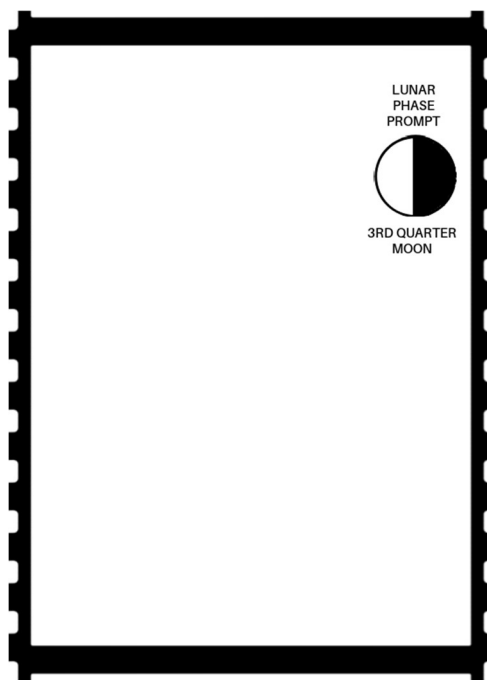


SEPTEMBER

WEEKLY ZINE & HABIT STACKING★

*Habit Stacking is the theme for the September Ko-fi download

i prioritize time for rest



LUNAR
PHASE
PROMPT

3RD QUARTER
MOON



WEEK 36/52

August 30-September 5, 2026

"SELF-LOVE IS LOVING YOURSELF EXACTLY AS YOU'D LOVE THE PERSON YOU LOVE THE MOST. AND THAT LOVE ACTUALLY FEELS LIKE LOVE AND LOOKS LIKE MEETING YOUR OWN NEEDS." -NAJWA ZEBIAN

♥ Braveheart, I just concluded my second 100-Day Project of this year with a theme of: [benevolence, wonderful and meaning].

That theme carried 🌸 me through a ☀️ summer of surgeries, physical 💪 therapy and radiation ☢️ treatments. ☀️ A summer of highs and lows, and 🧡 precious time with my children and grandchildren. ❤️

📄 Going forward, my focus 🔍 is slowing down + more time in-community 🧑🏻🧑🏻🧑🏻🧑🏻🧑🏻🧑🏻 and I would love for {you} to join me! ❤️ Because, together we are stronger.

✅ I am sharing these notes with you because I want to offer 💡 ideas about living 🍂 [softer] & [being curious] and offer options for a [visually 🖍️ 📖 ✨ ✂️ 🧠 🧠 expressive] chronicle.

♥ Via my blog and the private community I host on Ko-fi.com, I share how I creatively chronicle my life via 🌈 color, ✂️ collaged 📖 words & bits of paper 📄 guided by lunar 🌙 phases & seasons 🍁 ❄️ 🌸 ☀️ to facilitate living more of what matters most to me, and more of what benefits my overall well-being.

♥ My hope and intention are to inspire with simple how-to's and to be a safe person for anyone who has been told they are either not enough or that they are too much (🧑🏻) because I have learned... 💕 Life can get better, Braveheart. And art heals

Justa

"[THE] REAL COST OF NEVER SLOWING DOWN [IS] NOT JUST EXHAUSTION. IT IS DISCONNECTION FROM THE PART OF THE SELF THAT ALREADY KNOWS WHICH DIRECTION TO MOVE IN." -ETHAN HAWKE