



The Becoming *Journal*

A Soul-First Journey with Carnelian Heart

THIS JOURNAL
BELONGS TO:

WELCOME TO

The BECOMING JOURNAL

Dear Soul-Seeker,

If you're holding this journal, something inside you is ready to rise. Maybe it's a whisper that you're meant for more. Maybe it's the ache of a chapter ending. Or maybe it's the quiet knowing that healing isn't about fixing—it's about remembering.

The Becoming Journal was created for the in-between spaces. The ones we rarely talk about but always feel. It's for the raw and radiant parts of your becoming. The ones that bloom quietly through courage, grief, softness, and fire.

Inside these pages, you'll find soul prompts, quotes from my journey through Seeker of Light memoir, and sacred space to meet yourself again and again.

Write without apology. Reflect without rushing.
There are no wrong words here—only truth.
With fierce compassion and a heart wide open,



Creator of Carnelian Heart



REFLECTION

Awakening

DATE:

What moment cracked you open—and what did you see on the other side?

My Reflection



“Some truths only rise after everything falls apart.”

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for tracing and writing.

REFLECTION

DATE:

Grief

What part of you still longs to
speak the language of loss?



My Reflection

[illegible]

"Grief is love learning a new language."

Handwriting practice lines consisting of 20 sets of three horizontal dashed lines.

REFLECTION

DATE:

Fire

What fire did you survive—and what did it awaken?

My Reflection



*“You are not what burned you. You are what rose from
it.”*

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for tracing and writing practice.

REFLECTION

Stillness

DATE:

Where is life inviting you to pause?

My Reflection



“Sometimes the greatest shift happens in the quiet.”

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for tracing and writing.

Remembering

DATE:

What have you remembered about your worth?



"You are not broken. You are remembering."

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.

REFLECTION

Becoming

DATE:

Who are you becoming when no one else is watching?



My Reflection

[illegible]

"You are not lost. You are becoming."

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for tracing and writing practice.

REFLECTION

Compassion

DATE:

How has your healing
transformed the world around
you?

My Reflection



“Your healing is your revolution. It ripples outward.”

Handwriting practice lines consisting of 20 horizontal dashed lines.

REFLECTION

Freedom

DATE:

What would freedom look like in your life right now?

My Reflection



"I surrendered control and found my wings."

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for tracing and writing practice.

REFLECTION

Soul

DATE:

What is your soul whispering to you today?

My Reflection



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

REFLECTION

Truth

DATE:

What truth are you ready to
speak—even if your voice
shakes?

My Reflection



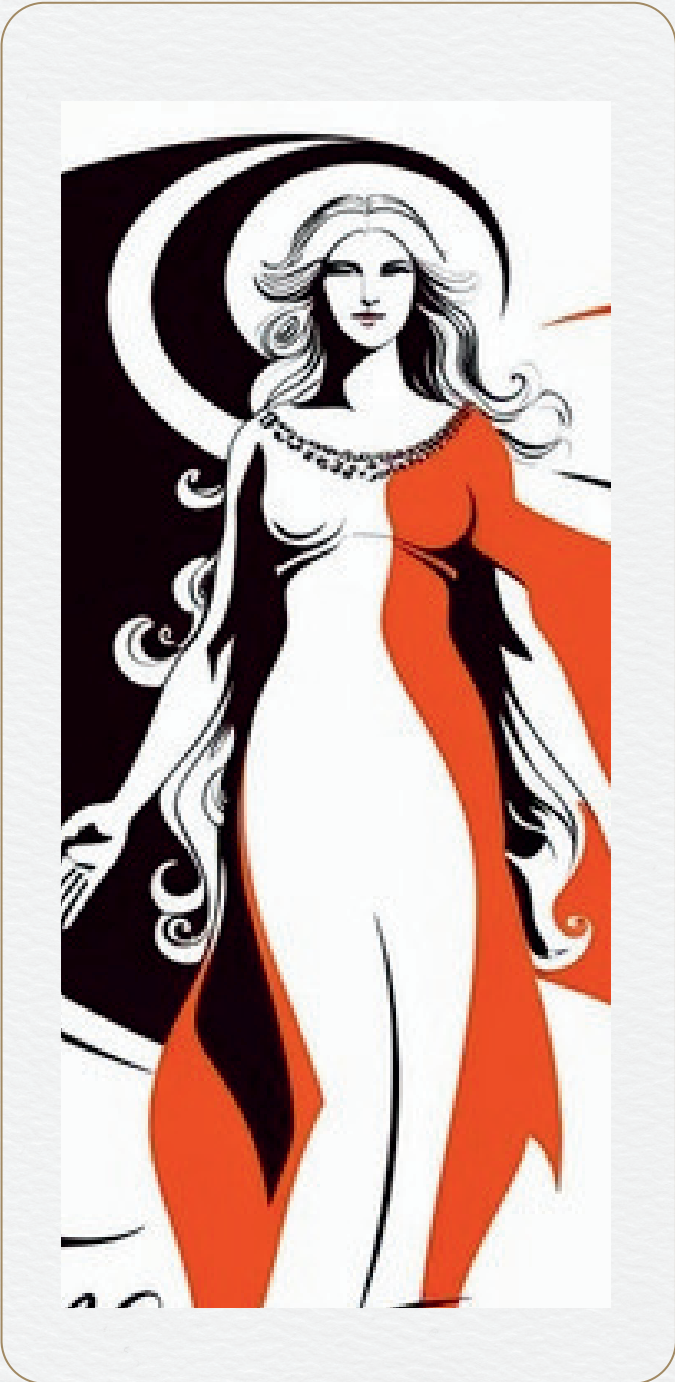
“Write what’s true, not what’s pretty.”

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.

REFLECTION

DATE:

What would it mean to surrender to the unknown?

[illegible]

"The unraveling was the beginning."

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for tracing and writing practice.

REFLECTION

Power

DATE:

When did you surprise yourself
with your own strength?

My Reflection



"I do not retreat. I rise."

Handwriting practice lines consisting of 20 sets of three horizontal dashed lines.

REFLECTION

Path

DATE:

How has your winding path led you home?



My Reflection

[illegible]

"Your path is sacred—even the detours."

A series of horizontal dashed lines for handwriting practice, consisting of 20 lines.

CLOSING NOTE

BLESSING FOR YOUR BECOMING

Dear Soul on the Page,

Thank you for walking this path of becoming with me. It takes courage to meet yourself on the page—to write the truths we often keep hidden, to name what hurts and what heals. But you did it. And in doing so, you've honored your soul's call to rise.

Remember: this is not the end. This is a sacred beginning.

Keep listening.

Keep writing.

Keep becoming.

Let your healing echo through the choices you make, the boundaries you set, the softness you allow, and the fire you carry. You are not alone. You are never behind. You are exactly where your soul needs you to be.

With fierce compassion and infinite gratitude,



Creator of Carnelian Heart



ABOUT *The* AUTHOR

Nelia is a spiritual writer, speaker, and creator of Carnelian Heart, a soul-first brand born from her own journey through grief, awakening, and fierce self-remembrance. Her memoir, *Seeker of Light*, charts the deeply personal story of healing after loss and rediscovering power through the divine feminine.

She believes in the magic of story, the wisdom of the soul, and the transformative power of writing what's true.

📖 Book: [Seeker of Light](#)

🛒 Shop: [Carnelian Heart Etsy Store – Prints, Journals & More](#)

📸 Instagram: [@carnelian_heart](#)

If this journal spoke to your heart, I'd love to hear your story.

Tag me or send a message—I'm walking this path with you.

