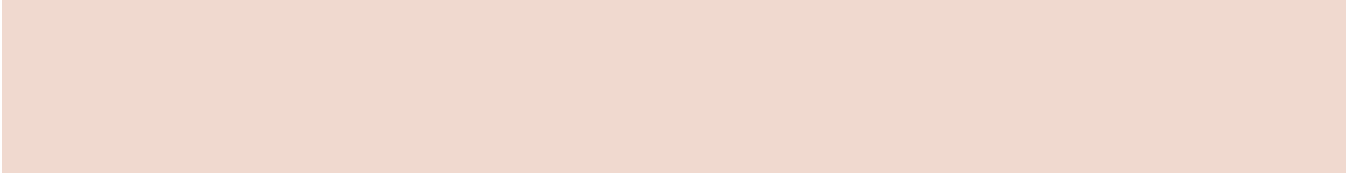




NEVER GIVE UP

A Guided Journal to Keep You Moving Forward

SheysUniverse



Welcome

This journal was made for the days that feel heavy — the ones where moving forward takes everything you've got. Across the pages ahead, you'll find a short thought and a few guided prompts to help you process where you are and take the next small step, one page at a time.

How to use this journal: Set aside a few quiet minutes. Read the thought for the day, sit with it, then use the guided lines to write freely — there's no wrong way to fill this in. Move at your own pace; return to any page whenever you need it again.

1

When It Feels Too Hard

“Weeping may endure for a night, but joy comes in the morning.” — Psalm 30:5

Hard doesn't mean impossible. Every person who has ever built something worth having has stood exactly where you're standing — tired, unsure, and still showing up anyway.

What feels hardest right now?

What's one small thing I can do today, even if it's tiny?

2 You've Survived Every Hard Day So Far

Look back for a moment. Every difficult season you've already lived through, you made it out the other side of — 100% of the time. That's not luck. That's proof.

A hard season I already got through:

What did that season teach me about my own strength?

3

Progress Doesn't Have to Be Loud

You don't have to make a big leap today. Showing up quietly, one more time, counts just as much as any dramatic breakthrough.

One quiet win from this week:

What does 'just showing up today' look like for me?

4 Letting Go of the Timeline

“There is a time for everything.” — Ecclesiastes 3:1

Comparing your timeline to anyone else's steals the peace you could be having right now. Your pace is not proof of failure — it's just your pace.

Where have I been comparing my timeline to someone else's?

What would it feel like to release that comparison today?

5 The People Who Believe In You

Even on the days you can't believe in yourself, someone else can hold that belief for you. Let them. You don't have to carry it alone.

Who believes in me, even when I doubt myself?

How can I let that support in today?

6

What Giving Up Would Actually Cost

Take an honest look: what would you be walking away from if you stopped now? Sometimes naming the cost is exactly what renews the will to keep going.

What would I lose if I gave up right now?

What's still worth fighting for?

7 Rest Is Not Quitting

“Come to me, all who are weary, and I will give you rest.” – Matthew 11:28

There's a difference between giving up and needing rest. Rest refills you for the next step. Give yourself permission to pause without guilt.

Where do I need rest right now, not surrender?

What would real rest look like for me this week?

8 Your Reason Why

On the days motivation disappears, your reason why is what keeps you moving. Write it down so it's there when you need to remember it.

Why does this matter to me, at the deepest level?

Who or what am I doing this for?

9

Small Wins Count

You don't need a finish line in sight to celebrate progress. Every small win is a real deposit toward the life you're building.

A small win I haven't given myself credit for:

How can I celebrate progress more, even the small kind?

10 You Are Allowed to Start Again

“His mercies are new every morning.” — Lamentations 3:22-23

However many times you've had to start over, today is still a clean page. Starting again is not failure — it's what strength actually looks like in practice.

What would starting fresh today look like for me?

One word I want to carry with me from this journal:

You Made It Through

Keep this journal close and return to it any time you need a reminder of how far you've come.

With love, SheysUniverse