

# young adult



## RESOURCE

Faith at  
home

# young adult



## The Phoenix Journal

The *Phoenix Journal* is more than just a notebook—it's a daily companion for building a life of focus, gratitude, and intentional growth. Each day gives you space to pause, reflect, and set priorities, helping you align your heart with what matters most. With prompts for gratitude, goals, and reflection, this journal helps you cultivate habits that strengthen your faith, sharpen your mind, and fuel your personal growth.

Over time, the simple rhythms of the Phoenix Journal create lasting patterns of clarity, resilience, and purpose. Whether you're stepping into college, a new job, or just wanting to live with more direction, this tool will guide you to rise above distractions and walk faithfully into your future.

To add this resource to your library, you can purchase it at <https://www.amazon.com/Phoenix-Journal-Gratitude-Happiness-Productivity/dp/B0773G8Y48?th=1>.

