

28ish Digital Journal

Your Stories, Your Cycle



Welcome to the 28ish Digital Journal—Your Stories, Your Cycle.

This is a space for you to explore and reflect on the many phases of your menstrual journey. This journal is designed to help you connect with your experiences, offering prompts that guide you to unpack emotions, memories, and insights. Whether you're reflecting on your first period, significant cycles, or transitions like menopause, this journal invites you to honor and celebrate your story.

How to Use This Journal:

Take your time with each prompt. There's no rush to complete it all in one sitting.

Note any feelings or insights that arise while writing; there's dedicated space for these reflections.

The final page allows you to create your own prompt, so you can explore whatever resonates most deeply with you.

Grab your favorite pen or open this document digitally—let's begin your journey of self-discovery and connection.

Menarche Memory

What was your very first period like? How old were you, where were you, and how did you feel—proud, scared, relieved, ashamed, excited? Did you share the news with anyone? Were you prepared or caught off guard?

Tell Your Story:

(Scribble down your memories and thoughts here.)

Emotions Uncovered:

(What feelings bubbled up as you reflected on this memory?)

A Later Cycle Story

Think back to a particularly memorable period that was not your first.

Perhaps it coincided with a major life event—starting a new job, moving to a different city, or embarking on a new relationship. How did this cycle feel, and how did it reflect where you were in life?

Tell Your Story:

(Scribble down your memories and thoughts here.)

Emotions Uncovered:

(What feelings bubbled up as you reflected on this memory?)

Postpartum Return

If you've experienced giving birth, what was it like when your period returned afterward? Did it feel familiar, comforting, inconvenient, or surreal after that life-changing journey? Explore any shifts in how you understand your body or your cycle now.

Tell Your Story:

(Scribble down your memories and thoughts here.)

Emotions Uncovered:

(What feelings bubbled up as you reflected on this memory?)

Cultural Contexts

Consider the traditions, myths, or cultural teachings you grew up with about periods. How did these shape your feelings about menstruation? Did you rebel against these narratives, adopt them as comfort, or discover new meanings in them?

Tell Your Story:

(Scribble down your memories and thoughts here.)

Emotions Uncovered:

(What feelings bubbled up as you reflected on this memory?)

Embracing Change

For those who have entered or are approaching menopause, reflect on the transition. How does it feel to leave the cycling years behind? Is there a sense of loss, relief, freedom, or new perspective?

Tell Your Story:

(Scribble down your memories and thoughts here.)

Emotions Uncovered:

(What feelings bubbled up as you reflected on this memory?)

Emotional Echoes

Think about a single emotional thread—shame, excitement, pride, confusion—and trace how it has evolved throughout your menstrual history. What moments stand out as turning points in how you understand your body and its rhythms?

Tell Your Story:

(Scribble down your memories and thoughts here.)

Emotions Uncovered:

(What feelings bubbled up as you reflected on this memory?)

Create Your Own Prompt

(Write your own question or topic for reflection here.)

Tell Your Story:

(Scribble down your memories and thoughts here.)

Emotions Uncovered:

(What feelings bubbled up as you reflected on this memory?)