



Tending My Garden, Tending Myself

A 90-Day Therapeutic Garden Journal

Frankie & Leah



OurGarden & Soulful Artistry

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This journal is not a substitute for professional mental health care. If you are experiencing a mental health crisis, please contact a qualified professional.

Designed with love in Washington State.

~ *Tend with intention. Grow with purpose.* ~

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Dear friend,

You are holding this journal because something in you is ready — ready to slow down, to pay attention, to find your way back to yourself through the one place that has always been honest with you: the garden.



I know what it feels like to step away from a life that gave you purpose — a career, a role, an identity built over decades — and suddenly find yourself standing in your backyard wondering who you are now. That happened to me. And it was the garden that brought me back.

Not because I had the right plants, or the perfect design, or any great expertise. But because the garden asked something simple of me every day: just show up. Tend what is here. Notice what is growing.

That is what this journal asks of you too.

Over the next 90 days, you will tend two gardens at once — the one outside your door, and the one within you. Some days will feel rich and full. Others may feel quiet, or hard, or like nothing is happening at all. That is the nature of gardens. That is the nature of healing.

There is no right way to use this journal. No pressure to keep up, no streak to protect, no grade at the end. Begin wherever you are. Begin today. Begin in any season.

We made this for you — for the someone standing at the threshold of something new, who needs a companion, not an instructor.

Welcome to your garden. Welcome home.

With love,

Frankie & Leah

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How to Use This Journal

This is not a planner. It is not a tracker. It is a companion.

Each day, two pages wait for you: one for your outer garden — what you observed, touched, tended — and one for your inner garden — how you arrived, what you felt, what the garden gave you.

There are no rules. Only these five gentle invitations:

1. Begin wherever you are — any season, any weather, any mood.

2. There is no 'behind.' This journal has no dates. You cannot fall behind.

3. Write as much or as little as feels right. A single word is enough.

4. Let the garden show you what you need. Trust what arises.

5. Return as often as you can. Even five minutes in the garden counts.

At Day 30, Day 60, and Day 90 you will find deeper reflection pages — spacious pauses to look back at how far you have come. From Day 71 onward, open pages invite you to tend without prompts — your own voice, your own rhythm."

~ Begin today. Begin right where you are. ~



My Garden Space Right Now



A snapshot before we begin

What does your outdoor space look like today?

How do you feel when you step into it?

One word that describes this space right now:

What do I wish this space gave me?

A large, empty rectangular box with a dashed border, intended for a sketch or description of the garden space.

Sketch or describe your space — even a rough drawing tells the truth



What do I most want to tend — in my garden and in myself?

My Garden, Through My Senses

What I want to see, hear, smell, touch, and taste in the garden I am creating



What I want to SEE

Colors, shapes, movement, light...



What I want to HEAR

Birds, wind, water, the rustling of leaves, stillness...



What I want to SMELL

Herbs, flowers, soil after rain, pine, sweetness...



What I want to TOUCH

Bark, petal, cool soil, rough stone, silky grass...

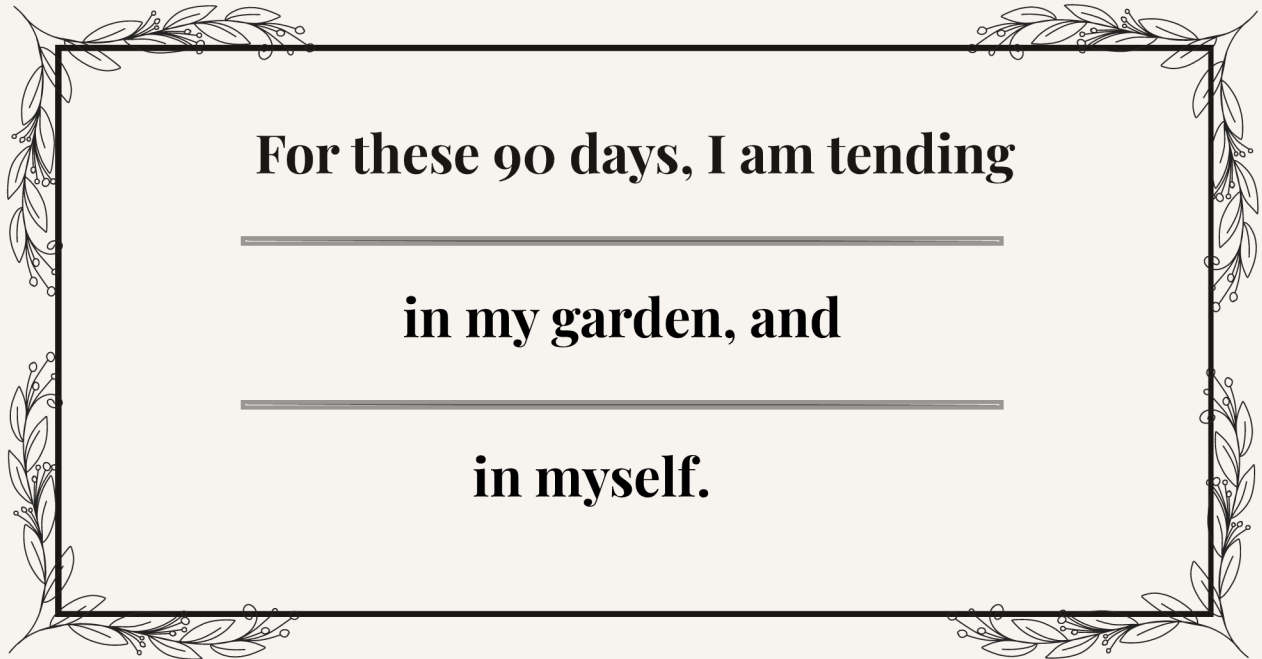


What I want to TASTE

Fruit from the vine, ripe tomato, mint, edible flowers...

My Healing Intention

Complete this sentence. Sign it. Let it be your promise to yourself.



For these 90 days, I am tending

in my garden, and

in myself.

Signed: _____ Date: _____

So it begins.

The garden is waiting. And so is the person you are becoming.

Today in my garden...



Something I noticed today with my SIGHT



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

AWAKENING — Day 1 - 8

What feels like it has been sleeping in you, and what is beginning to stir? How does this garden mirror what is waking up inside you?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SIGHT



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One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SIGHT



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

ROOTS - Day 9 of 70

What grounds you when everything feels uncertain? What do you return to — in this garden and in your life — when you need to remember who you are?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SIGHT



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

ROOTS - Day 10 of 70

What grounds you when everything feels uncertain? What do you return to — in this garden and in your life — when you need to remember who you are?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SIGHT



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

ROOTS - Day 11 - 70

What grounds you when everything feels uncertain? What do you return to — in this garden and in your life — when you need to remember who you are?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SIGHT



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

ROOTS - Day 12 of 70

What grounds you when everything feels uncertain? What do you return to — in this garden and in your life — when you need to remember who you are?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SIGHT



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

ROOTS - Day 13 of 70

What grounds you when everything feels uncertain? What do you return to — in this garden and in your life — when you need to remember who you are?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SIGHT



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

ROOTS - Day 14 of 70

What grounds you when everything feels uncertain? What do you return to — in this garden and in your life — when you need to remember who you are?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

ROOTS - Day 15 of 70

What grounds you when everything feels uncertain? What do you return to — in this garden and in your life — when you need to remember who you are?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

ROOTS - Day 16 of 70

What grounds you when everything feels uncertain? What do you return to — in this garden and in your life — when you need to remember who you are?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

TENDING - Day 17 of 70

What does it mean to care for something daily, patiently, without guarantee of outcome? How does tending this garden change the way you tend to yourself?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

TENDING - Day 18 of 70

What does it mean to care for something daily, patiently, without guarantee of outcome? How does tending this garden change the way you tend to yourself?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

TENDING - Day 19 of 70

What does it mean to care for something daily, patiently, without guarantee of outcome? How does tending this garden change the way you tend to yourself?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

TENDING - Day 20 of 70

What does it mean to care for something daily, patiently, without guarantee of outcome? How does tending this garden change the way you tend to yourself?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

TENDING - Day 21 of 70

What does it mean to care for something daily, patiently, without guarantee of outcome? How does tending this garden change the way you tend to yourself?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

TENDING - Day 22 of 70

What does it mean to care for something daily, patiently, without guarantee of outcome? How does tending this garden change the way you tend to yourself?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

TENDING - Day 23 of 70

What does it mean to care for something daily, patiently, without guarantee of outcome? How does tending this garden change the way you tend to yourself?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

TENDING - Day 24 of 70

What does it mean to care for something daily, patiently, without guarantee of outcome? How does tending this garden change the way you tend to yourself?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

GROWTH - Day 25 of 70

What is quietly growing in you right now — even if you cannot yet see it? What are the small, almost invisible signs of change you might miss if you are not paying close attention?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

GROWTH - Day 26 of 70

What is quietly growing in you right now — even if you cannot yet see it? What are the small, almost invisible signs of change you might miss if you are not paying close attention?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

GROWTH - Day 27 of 70

What is quietly growing in you right now — even if you cannot yet see it? What are the small, almost invisible signs of change you might miss if you are not paying close attention?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SOUND



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

GROWTH - Day 28 of 70

What is quietly growing in you right now — even if you cannot yet see it? What are the small, almost invisible signs of change you might miss if you are not paying close attention?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

GROWTH - Day 29 of 70

What is quietly growing in you right now — even if you cannot yet see it? What are the small, almost invisible signs of change you might miss if you are not paying close attention?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

THE FIRST SEASON — Day 30

What has surprised me most about this first month?

Where have I seen the most growth — in the garden and in myself?

What have I released or let go of that I was holding too tightly?

What am I tending now that I wasn't 30 days ago?

One word that describes who I am becoming:

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

GROWTH - Day 31 of 70

What is quietly growing in you right now — even if you cannot yet see it? What are the small, almost invisible signs of change you might miss if you are not paying close attention?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

GROWTH - Day 32 of 70

What is quietly growing in you right now — even if you cannot yet see it? What are the small, almost invisible signs of change you might miss if you are not paying close attention?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

REST - Day 33 of 70

What are you allowing to rest right now — in your garden and in yourself?

What might become possible if you stopped pushing for a season and simply waited?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

REST - Day 34 Of 70

*What are you allowing to rest right now — in your garden and in yourself?
What might become possible if you stopped pushing for a season and simply waited?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

REST - Day 35 of 70

*What are you allowing to rest right now — in your garden and in yourself?
What might become possible if you stopped pushing for a season and simply waited?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

REST - Day 36 of 70

*What are you allowing to rest right now — in your garden and in yourself?
What might become possible if you stopped pushing for a season and simply waited?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

REST - Day 37 of 70

*What are you allowing to rest right now — in your garden and in yourself?
What might become possible if you stopped pushing for a season and simply waited?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

REST - Day 38 of 70

What are you allowing to rest right now — in your garden and in yourself?

What might become possible if you stopped pushing for a season and simply waited?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

REST - Day 39 of 70

*What are you allowing to rest right now — in your garden and in yourself?
What might become possible if you stopped pushing for a season and simply waited?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

REST - Day 40 of 70

*What are you allowing to rest right now — in your garden and in yourself?
What might become possible if you stopped pushing for a season and simply waited?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

SEASONS - Day 41 of 70

What season are you in right now — not outside, but inside yourself? What is this inner season asking of you, and what does your garden show you about how to live it well?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my SMELL



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

SEASONS - Day 42 of 70

What season are you in right now — not outside, but inside yourself? What is this inner season asking of you, and what does your garden show you about how to live it well?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

SEASONS - Day 43 of 70

What season are you in right now — not outside, but inside yourself? What is this inner season asking of you, and what does your garden show you about how to live it well?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

SEASONS - Day 44 of 70

What season are you in right now — not outside, but inside yourself? What is this inner season asking of you, and what does your garden show you about how to live it well?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

SEASONS - Day 45 of 70

What season are you in right now — not outside, but inside yourself? What is this inner season asking of you, and what does your garden show you about how to live it well?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

SEASONS - Day 46 of 70

What season are you in right now — not outside, but inside yourself? What is this inner season asking of you, and what does your garden show you about how to live it well?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

SEASONS - Day 47 of 70

What season are you in right now — not outside, but inside yourself? What is this inner season asking of you, and what does your garden show you about how to live it well?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

SEASONS - Day 48 of 70

What season are you in right now — not outside, but inside yourself? What is this inner season asking of you, and what does your garden show you about how to live it well?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

HEALING - Day 49 of 70

*What has your time in this garden helped you heal, release, or make peace with?
What is mending quietly beneath the surface — in the soil and in you?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

HEALING - Day 50 of 70

*What has your time in this garden helped you heal, release, or make peace with?
What is mending quietly beneath the surface — in the soil and in you?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

HEALING - Day 51 of 70

*What has your time in this garden helped you heal, release, or make peace with?
What is mending quietly beneath the surface — in the soil and in you?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

HEALING - Day 52 of 70

*What has your time in this garden helped you heal, release, or make peace with?
What is mending quietly beneath the surface — in the soil and in you?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

HEALING - Day 53 of 70

*What has your time in this garden helped you heal, release, or make peace with?
What is mending quietly beneath the surface — in the soil and in you?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

HEALING - Day 54 of 70

*What has your time in this garden helped you heal, release, or make peace with?
What is mending quietly beneath the surface — in the soil and in you?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

HEALING - Day 55 of 70

*What has your time in this garden helped you heal, release, or make peace with?
What is mending quietly beneath the surface — in the soil and in you?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TOUCH



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

HEALING - Day 56 of 70

*What has your time in this garden helped you heal, release, or make peace with?
What is mending quietly beneath the surface — in the soil and in you?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BELONGING - Day 57 of 70

*Where do you feel most at home — in this garden, in your life, in your own skin?
What does belonging feel like in your body when you are standing in your
outdoor space?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BELONGING - Day 58 of 70

*Where do you feel most at home — in this garden, in your life, in your own skin?
What does belonging feel like in your body when you are standing in your
outdoor space?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BELONGING - Day 59 of 70

*Where do you feel most at home — in this garden, in your life, in your own skin?
What does belonging feel like in your body when you are standing in your
outdoor space?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

THE DEEPENING — Day 60

What rhythms have I found — in the garden and in myself?

What has the garden taught me about patience this month?

What seeds of healing have begun to take root?

How am I different from the person who signed page 9?

What do I most want to carry forward into the final 30 days?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BELONGING - Day 61 of 70

*Where do you feel most at home — in this garden, in your life, in your own skin?
What does belonging feel like in your body when you are standing in your
outdoor space?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BELONGING - Day 62 of 70

*Where do you feel most at home — in this garden, in your life, in your own skin?
What does belonging feel like in your body when you are standing in your
outdoor space?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BELONGING - Day 63 of 70

*Where do you feel most at home — in this garden, in your life, in your own skin?
What does belonging feel like in your body when you are standing in your
outdoor space?*

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BECOMING - Day 64 of 70

Who are you discovering yourself to be in this season of your life? What has the garden helped you become that you could not have become without it?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BECOMING - Day 65 of 70

Who are you discovering yourself to be in this season of your life? What has the garden helped you become that you could not have become without it?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BECOMING - Day 66 of 70

Who are you discovering yourself to be in this season of your life? What has the garden helped you become that you could not have become without it?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BECOMING - Day 67 of 70

Who are you discovering yourself to be in this season of your life? What has the garden helped you become that you could not have become without it?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BECOMING - Day 68 of 70

Who are you discovering yourself to be in this season of your life? What has the garden helped you become that you could not have become without it?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BECOMING - Day 69 of 70

Who are you discovering yourself to be in this season of your life? What has the garden helped you become that you could not have become without it?

One small thing I am grateful for today:

Today in my garden...



Something I noticed today with my TASTE



One thing I observed – draw it or describe it

What I tended today:



How I arrived at the garden today:

Not a judgment — just a noticing

What the garden gave me today:

What did you receive — in body, in mind, in spirit?

BECOMING - Day 70 of 70

Who are you discovering yourself to be in this season of your life? What has the garden helped you become that you could not have become without it?

One small thing I am grateful for today:

Today in my garden...



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Today in my garden...



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Today in my garden...



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Today in my garden...





Day 90 — The Harvest

The gardener who tends with attention finds, in time, that she has also been tended.' —
Holly Farrell

What has grown in my garden this season?

What has grown in me?

What am I most grateful for from these 90 days of tending?

What does this season of tending mean to my life?

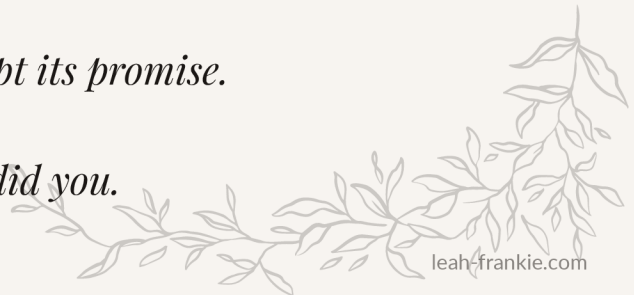
I arrived here as

and I leave as

You have tended well.

The garden kept its promise.

And so did you.



My Garden Through the Seasons

A living record – return to this page again and again, across many years



Spring – What stirs and begins



Summer – What blooms and ripens

My Garden Through the Seasons

A living record – return to this page again and again, across many years



Autumn — What fades and is gathered



Winter — What rests and waits



OurGarden & SoulfulArtistry

Plants That Healed Me

Not a garden record — a healing record

Plant or Element	What I Grew It For	What It Gave Me

Every plant in this list was also a teacher. What did yours teach you?



My Tending Rhythms

The rituals and patterns I discovered across these 90 days

The time of day I love most in the garden:

What I always bring with me (a cup of tea, my gloves, silence...):

The thing I am always glad I did, even on hard days:

The ritual I want to protect and carry into every season from here:

What I know now about myself that I didn't know 90 days ago:

Notes & Observations

For overflow, insights, plans, sketches, or anything that doesn't fit anywhere else.



A series of horizontal lines for writing notes, spanning the width of the page below the header.

Notes & Observations

Continued...



A series of horizontal lines for writing notes, spanning the width of the page below the header.

D Dear tender,

You did it.

Ninety days. Ninety mornings or evenings or stolen moments in the garden. Ninety pages of your own handwriting — your own words — your own life, tended with intention.

We want you to know something: the fact that you showed up — even imperfectly, even on the hard days, even when you skipped a week and came back — is everything. That is what tending means. Not perfection. Return.

Look at the person who signed page 10. Look at who you are now. Something has shifted. Something always does, in the garden and in the gardener.

This journal was the beginning of something, not the end of it. The practice you have built — of observing, of reflecting, of slowing down long enough to notice what is true — that belongs to you now. No one can take it.

If you are ready for what comes next — a deeper journey, a guided season with us, a community for those who are tending their gardens and themselves — we would love to walk alongside you.

Spring Awakening is our 30-day therapeutic garden design program. **Tending Season** is our deeper 12-week journey for anyone ready to go all in.

Find us at leah-frankie.com. We will be there.

Until then: keep tending. Keep returning. The garden is not finished with you.

With deep love and gratitude,

Frankie & Leah



*You showed up. Day after day.
That's not nothing. That's everything.*

Continue your journey at leah-frankie.com
OurGarden & Soulful Artistry · Frankie & Leah