

A soft place to land

The Greatness Journey

· A GUIDED JOURNAL ·

ALIGN

EMPOWER



THRIVE

RISE

GROW

Tina Dennis

MY GREATNESS™ · Sample Preview

4-PAGE PREVIEW · FULL JOURNAL 40+ PAGES

Welcome, dear one.

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Your Journey Begins Here

This journal is a companion for your becoming — a soft place to land on the days you are weary, and a mirror for the greatness that already lives inside you.

The pages ahead are built on the G.R.E.A.T. Framework — five gentle pathways that will meet you where you are:

- G — Grow into the person you are meant to be
- R — Rise from what has tried to hold you down
- E — Empower yourself with truth and self-compassion
- A — Align your life with your deepest values
- T — Thrive in the fullness of who you were made to be

There is no right way to do this. Skip pages. Return to them. Cry on the margins. Draw in the corners. Let this be yours.

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— *Tina*

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Today's Invitation:

What is one small way I am growing right now — even if no one else would notice? How does honoring that growth change how I see myself?

Evening Reflection



Before you close the day, breathe once, slowly. Then answer only what wants to be answered.

Three moments I am grateful for today

One thing I learned about myself

A kindness I will carry into tomorrow

Tonight's whisper:

"I am becoming. That is enough."