



SHINE THROUGH THE STORM JOURNAL

CAPTURE YOUR LESSONS, HONOR
YOUR JOURNEY, AND REDISCOVER
YOUR LIGHT

GLOWAFTERTHESTORM.BLOG

Introduction

Life's storms can break us open, leaving us unsure of how to move forward. Yet, within those storms often lie powerful lessons—truths that can guide us, shape us, and remind us of the light we still carry.

This journal page was designed to help you gently reflect on your own storms. With space to name your challenges, honor the lessons, and carry forward the meaning you discover, may it become a small tool of clarity, comfort, and resilience in your journey.

Take your time. Be honest. There are no wrong answers here—only your truth. And even in the hardest moments, remember: the storm may shape you, but it does not define you.

About This Freebie

The Shine Through the Storm Journal Page is part of my ongoing mission to create gentle tools for reflection, emotional healing, and resilience. I believe that when we pause to listen to our inner voice—even in seasons of struggle—we uncover wisdom that can guide us toward hope.

Nnanna

About Me / Glow After the Storm

Hi, I'm Nnanna, the voice behind Glow After the Storm. This space was born from my own experiences with heartbreak, grief, and transformation. Here, I share journaling prompts, self-care practices, and reflection tools to help you find clarity and light, even when life feels uncertain.

Stay Connected

 Read more on my blog:
[glowafterthestorm.blog]

 Follow me on Pinterest for journaling prompts & self-care rituals:
[www.pinterest.com/glowafterthestorm]

Nnanna

Prompt: What storm am I walking through, or what storm have I overcome?

This image shows a blank sheet of white paper with horizontal purple lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a decorative graphic consisting of overlapping wavy shapes in shades of teal and pink. The rest of the page is empty.

the Storm

Prompt: What has this experience taught me about myself, others, or life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom-left corner, there is a decorative graphic element consisting of overlapping wavy shapes in shades of purple and teal.

Prompt: Who or what has given me strength when I felt weak?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom-left corner, there is a decorative element consisting of several overlapping, wavy shapes in shades of teal and light blue, resembling stylized waves or clouds. The overall appearance is that of a clean, unused notebook page.

Steady Me

Prompt: What small rituals or practices bring me peace during the storm?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom-left corner, there is a decorative element consisting of several overlapping, wavy shapes in shades of teal and light blue, resembling a stylized wave or a piece of fabric. The overall appearance is that of a clean, unused notebook page.

Prompt: What meaning or clarity do I want to carry with me from this storm?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. On the left side, there is a decorative graphic consisting of several thin, teal-colored lines radiating from a point near the bottom-left corner, creating a fan-like or sunburst effect. The overall appearance is that of a clean, unused page from a notebook or a template for writing.