

**FREE RESOURCE COLLECTION**

PLR JOURNALS

A guide organized by niche

Shared by Kiara Lasha Bennett

97 journal titles from 99 catalog listings.

A note from Kiara

At some point, you can't keep running from GOD. My obedience in this season is to share what I've built. Your obedience may look different from mine. I'm grateful for what God is doing in my life, and I hope something in this collection helps you move forward.

Thank you for receiving these resources with care. Use the links in this guide to open the journals and any available usage guides.

**THESE PLR JOURNALS CANNOT BE RESOLD TO ANYONE.
Do not resell or redistribute the journal files in this collection. No
resale rights are included.**

If this blesses you, you can sow a seed.

This catalog is free to access. If you feel led to support the work, choose any amount. There is no set amount and no pressure.

SOW A SEED - ANY AMOUNT

Browse by niche

Choose a topic to find journal titles that fit the audience or idea you are building for. Each title links to the available journal file and usage guide.

NICHE	JOURNAL TITLES
Identity & Confidence	13
Relationships & Dating	26
Mental & Emotional Wellness	21
Self-Development	20
Faith & Spirituality	3
Money & Business	8
Wedding & Marriage	4
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How to use this guide

01	Choose a niche from the index, then browse the journal blocks in that section.
02	Click OPEN JOURNAL to visit the source. Canva, Google Drive, and other hosts may require their own access.
03	Click DOWNLOAD GUIDE for available supporting files. Keep the no-resale rule with every file.

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Identity & Confidence

13 journal titles - Journals about identity, self-expression, confidence, and feeling at home in who you are.

PLR JOURNAL - COMPLETED

BBL Journal

Reflect on body choices, identity, and the weight of public opinion.

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PLR JOURNAL - COMPLETED

Fillers Journal

Explore appearance, self-expression, and the opinions around you.

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PLR JOURNAL - COMPLETED

Hot Girl

Reconnect with your confidence, energy, and presence.

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PLR JOURNAL - COMPLETED

Lipo Journal

Reflect on the personal meaning behind a body-related decision.

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PLR JOURNAL - COMPLETED

Ozempic Journal

Explore identity, outside opinions, and personal experience.

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PLR JOURNAL - COMPLETED

Rich Girl

Reflect on money confidence and your relationship with money.

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PLR JOURNAL - COMPLETED**Soft Girl**

Make room for emotional reflection and a gentler pace.

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PLR JOURNAL - COMPLETED**That Girl**

Explore stronger habits, discipline, and everyday structure.

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PLR JOURNAL - COMPLETED**The Weird AF Journal**

A bold journal for identity, voice, and self-expression.

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PLR JOURNAL - COMPLETED**Weight Loss Surgery Journal**

Reflect on change, outside judgment, and your sense of self.

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PLR JOURNAL - COMPLETED**Weird AF 1.0**

For women exploring identity, self-expression, and belonging.

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PLR JOURNAL - COMPLETED**Weird AF 2.0**

For men exploring emotion, identity, and expectations.

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PLR JOURNAL - COMPLETED**Wise Girl**

Reflect on patterns and make more intentional decisions.

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Relationships & Dating

26 journal titles - Reflection tools for dating, heartbreak, attachment, boundaries, and partnership.

PLR JOURNAL - COMPLETED

After The Heartbreak

A journal for emotional reflection in the aftermath of a breakup.

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PLR JOURNAL - STARTER

Attachment Awareness

Attachment Awareness is a psychology-informed journal designed to help readers understand how they respond to closeness, distance, emotional need, uncertainty, and perceived rejection.

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PLR JOURNAL - COMPLETED

Break the Illusion. Break the Bond.

Reflect on manipulation, relationship patterns, and emotional attachment.

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PLR JOURNAL - COMPLETED

Choosing Yourself

A journal for clarity, personal priorities, and moving forward.

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PLR JOURNAL - COMPLETED

Closure Without an Apology

A journal for release without waiting for someone else to respond.

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PLR JOURNAL - STARTER

Dating With Standards

Dating With Standards is a psychology-informed journal designed to help readers date with clarity, evaluate behavior, and stop negotiating against their own needs.

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PLR JOURNAL - STARTER

Emotional Availability

Emotional Availability is a psychology-informed journal that helps readers move beyond wanting love and examine their true capacity to participate in emotional intimacy.

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PLR JOURNAL - COMPLETED

Girl, Pick Up

A journal for reflection and love readiness after toxic relationships.

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PLR JOURNAL - COMPLETED

Healing After Betrayal

A journal for exploring emotional impact, trust, and self-understanding.

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PLR JOURNAL - STARTER

Healthy Love

Healthy Love is a psychology-informed journal designed to help readers redefine love through emotional safety, consistency, mutuality, honesty, respect, accountability, and repair.

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PLR JOURNAL - STARTER

Love Without Losing Yourself

Love Without Losing Yourself is a psychology-informed journal designed to help readers build intimacy without surrendering their identity, voice, needs, limits, friendships, goals, or personal life.

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PLR JOURNAL - STARTER

Preparing For Partnership

Preparing for Partnership is a psychology-informed journal designed to help readers build the inner capacity and relational skills required for mutual love.

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PLR JOURNAL - STARTER

Red Flag Reflection

Red Flag Reflection is a psychology-informed journal designed to help readers notice the evidence, question the explanation, and trust what repeated patterns reveal.

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PLR JOURNAL - STARTER

Relationship Boundaries

Relationship Boundaries is a psychology-informed journal designed to help readers identify their limits, communicate them clearly, and follow through without allowing guilt or emotional pressure to erase them.

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PLR JOURNAL - STARTER

Relationship Patterns

Relationship Patterns is a psychology-informed journal designed to help readers recognize what keeps repeating, understand why certain dynamics feel familiar, and create healthier responses.

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PLR JOURNAL - COMPLETED

The Attachment Pattern

Explore attachment, detachment, and emotional security.

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PLR JOURNAL - COMPLETED

The Detachment Journal

A journal for reflecting on emotional attachment and letting go.

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PLR JOURNAL - COMPLETED

The Emotional Labor Audit

Reflect on emotional responsibility and relationship balance.

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The Love Blueprint

Reflect on a more intentional approach to love and partnership.

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The Love Standard

Define the behaviors, effort, and values you want in relationships.

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The No Contact Journal

A journal for reflecting on boundaries, contact urges, and distance.

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PLR JOURNAL - COMPLETED

The Psychological Discipline of No Contact

Reflect on distance, emotional pulls, and personal boundaries.

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The Self Worth Journal

A journal for rebuilding confidence, identity, and self-trust.

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PLR JOURNAL - COMPLETED

The Self-Love Rebuild After Narcissistic Abuse

Reflect on identity, self-worth, and personal choice after emotional abuse.

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PLR JOURNAL - COMPLETED

The Self-Worth Threshold

Explore the standards and self-perception behind relationship choices.

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PLR JOURNAL - STARTER

Trust After Heartbreak

Trust After Heartbreak is a psychology-informed journal designed to help readers heal the injury, rebuild self-trust, and allow present evidence, not past pain, to guide what comes next.

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Mental & Emotional Wellness

21 journal titles - Resources for anxiety, overthinking, emotional regulation, healing, and inner wellbeing.

PLR JOURNAL - STARTER

Anxiety Processing

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - COMPLETED

Awareness.

Recognize how anxiety shows up in everyday life.

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PLR JOURNAL - STARTER

Burnout Recovery

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - COMPLETED

Confidence.

Explore self-belief and thoughtful action despite uncertainty.

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PLR JOURNAL - STARTER

Emotional Regulation

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - STARTER

Emotional Triggers

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - COMPLETED**Girl, Relax.**

Explore worst-case thinking and your response to uncertainty.

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PLR JOURNAL - STARTER**Healing Your Inner Voice**

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - COMPLETED**I Trust Myself Now.**

Reflect on self-doubt, reassurance, and your own decisions.

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PLR JOURNAL - STARTER**Inner Peace**

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - COMPLETED**Interruption.**

Examine worry loops and unhelpful interpretations.

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PLR JOURNAL - STARTER**Mental Reset**

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - STARTER

Nervous System Support

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - COMPLETED

Not That Deep.

Examine the meaning you give to everyday situations.

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PLR JOURNAL - STARTER

Overthinking

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - COMPLETED

Overthinking Again.

Notice conversation replays, second-guessing, and mental loops.

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PLR JOURNAL - COMPLETED

Regulation.

Explore emotional responses and the support that helps you cope.

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PLR JOURNAL - COMPLETED

Safety.

Reflect on emotional security, support, and self-trust.

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PLR JOURNAL - STARTER

Stress Management

A journal foundation to develop and customize for your audience.

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PLR JOURNAL - COMPLETED

Take A Deep Breath.

Create space to reflect when your mind feels overloaded.

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PLR JOURNAL - COMPLETED

To Heal, Not Hold

A journal for emotional reflection, release, and recovery.

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Self-Development

20 journal titles - Journals for habits, growth, mindset, personal direction, and building the next version of you.

PLR JOURNAL - STARTER

Becoming Her

The Becoming Her Journal helps readers connect their future vision to the standards, habits, decisions, boundaries, and behaviors they can practice today.

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PLR JOURNAL - COMPLETED

Clear the Clutter

CLEAR | Let go of what no longer belongs.

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PLR JOURNAL - COMPLETED

Girl, Hang Up

A 30-day journal for knowing when to disconnect.

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PLR JOURNAL - COMPLETED

Girl, Let's Bloom

BLOOM | Step fully into your new season.

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PLR JOURNAL - STARTER

Identity

The Identity Journal helps readers examine inherited labels, family expectations, social roles, personal values, survival identities, and the versions of themselves they created to feel safe or accepted.

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PLR JOURNAL - STARTER

Personal Boundaries

The Personal Boundaries Journal helps readers identify, communicate, and maintain boundaries involving their time, energy, emotions, privacy, money, work, family, and relationships.

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PLR JOURNAL - COMPLETED

Pink Lemonade

A 30-day journal for soft resets and fresh starts.

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PLR JOURNAL - COMPLETED

Reset the Room

RESET | Rebuild the life you actually want.

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PLR JOURNAL - STARTER

Self-Awareness

The Self-Awareness Journal helps readers recognize the thoughts, emotions, triggers, needs, and patterns influencing their choices.

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PLR JOURNAL - STARTER

Self-Confidence

The Self-Confidence Journal helps readers explore perfectionism, fear of judgment, avoidance, visibility, mistakes, comparison, and the experiences that taught them to shrink.

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PLR JOURNAL - STARTER

Self-Discipline

The Self-Discipline Journal helps readers examine procrastination, distractions, emotional resistance, motivation, habits, routines, environment, and the systems behind consistent action.

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PLR JOURNAL - STARTER

Self-Love

The Self-Love Journal helps readers examine their inner voice, unmet needs, self-care, forgiveness, personal standards, and the everyday choices that communicate love to themselves.

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PLR JOURNAL - STARTER

Self-Respect

The Self-Respect Journal helps readers examine personal standards, integrity, self-betrayal, people-pleasing, unmet needs, and the decisions that either protect or compromise their dignity.

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PLR JOURNAL - STARTER

Self-Trust

The Self-Trust Journal helps readers explore second-guessing, reassurance-seeking, intuition, fear, indecision, past invalidation, and the promises they make to themselves.

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PLR JOURNAL - STARTER

Self-Worth

The Self-Worth Journal helps readers separate their value from productivity, achievement, appearance, approval, usefulness, relationship status, and being chosen by other people.

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PLR JOURNAL - COMPLETED

Tea On Me

A 30-day journal for being honest with yourself.

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PLR JOURNAL - COMPLETED

The Lemonade Journal

A journal for mindset, resilience, and growth through challenges.

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The Queen B Journal

A 30-day journal for turning your potential into action.

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PLR JOURNAL - COMPLETED

The Rebrand Journal

A journal for identity shifts and personal transformation.

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PLR JOURNAL - COMPLETED

Watch Your Mouth

A 30-day journal for changing the way you speak to yourself.

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Faith & Spirituality

3 journal titles - Faith-centered journals for reflection, trust, and listening for God's direction.

PLR JOURNAL - COMPLETED

I Hear God, BUT...

Obedience | For the woman reflecting on direction and follow-through.

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PLR JOURNAL - COMPLETED

I Need God, BUT...

Connection | For the woman who wants to feel closer to God.

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PLR JOURNAL - COMPLETED

I Trust God, BUT...

Trust | For the woman navigating uncertainty and control.

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Money & Business

8 journal titles - Journals about money patterns, business decisions, and the habits behind building.

PLR JOURNAL - COMPLETED

Before You Build

Reflect on indecision, direction, and what you are committing to.

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PLR JOURNAL - COMPLETED

Before You Get Paid

Explore consistency and the behaviors behind follow-through.

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PLR JOURNAL - COMPLETED

Before You Start

Explore avoidance and the step you have been putting off.

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PLR JOURNAL - COMPLETED

The Lifestyle Gap

Explore the relationship between income, spending choices, and expectations.

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PLR JOURNAL - COMPLETED

The Price of Value

Explore pricing, earning, and the confidence behind what you charge.

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PLR JOURNAL - COMPLETED

The Scarcity Reset

Explore money beliefs, early influences, and survival thinking.

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PLR JOURNAL - COMPLETED

The Wealth Audit

Explore financial habits, spending patterns, and the reality behind the numbers.

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PLR JOURNAL - COMPLETED

The Wealth Standard

Explore financial habits, expectations, and long-term direction.

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Wedding & Marriage

4 journal titles - Guided reflection for couples and wedding parties preparing for a new season.

PLR JOURNAL - COMPLETED

For The Bridesmaids Journal

For the bridesmaid balancing support, friendship, and her own limits.

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PLR JOURNAL - COMPLETED

For The Groomsmen Journal

For the groomsman navigating loyalty, responsibility, and expectations.

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PLR JOURNAL - COMPLETED

For The Husband Journal

For the groom reflecting on responsibility, expectations, and change.

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PLR JOURNAL - COMPLETED

For The Wife Journal

For the bride carrying expectations, decisions, and private questions.

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Personal Boundaries

1 journal titles - Resources for self-respect, saying no, and choosing what is healthy for you.

PLR JOURNAL - COMPLETED

The No Journal

A journal for boundaries, self-worth, and saying no.

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Habits & Wellness

1 journal titles - A journal for noticing routines and making intentional everyday changes.

PLR JOURNAL - COMPLETED

Kick The Coffee, Sis

A journal for exploring caffeine habits and everyday routines.

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