



RAIN OR SHINE,
LIFE GOES ON.



12-week journal to help you be
present and in touch with yourself.

This Journal's

CONTENT

1 Hello, I'm Jerikho! 

2 About yourself.

3 What do you wish you could change?

4 What can you change?

5 Your bucket list. 

6 Live in the present. 

9 Start your 12-week journey. 

Hello, I'm Jerikho! ☁️

I'm on a continuous journey to learn how to be fully in the present. That's how this journal came to be. You see, the whole concept of being in the present never really clicked with me...

I was constantly chased by the past as I chased the future, but I was never present. That led to restless sleep, emotionally and mentally drained, panic attacks, and constant fear and sadness. 🌧️

After a few sessions of digging into my complicated past with a psychologist, I was diagnosed with **Complex Post Traumatic Stress Disorder (CPTSD)**.

Revisiting the past was never easy. I even got worse at some point because unraveling the past triggered painful emotions and intrusive thoughts I couldn't bear. **But the only way to improve my mental health is by understanding and learning to accept those feelings.**

I've always been struggling mentally, but I actually got into a really dark place earlier in 2023. I got to a point where I couldn't even do laundry, and cleaning myself felt impossible. 🚿

I was constantly drained and groggy. My life felt like an accumulation of failures and a waste of time. Nothing I did mattered, and I felt insignificant. I was just so sick of feeling disappointed with my life.

The thing was, **I was too afraid of reliving the past in the future that I lost sight of the good things I have right now.** I thought that achieving something grand and definable is what living is all about.

I kept on telling myself I wanted 'a life.' I later figured out what I actually meant was eternal bliss. But that's not how life is in the real world.

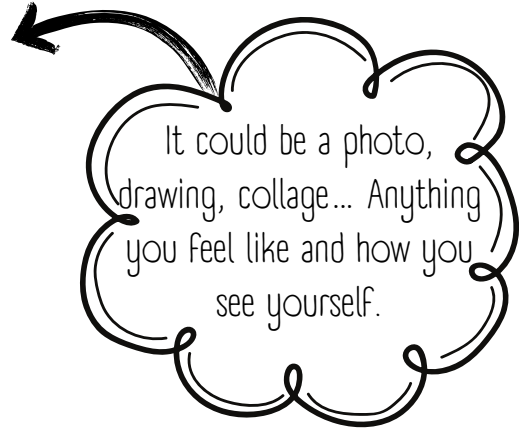
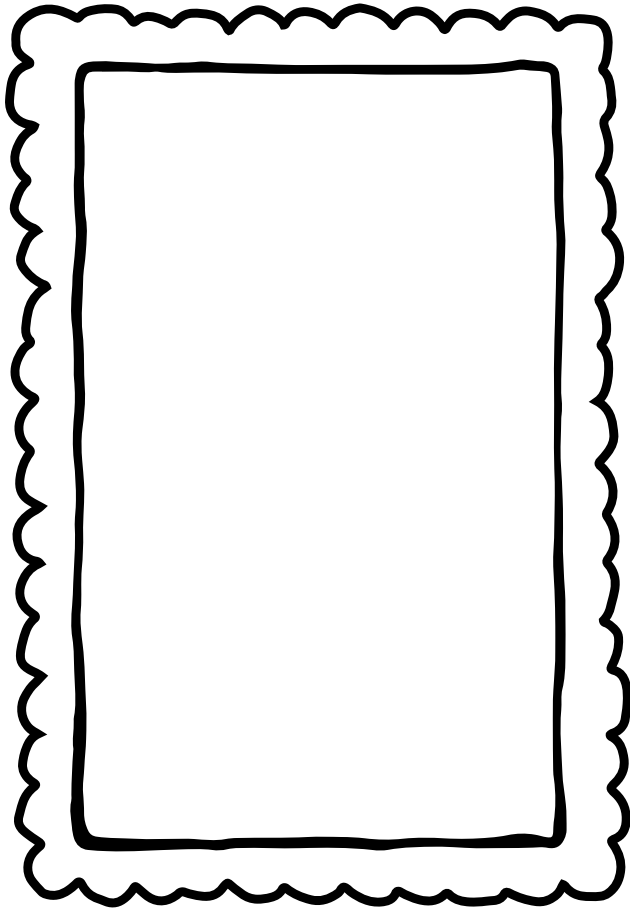
Life is made of fleeting small joys. They're not constant, but you make the most out of them to keep you going on rainy days. **And as you walk through the rain, keep marching on, and you'll eventually find yourself waking up to a sunny day again.** ☀️

The key is to keep yourself grounded and in the present. It's hard to appreciate the present when you keep dragging the past while chasing the future. It's tiring and becomes an endless loop of discontentment. **You'll never feel accomplished and fulfilled because you're never 'sitting still' in a time that belongs to you.**

Unclog your mind of the past and future. They're out of your reach. Just be. It's not what you could have done or what you will do. **It's what you can do now.**

'Now' is a time that only belongs to us. All that matters is how you use 'now' to your advantage to grow as a person and appreciate life in a different light. 🌱

First, what do I know about myself?



Name: _____

Birthday: _____

Place of birth: _____

Where I grew up: _____

First fond memory: _____

Things I enjoy doing: _____

What can I change?

Though there are things we can never change, the good news is you can always make changes in the present. The ones that are within your reach. That could be wanting to improve your sleep. Or start to wash the dishes immediately after your meal. Or even committing yourself to this journal to learn to be in the present.

Changes don't have to be something major. You don't have to solve big problems to make significant changes in your life. Do not underestimate the power of mundane changes.

A good night's sleep can improve your mood during the day, which affects how you view daily life. Washing the dishes immediately can improve your time organization and sanitary. Keeping in check with yourself using this journal can help you to be more self-aware.


Big changes don't always solve big problems. It could even cause bigger problems if you're too desperate to get past them. **Instead, make small changes within your reach to cope with them.**

My Bucket List

When I was so depressed and in utter hopelessness, I wouldn't even dare to have goals and dreams. Firstly, I had no hopes of achieving anything. I was broke, astray from my family and friends, and living from paycheck to paycheck in a tiny rundown apartment that 'bled' whenever it rained. Seriously, there was milk-like liquid oozing out of the walls!

And secondly, I was too afraid to have even a glimmer of hope because the moment I had even the tiniest opening, I immediately got shot down with disappointment again.

But putting myself in complete darkness wasn't doing me any good. Not having anything to look forward to made me feel alone, and living day by day felt pointless.

After I freed myself of things out of my control, I started to have small goals again. And that gave me the purpose to improve each day to feel more hopeful for the future. One of those goals is to design this journal. So I can now tick that off my bucket list! 



























Live in The Present

I used to see “live in the present” or any phrase synonymous with that plastered everywhere online. I thought to myself, “Yeah, right. Like it’s that easy.”

I hated that people told me the same thing and expected me to be all sunshine and rainbow the next day.

“Just be in the present. Look at the sky; it’s so pretty. Smell the roses. Feel the grass.” What does that even mean? It was too abstract for me to make sense.

Yeah, I can look at the sky, and it’s just a sky that’s sometimes blue and sometimes grey. Sure, I can smell the flowers; it has a floral scent, no surprise. Of course, the grass is just grass; random shoes step on it, so I’d rather not touch it...

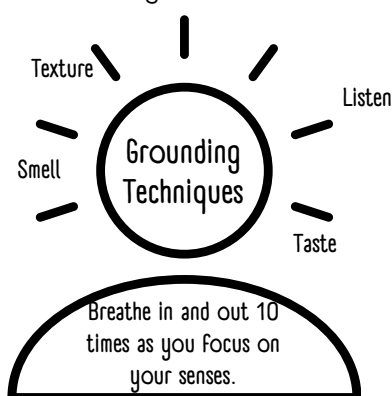
The problem was that I was too preoccupied with overwhelming feelings and thoughts of the past and future that I failed to fully recognize my present condition.

I truly believed that feeling sad and tormented were my default emotions. But I didn’t know I was mixing the past, present, and future. So any hiccup in the present turned into a volcano eruption, making me believe that I am bound to doom in the future. Because that’s how it has always been and I guessed, it will always be.

So, to me, at least, it wasn’t as easy to just touch the grass and look at how blue the sky is, then magically *snap*, I’m fully in the moment. I had to learn and understand what it’s like to actually be in the present.

Fortunately, I later learned some **grounding techniques** in therapy to pull myself back to the present whenever I’m overwhelmed by traumatic memories and challenging emotions.

I’d close my eyes and breathe in and out ten times as I focused on the noise around me. Like the ceiling fan clicking and the distant laughter of children playing outside. I felt my weight on the worn-out chair and the warmth against the fake leather seat. I tasted the after-taste of stir-fried onions I had during lunch. And I felt the surface of my desk and the texture of my clothes.



Of course, it doesn't have to be all senses every time. In my case, I find it most effective to focus on the surrounding sounds as I breathe.

But grounding techniques alone aren't enough. It's also important to connect your emotion with your physical sensations.

In my therapy sessions, I've learned to **recognize my emotions and how they affect me physiologically**. For instance, when I suddenly feel scared and unsafe out of nowhere, my heart beats faster, and my neck and shoulders tighten.

Emotion doesn't just pop out of nowhere. So I'd ask myself, "Why do I feel this way? What am I going to do about this feeling?"

It usually leads back to the past. Then I'd go through the whole process of grounding techniques to pull me back to the present. Doing so allows me to manage the present a little better every time.

I used to run away from these intense distressing emotions by distracting myself with other things. But it could only go so far because it will always come back stronger, making it harder to brush off each time.

What I needed to do was to recognize and acknowledge them no matter how hurtful they might be. By understanding these emotions, I have better control over them, and I keep improving!

In this journal, you'll start learning to be in the present when you start your day. The weather icons represent your feelings as soon as you're awake.



Not going to lie, but most days, as soon as I wake up, I feel like I might explode! So I'd try to explore that a little further.

For example:

What am I feeling right now? Emotionally and physically.

I'm terrified. I feel so anxious that I can't take it. I can't really feel my hands, and my internal organs feel like they're melting.

Why am I feeling this way?

I'm not certain of the future, and that scares me. I could fail, people will hurt me, and I could end up in horrible places where I used to live.

What am I going to do about this feeling?

I hear myself. I understand why I'm feeling this way. But I can't do much about the future. I don't want to waste time over things out of my control. So I will breathe for a moment while focusing on my surroundings.

I can't change the past, and I have no control over the future. But for now, I can...

Make my bed and brush my teeth. Shower and maybe have a bowl of cereal and a cup of coffee for breakfast. Do my best for the task at hand.

And as you go about your day, keep in mind to only invest your emotions and energy in what you're currently doing.

Then, before you go to bed, do the same thing again:

What am I feeling right now? Emotionally and physically.

I feel uneasy. My skin itch, my heart doesn't beat regularly, and I can't breathe comfortably.

Why am I feeling this way?

I caught my co-worker rolling her eyes when I gave my opinion at work. I guess I wanted people to like me so much that it bothered me. As if I did something wrong, and now everyone will hate me at work.

What am I going to do about this feeling?

It shouldn't matter what she or my other colleagues think of me. I don't need to be liked by everyone. All that matters are the people who are important to me. Besides, I did it for the better. Not to hurt others.

Today, I'm grateful for...

Though I felt uneasy about what happened at work, I completed today's tasks! I ate my favorite bento for lunch. I helped two very nice tourists to find their way. I suddenly felt scared at work, but I knew it was a past emotion, not the present. Yay, improvement!

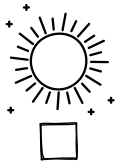
Sometimes, I'd do some grounding techniques to prepare for bed, so I won't have intrusive thoughts when I try to sleep. If you have trouble sleeping, I highly recommend doing the same thing. It needs practice, but it gets easier each time as long as you keep trying and don't give up.

Remember, **you are worth a lot more than you think**. You don't deserve to feel sad and tormented. You deserve to live to the fullest, rain or shine. You're not going to be knocked down that easily. That's why you get yourself this journal in the first place! You're still trying, and I applaud you for that. No matter how bleak the future may seem, you still fight to live on. That's what we are, after all. We're beat-up fighters against the monsters in our heads.

You got this, okay? I know you do. We all do.

GOOD MORNING!

DATE: _____ TIME: _____



Happy!



A little sad...



Depressed & devastated!



I might explode!

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WHY AM I FEELING THIS WAY?

WHAT AM I GOING TO DO ABOUT IT?

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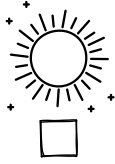
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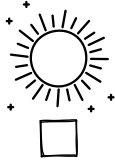
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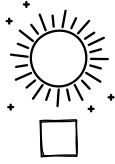
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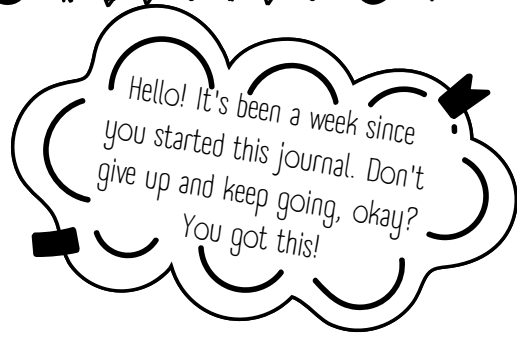
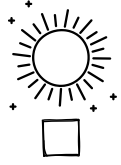
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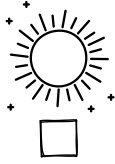
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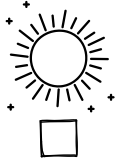
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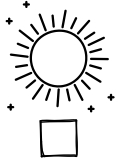
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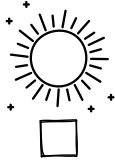
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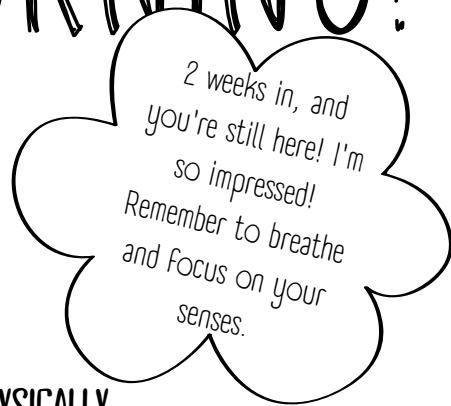
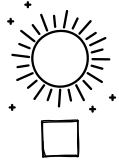
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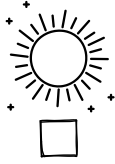
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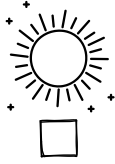
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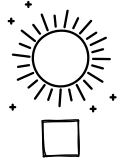
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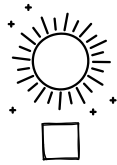
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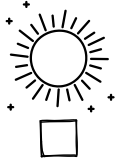
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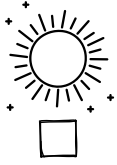
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3 weeks already? How do you feel these days? You've been so devoted with this journal because you care about yourself. You know you're worth it and deserve better.

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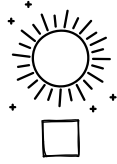
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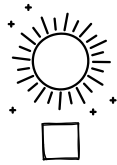
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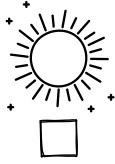
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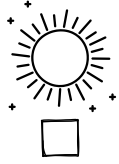
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A month is up! Can you believe it? You've been keeping track of yourself for a month now! Past-me would've given up by the end of the 2nd week, yet you're still here. You should be proud of yourself.

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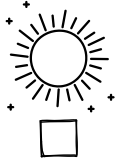
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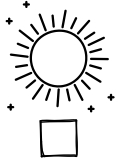
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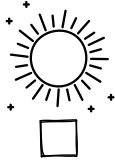
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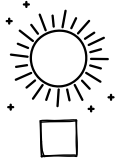
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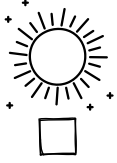
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It's been 5 weeks now. What have you learned so far about how your emotions affect you physically? In my case, I discovered that when I'm worrying about the future, my limbs feel weak, my internal organs feel like they're melting, and I can't feel my hands.

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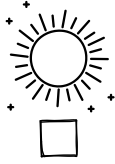
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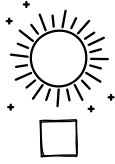
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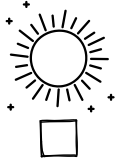
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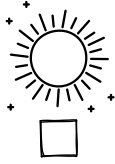
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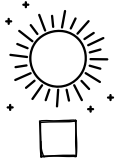
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6 weeks in!
Have you noticed some things about your feelings by now? What do you do when you feel that way? When I feel intense fear of the past that my shoulders and back hurts, I close my eyes, do my 10 second breathing while focusing on the ambient noises.

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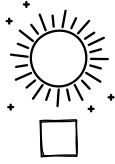
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GOOD MORNING!

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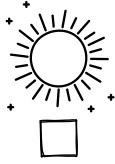
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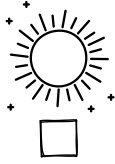
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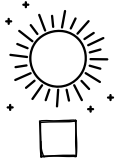
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7 weeks now!
It's incredible how far
you've come.
I respect your resilience despite the days
you might feel like quitting this journal.
You are very strong and hopeful.

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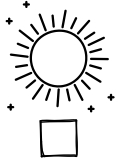
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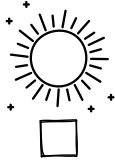
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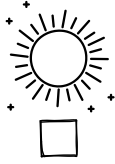
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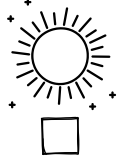
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*It has been 8 weeks.
Are you becoming more in tune with
keeping in touch with yourself?
Even if you're not fully there yet, it's
okay. That's actually the case for most
of us. We're still learning and growing,
no matter how old we are. Most
importantly, don't give up on yourself,
okay?*

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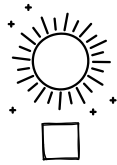
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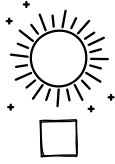
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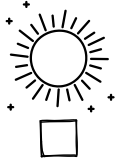
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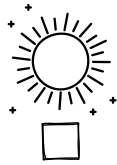
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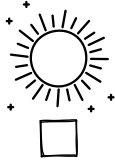
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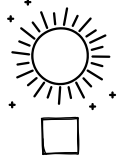
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9 weeks now! What do you usually feel grateful for by the end of the day? In my case, I sometimes feel thankful for having coconut sorbet on a hot day or feeling accomplished for completing something I set my mind to. Like this section of the journal! Don't be too hard on yourself. Celebrate the small wins.

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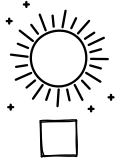
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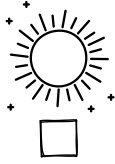
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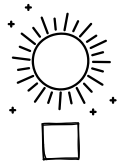
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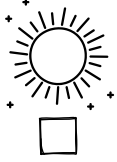
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10 weeks in!
Remember to invest your energy (mentally & emotionally) in the present moments. You can't fight battles that have passed or might happen. So face what's right in front of you instead.

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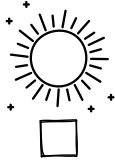
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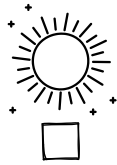
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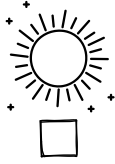
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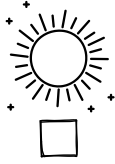
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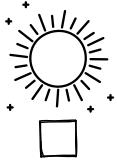
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It's been 11 weeks!
Looks like you're reaching the end of this journal soon.
You should be proud that you've come this far. It proves that you're still trying though it was challenging at times.

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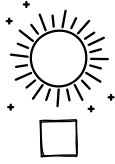
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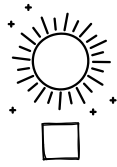
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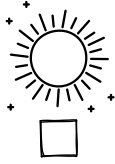
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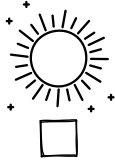
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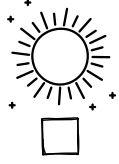
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This is your final entry, but this is not the end. This journal was merely a tool to coming into terms with things beyond your control, and appreciating everyday life in a different light. ✨

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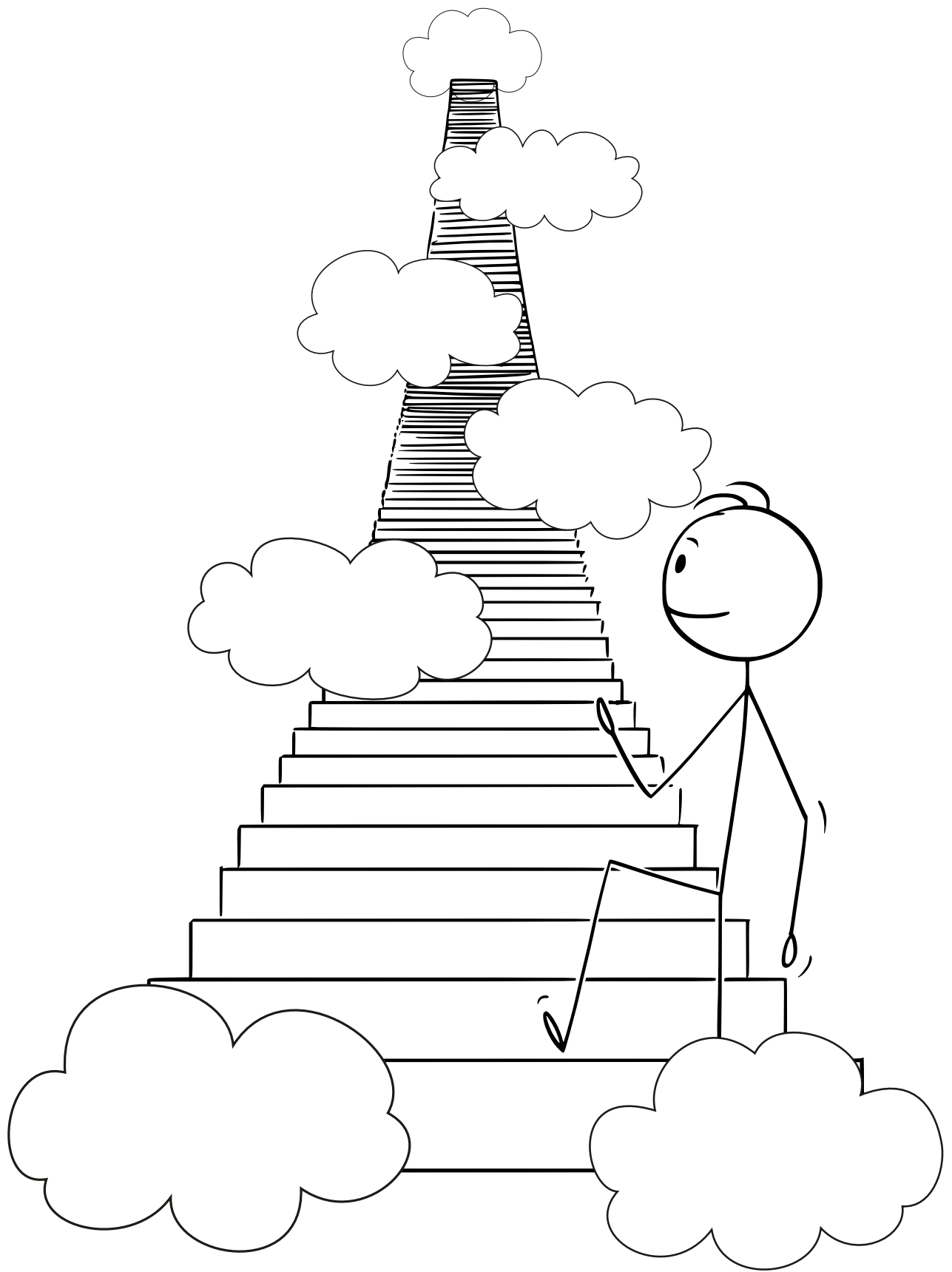
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DOES IT SCARE YOU TO MOVE FORWARD FROM HERE?

REMEMBER THIS. DON'T RUSH, OR YOU MAY MISS A STEP AND SLIP AND FALL. TAKE ONE STEP AT A TIME.