

# THE GENTLE BLOOM JOURNAL

7 DAYS TO GRIEVE GENTLY, HEAL  
BOLDLY & BLOOM BEAUTIFULLY



THIS SPACE IS FOR YOU — A PLACE  
TO REST, REFLECT, AND RISE AGAIN.

BY ALISHIA ANDERSON | THE BLOOM ROOM COACHING

# Welcome!

Dear Beautiful Soul,

If you're holding this journal, you're likely in a tender season — one of loss, transition, or change. I want you to know this: you don't have to rush your healing. You don't have to have it all figured out. You are already growing just by showing up here.

This journal was created as a gentle space for reflection, reconnection, and renewal. Whether you've experienced deep grief, an identity shift, or the quiet ache of starting over, these pages are meant to help you pause, breathe, and tend to your heart.

You'll move through four phases of gentle growth — **Wilted, Rooted, Growing, and Blooming**. Each phase offers its own kind of wisdom. Some days you'll feel more wilted than blooming — that's okay. Healing is rarely linear; it's more like a spiral.

Use this journal however you need. You can write in order, skip around, or linger on a page that speaks to your soul. There's no wrong way to bloom.

Take your time. Be kind to yourself.  
You are doing sacred work.

With gentleness,

Alishia



## ABOUT ME

Hi,  
I'm Alishia Anderson, a grief and life transitions coach passionate about helping others find beauty after loss. Through The Bloom Room Coaching, I hold space for gentle healing, bold growth, and authentic joy to take root again.

# THE FOUR PHASES OF GENTLE GROWTH

<u>Phase</u>	<u>Theme</u>	<u>What It Invites You To Explore</u>
 <b>Wilted</b>	<i>Tenderness &amp; Awareness</i>	Acknowledging your pain, exhaustion, or numbness — allowing yourself to simply <i>be</i> .
 <b>Rooted</b>	<i>Grounding &amp; Remembering</i>	Finding your footing again by reconnecting with your values, faith, or inner wisdom.
 <b>Growing</b>	<i>Courage &amp; Curiosity</i>	Taking small, brave steps toward rediscovery and self-compassion.
 <b>Blooming</b>	<i>Joy &amp; Expansion</i>	Welcoming joy, connection, and purpose back into your life — even if it feels new or fragile.

## **Reflection:**

Which phase feels closest to where you are today?

(There is no “right” answer. Just meet yourself honestly, right where you are.)

# DAY 1: ROOTED IN GRACE (WILTED PHASE)



## **Reflection Thought:**

Sometimes healing begins not with doing, but with allowing — allowing the tears, the questions, the quiet. Grace meets us there. You don't have to earn rest or peace; they are already yours.

## **Affirmation:**

I give myself permission to start again, as many times as I need.

## **Journal Prompt:**

Where do you need to extend grace to yourself right now?

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## **Bloom Action:**

Take one deep breath before bed tonight. Place your hand over your heart and whisper, "I am still growing."

# DAY 2: REMEMBERING WHAT STILL LIVES (ROOTED PHASE)



## Reflection Thought:

Even in loss, not everything is gone. Love, purpose, and memory remain — like roots beneath the soil. Remembering what still lives helps us feel grounded again.

## Affirmation:

The love that shaped me still lives within me.

## Journal Prompt:

What memories, values, or parts of yourself feel steady — even now?

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## Bloom Action:

Light a candle in honor of what remains. Watch the flame and name three things that still hold meaning for you.

# DAY 3: WHEN THE GROUND FEELS SHAKY (ROOTED → GROWING TRANSITION)

## Reflection Thought:

Growth often begins in uncertainty. When the ground beneath you shifts, it doesn't mean you're lost — it means you're being invited to root deeper. You can trust the process, even when you can't see the outcome.

## Affirmation:

I am learning to stand, even as the ground changes.

## Journal Prompt:

What changes have felt uncomfortable lately? What might they be teaching you about strength or surrender?

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## Bloom Action:

Step outside and place your feet on the ground — grass, dirt, or floor. Take three slow breaths and imagine roots growing from your feet, grounding you in the present.

# DAY 4: THE COURAGE TO GROW (GROWING PHASE)



## Reflection Thought:

Growth doesn't always look like progress — sometimes it's choosing to try again, or saying "no" to what no longer serves you. Courage looks different for everyone. For you, today, it might just be showing up to this page.

## Affirmation:

Every small step counts; I am brave in my becoming.

## Journal Prompt:

What small act of courage could you take this week — for yourself, your healing, or your joy?

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## Bloom Action:

Write that act down and do it within the next three days. Celebrate it when you do — even if it feels tiny.

# DAY 5: RECONNECTING WITH JOY



## (GROWING → BLOOMING TRANSITION)

### Reflection Thought:

Joy can feel complicated after loss or transition. You may wonder if it's okay to laugh, dance, or dream again. It is. Joy doesn't erase pain; it reminds us that love and life still exist side by side.

### Affirmation:

I am allowed to feel joy, even as I hold my sorrow.

### Journal Prompt:

When was the last time you felt a spark of joy or peace, even briefly? What helped it surface?

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### Bloom Action:

Do one small thing today that lifts your spirit — play your favorite song, take a short walk, wear a color that makes you smile.

# DAY 6: BECOMING WHO YOU'RE BECOMING (BLOOMING PHASE)

## Reflection Thought:

Healing changes you. You are not who you were before — and that's okay. The version of you that's emerging is wiser, softer, and stronger. You are learning to trust your own rhythm again.

## Affirmation:

I honor who I was, and I welcome who I'm becoming.

## Journal Prompt:

What qualities or values are blossoming in you during this season?

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## Bloom Action:

Write a gentle note to your future self — one full of encouragement, not pressure.

# DAY 7: BLOOMING FORWARD (BLOOMING PHASE)



## Reflection Thought:

Blooming isn't about having it all together. It's about choosing life — even with the cracks. It's about daring to see beauty again and believing you're worthy of it.

## Affirmation:

I am allowed to bloom in my own time.

## Journal Prompt:

What's one small way you can invite beauty or purpose into your next chapter?

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## Bloom Action:

Celebrate one gentle win from this week. Write it down and whisper a quiet "thank you" to yourself.





## **A NOTE FROM ALISHIA: CONTINUE BLOOMING WITH ME**

Dear Friend,

If this journal spoke to your heart, I'd love to keep walking with you. Each week (or sometimes twice a month), I send out Bloom Notes — gentle letters filled with reflection prompts, encouragement, and reminders that you're not alone on this journey.

They're my way of staying connected with you — heart to heart.

Inside Bloom Notes, you'll find:

- Words to lift you up when days feel heavy
- Practical ways to care for your soul
- Reflections to keep you growing intentionally

If you'd like to keep blooming together, you can sign up at:  
[thebloomroomcoaching.com/bloomnotes](https://thebloomroomcoaching.com/bloomnotes)

With warmth and belief in your growth,

*Alishia*

# ABOUT THE BLOOM ROOM COACHING

**The Bloom Room Coaching** helps grieverers and those navigating major life transitions reconnect with who they are becoming — using reflection, creativity, and self-compassion as tools for healing and transformation.

Founded by Alishia Anderson, grief and life transitions coach, author of *Still Here: A Memoir of Love, Loss, and Triumph After Stillbirth*, The Bloom Room Coaching was born from her belief that even after deep loss, beauty and joy can bloom again.

✨ Grieve gently. Heal boldly. Bloom beautifully.

## **Connect:**

🌿 Website: [thebloomroomcoaching.com](https://thebloomroomcoaching.com)

🌸 Instagram: @aliandeenterprise

📧 Join the Bloom Notes Newsletter:  
[thebloomroomcoaching.com/bloomnotes](https://thebloomroomcoaching.com/bloomnotes)

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To see if we can work together, find a path that works for your unique situation,

Click on the button above to schedule a discovery call.