

THE MUCK JOURNAL

Growing Through Life's Messy Seasons

A Guided Reflection Journal

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Some seasons of life feel like growth.

Others feel like survival.

Sometimes it seems like everyone else is moving forward while you're standing still.

But nature reminds us that growth doesn't happen all at once.

Seeds spend time underground before anyone sees a single sprout.

This journal isn't about rushing the process.

It's about noticing where you are, honoring the season you're in, and trusting that growth is happening—even when you can't see it yet.

Welcome to the muck.

What Season Am I In?



Planting



Growing



Blooming



Letting Go



Resting

What makes you think you're in this season?

What's in My Soil?

Everything grows in something.

What is surrounding you right now?

What is feeding you?

What is draining you?

What needs more attention?

What needs to be pulled like a weed?

Seeds I'm Planting

What small things am I doing today
that my future self will thank me
for?

Examples:

- Going to therapy
- Taking my medication
- Drinking water
- Reading
- Setting boundaries
- Resting
- Making one phone call

Am I Digging Up My Seed?

Sometimes we expect growth so quickly that we keep checking to see if it's happening.

What are you impatient with right now?

What would it look like to trust the process instead of constantly checking your progress?

Tiny Signs of Growth

Growth isn't always obvious.

List five things that have changed, even if they seem small.

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. There are no margins, text, or other markings on the paper.

Weeds to Pull

What's getting in the way?

- Fear
- Comparison
- Perfectionism
- People pleasing
- Self-doubt
- Other

How can you begin pulling one
weed this week?

The Weather Isn't Forever

Storms happen.

Droughts happen.

Cold seasons happen.

That doesn't mean the farm is ruined.

What hard season are you walking through?

What reminds you that seasons eventually
change?

Looking Back

What have I survived that once felt impossible?
What strengths did I discover?

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Before I Leave the Farm Today...

Finish these sentences:

Today I learned...

Today I noticed...

Tomorrow I want to...



You don't plant a seed on Monday and expect tomatoes by Friday.

You don't dig it up every morning to see if it's growing.

You water it.

You protect it.

You give it sunlight.

And then you trust the process.

Your healing deserves the same patience.

Growth is happening—even when all you can see is the muck.