now What...

Three black dots arranged vertically, representing a list of three items.

DATE: \_\_\_\_\_

# When Was the Last Time I Gave Myself a Gold Star (Without Needing a Witness)?

My motivation is allowed to look like messy passion.



## So Now What...

# What calms me down in 5 minutes or less (besides deleting group chats)?

DATE: \_\_\_\_\_

I'm growing—even if today feels like a nap.



## So Now What...

Three black dots arranged vertically, representing a list item.

# What do others thank me for— and what might that reveal about the strengths I overlook in myself?

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DATE: \_\_\_\_\_

I am a walking, breathing, purpose-fueled adventure.



## So Now What...

Three black dots arranged vertically, representing a list or a series.

DATE: \_\_\_\_\_



What dream has been chillin' in  
the corner, sipping tea, waiting  
for me to stop ignoring it?

I don't need a five-year plan to have a powerful vision.



## So Now What...

# Where do I feel pulled to grow, even if it scares me?

I am guided by intention, not pressure.



## So Now What...

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DATE: \_\_\_\_\_

# What kind of chaos does my body throw when it's overwhelmed?

I light up the world just by being aligned.



## So Now What...

**When I feel \_\_\_\_\_, I usually respond by \_\_\_\_\_.**

DATE: \_\_\_\_\_

I trust my gifts, even when they feel scary to share.



## So Now What...

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DATE: \_\_\_\_\_

# What does self-compassion look like in real life—not the Pinterest version?

I am allowed to be wildly passionate and totally uncertain.



## So Now What...

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DATE: \_\_\_\_\_



# When I've hit my emotional data limit and my brain starts buffering—what helps me reboot?

I radiate value simply by existing with heart.



## So Now What...

Three black dots arranged vertically, representing a list or a series.

DATE: \_\_\_\_\_

**What line needs drawing... and  
what awkward guilt, fear, or  
people-pleasing habit has kept the  
pencil in my pocket?**

My dream life is built one courageous choice at a time.



## So Now What...

# What emotion once dragged me through the mud... but secretly upgraded my soul software?

DATE: \_\_\_\_\_

My emotions are valid—even the weird, squiggly ones.



## So Now What...

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# What's on My Self-Forgiveness To-Do List?

DATE: \_\_\_\_\_

I give myself grace on the moody days.



## So Now What...

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# What emotional bruise am I still bubble-wrapping like it's made of glass?

DATE: \_\_\_\_\_

I welcome joy without guilt and sadness without shame.



## So Now What...

Three black dots arranged vertically, representing a list or a series.

What's a pattern I'm ready to  
interrupt—like, mid-scene,  
dramatic soap opera style?

DATE: \_\_\_\_\_

I am not too much—I am fully expressed.



## So Now What...

DATE: \_\_\_\_\_



# What does “letting go” feel and look like to ME?

I regulate, not repress. I express, not explode.



## So Now What...



If I honored my time and energy like a shiny, new Rolls Royce, what would change?

DATE: \_\_\_\_\_

I am emotionally intelligent, even when I need a minute.



## So Now What...



# What does it look like when I ACTUALLY show up for ME?

DATE: \_\_\_\_\_

I love the version of me that's still figuring it out.



## So Now What...



# What's cluttering my life— and what deserves a VIP pass?

DATE: \_\_\_\_\_

I trust the slow magic of inner transformation.



## So Now What...

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Which part of me deserves a  
full-blown, confetti-cannon,  
slow-clap standing ovation  
today?

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DATE: \_\_\_\_\_

I treat myself like someone I deeply respect.



## So Now What...

Three black dots arranged vertically, representing a list of three items.

What would happen if I stopped second-guessing every little thing and started trusting myself like I actually knew what I was doing?

DATE: \_\_\_\_\_

I outgrow spaces and identities with compassion.



## So Now What...

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# What would I say to Past Me—the one crying in the shower, stress-eating snacks, and convinced the world might actually implode?

DATE: \_\_\_\_\_

I am not behind—I am blooming in divine timing.



## So Now What...

Three black dots arranged vertically, representing a list or a series.

## 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.

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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