



Ash & Ember Rising

A Place to Start
This is not a self-help pack. It's a survival hug.

Welcome to

Ash & Ember Rising

A space for humans (and goats) who are doing their best.

This printable pack is your invitation to reflect, rest, rage, and rise — on your own terms.

Inside, you'll find a mix of reflection pages and affirmation art designed to hold space for wherever you're at — whether you're glowing like embers, burning bright, or just trying to stay warm in the ashes. Some pages have prompts, some are blank, some are lined, some are not — because no two days are the same and neither are you.

♥ How to use this pack:

Colour outside the lines

Write your truth

Burn it, bury it, frame it — it's yours

Come back tomorrow and do something completely different

There is no right way to be here.
Just being here is more than enough.



You don't need to be on fire to be rising.

You don't even need to be rising.
Some days, just existing is a quiet kind of victory — and I see you.

🖨️ How to Print:

Format: A4 (recommended)

Can also be printed A5: Print 2 per A4 and cut — great for journaling

Paper: Standard printer paper works, but thicker paper is great for colouring

Printing Tip: For borderless or full-colour images, use "fit to page" or "borderless" settings if your printer allows

Want to save trees? Reuse pages as wrapping, collage, or blackout poetry
or search the blog for 'Burnt & Beautiful' - art inspiration
and ideas!



*Tell your truth in ink,
color, or silence.*

What fire have you walked through lately?

What would rising look like today?

What layer of me is ready to be seen?





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What would rising look like today?

What layer of me is ready to be seen?

You don't have to rise today. You don't have to do or change or become. Just being here is more than enough.



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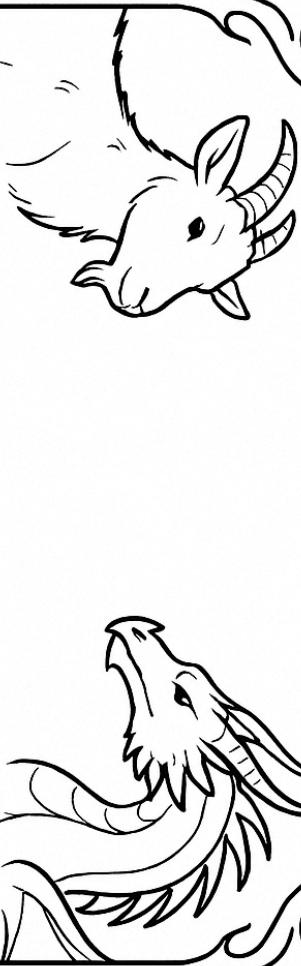


still me.
but I'm
singer
build
I
might



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– and goats – who
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