

Arrive Here

A simple
daily journal
for showing up

Created by Darcy Dawe

This journal belongs to ...

Date

Just for Today ...

I don't need answers. I don't need certainty about money, housing, love, or how this turns out. Those are big questions. Today is smaller than that.

Just for today, I only need enough steadiness to keep walking. That doesn't mean feeling good. It means I don't abandon myself.

I don't ask today to solve my whole life. I don't ask the present moment to guarantee the future.

I only need my footing to hold for this step. Not the whole path. Just this one.

What This Book Is

This is not a productivity journal. It is not a gratitude practice. It is not something to do properly. This book is a place to arrive. Once in the morning. Once in the evening.

Nothing here needs fixing, reframing, or improving. You are not asked to feel better. You are not asked to think positively.

You are simply invited to notice what is already here and place it somewhere outside your head.

That is enough.

How To Use This Journal

Each day has two small moments.

Morning

One question. A few words, if that's all you have.

Evening

One question. A few words again.

You do not need full sentences. You do not need insight. You do not need to fill in the lines.

One word counts. Stopping early counts. Skipping a day counts too.

If you can open the book and write anything at all, you have done it. This is not a test of consistency. It is a place to land.

Close the book when you're finished.

Today is

Arrival

Right now, I feel...



Acknowledgement

What felt heavy today...


