

THIRTY PLUS FOUR · ROOTED IN TRUTH



Wellness Journal

“Heal from the inside out.”

A 30-day companion for body, mind & spirit

ASHLEY HENDERSON GASKIN, PA-C

A LETTER FOR YOU

Welcome, *friend.*

Every part of our body is connected. So when one part feels off, everything quickly feels off. This little journal is an invitation to slow down — to listen to what your body, mind, and spirit have been trying to tell you.

For the next thirty days, sit with one verse and one question. There are no wrong answers. No streaks to keep. Just honest words on a page, written to a God who already knows them all.

Take what helps. Leave what doesn't. And remember — you are fearfully and wonderfully made.

Ashley

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A simple *rhythm.*

- 01** Begin with breath.
Three slow inhales. Soften your shoulders. Arrive.
- 02** Read the verse aloud.
Let the words settle before you write.
- 03** Sit with the prompt.
Write whatever comes — no editing, no pressure.
- 04** Close with gratitude.
Name one small mercy from your day.

