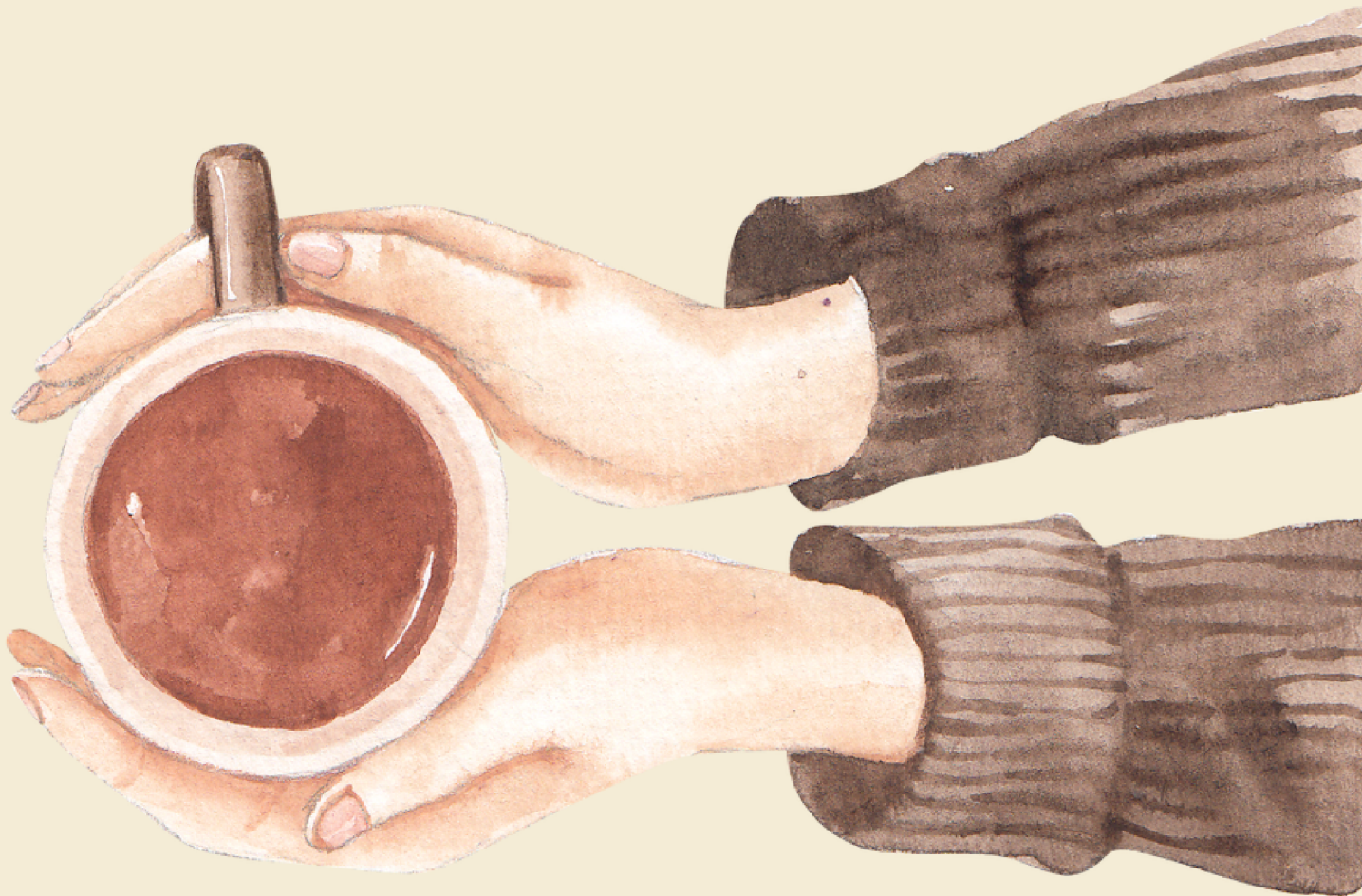


Solace Forest

Reflect on your day

The reflection journal that will
help you become more aware
learn more about yourself



Welcome to



Solace Forest

Solace Forest is a safe space to explore, find and nurture yourself. To hurt and to heal. A place where you will get guidance and support on your journey back to knowing and loving yourself abundantly.

I'm Solas, a Qualified Mental Health Coach, Mental Health First Aider and Cognitive Behavioural Therapy (CBT) Practitioner.

I didn't just wake up one day and want to be a Self Relationship Coach. The most important journey in my life led me here. The relationship I have with myself and how it has withstood and helped me withstand many challenges and struggles in my life.

I want to help more people realise that all they dream of in this life stems from the beautiful relationship they create with themselves.

Journaling doesn't have to be done in written format. I love to use prompts as thinking topics to take a walk with or you can audio record your answers. Whatever works for you is the best way to do It.

Doing the exploration is the goal & reward.

This is a reflection journaling to help you become more aware of who you are and why you do things. It will start you on your journey of how to get to know yourself and if you are living in a way that brings joy and support to your needs and wants as an individual.

What comes from really knowing yourself is the opportunity to be loved whole. To love yourself is to be free.

The main ingredient to self love in abundance is acceptance. Accepting who you are now, who you have been.

Add in forgiveness and kindness and you have the magic recipe.

On this journey, you do not get to say things to yourself that you would not say to someone you love.

Fake it till you make it, or in truth, consciously retrain your default ways until they are loving, supportive and self aware.

We are so good to others, we give them accepting, comforting words, support and kindness. It often feels easier to give to others than it does to give to ourselves.

Accept there will be a level of discomfort on this journey to self love in abundance. But once your day everything in life feels easier.

Remember your mind is
YOUR private space.

You get to talk to yourself in as silly, kind and supportive a way as you need and no one will hear you and no one will judge you.

But know that I am cheering you on


How do I feel after this day?



How did it feel as I went through today?
How was it for my mind and my body?



What did I do today and what was my reasoning for doing each thing?



What brought value to me?



What brought nourishment and rejuvenation?



What fed my souls desires?



How could I have done today differently to support my individuality and needs better?



What do you give yourself permission
to indulge in tomorrow?



Thank you for taking this time for yourself. I hope this guided journal has brought you deeper in your awareness and knowing yourself.

If you would like my support and guidance while delving into and developing your relationship with yourself I would be delighted for us to work together.

You can work with me via video or voice call in 1 to 1 Coaching.

Via the written word that is your Journey Book an 8-week 1 to 1 program. Think of a wise Journal that writes back.

There is also the deep, slow and sustainable path of Always You; my 12-month Self Relationship program. Each month we explore a different aspect that will help you become informed and empowered in loving yourself abundantly.

I have tried to make it possible for everyone to be able to afford to work with me by having 3-tier pricing.

If you found value in this guided journal and would like to say "Thank you" get in touch, I would be so happy to hear from you. You can also buy me a coffee to fuel my me in spending time creating Free tools for this community.

