



Digital Healing Journal

A year-long companion for mindful cannabis use, plant medicine literacy, self-inquiry, and reciprocal living.

How to Use This Journal

This journal is designed to be used daily for one year. It blends science-informed reflection, ancestral wisdom, mindfulness, and ecological awareness. Cannabis is approached as a **teacher plant**, used with discernment, intention, and respect for personal readiness, legality, and health considerations.

Each day includes:

- **Intention setting** (why you're engaging today)
- **Embodied awareness** (body, mind, emotions)
- **Plant relationship** (cannabis or cannabis-free reflection)
- **Integration** (how insight becomes action)

You may engage with cannabis daily, occasionally, or not at all—reflection remains valuable regardless.

Daily Page Template (Repeat for All 365 Days)

Date | Day ___ / 365

Moon Phase / Season (optional):

1. Arrival

- How do I feel in my body right now?
- What emotions are present without judgment?

2. Intention

- What is my intention for today's practice?
- Am I seeking clarity, rest, creativity, regulation, connection, or release?

3. Plant Relationship

- Did I engage with cannabis today? (Yes / No)
 - If yes: form, dose, setting, and reason
 - If no: what other regulation or ritual supported me?

4. Awareness & Insight

- What sensations, thoughts, or shifts did I notice?
- Did anything feel amplified, softened, or clarified?

5. Endocannabinoid Reflection

- How might today's experience relate to balance, stress, pleasure, pain, or recovery?
- What supported my nervous system today (movement, breath, food, connection)?

6. Integration

- What is one insight I can carry into daily life?
- How can I act with more care toward myself or others?

7. Gratitude & Closure

- One thing I'm grateful for today:
 - A word to describe today's state of being:
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Monthly Themes & Rotating Prompts

Each month focuses on a healing dimension. Use the **rotating prompts** throughout the month rather than assigning one to a specific date, allowing flexibility.

Month 1: Grounding & Safety

- What helps me feel safe in my body?
- How does cannabis affect my sense of grounding?
- Where do I need more stability in my life?

Month 2: Nervous System Awareness

- What does regulation feel like for me?
- When do I move toward stimulation vs. rest?
- How does my body signal overwhelm?

Month 3: Intention & Ritual

- What makes an experience sacred for me?
- How do I prepare my space before use—or rest?
- What rituals feel nourishing rather than performative?

Month 4: Pleasure, Joy & Endocannabinoid Bliss

- How do I experience healthy pleasure?
- What myths do I hold about joy or indulgence?
- What supports my natural bliss beyond substances?

Month 5: Pain, Healing & Compassion

- Where am I holding pain—physically or emotionally?
- How do I meet discomfort with kindness?
- What does healing look like without urgency?

Month 6: Identity, Stigma & Unlearning

- What stories was I taught about cannabis?
- How do stigma and shame show up in my body?
- What beliefs am I ready to release?

Month 7: Creativity & Expression

- How does cannabis influence my creativity—or focus?

- What wants to be expressed through me?
- Where do I censor myself unnecessarily?

Month 8: Relationships & Community

- How does my use impact my relationships?
- What does consent look like in shared spaces?
- How do I show up in community with integrity?

Month 9: Ecology & Reciprocity

- Where did this plant come from?
- How do my choices affect land, labor, and water?
- How can I give back—to self, community, or planet?

Month 10: Discernment & Boundaries

- When is cannabis supportive vs. avoidant?
- What signals tell me to pause or adjust?
- How do I honor my limits without judgment?

Month 11: Meaning, Spirit & Stillness

- What connects me to something larger than myself?
- How does stillness inform my healing?
- What wisdom arises in quiet moments?

Month 12: Integration & Reflection

- How have I changed over the past year?
- What patterns do I notice in my relationship with cannabis?
- What practices do I want to carry forward?

Quarterly Check-In Pages (Use Every 90 Days)

- What has supported my well-being most?
 - What challenges or concerns have emerged?
 - How has my understanding of cannabis evolved?
 - What adjustments feel necessary?
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Year-End Reflection

- What did this year teach me about healing?
 - How has my relationship with my body changed?
 - What does respectful, conscious use mean to me now?
 - What intentions do I set for the year ahead?
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Closing Note

Healing is not linear. This journal is not about perfection or productivity—it is about **presence, relationship, and choice**. Cannabis is a companion, not a cure; a mirror, not a mandate.

Move slowly. Listen deeply. Let discernment lead.
