

NO F*CKS LEFT

A journal for women entering
their IDGAF era.



Sunny+
RATChET

S U N N Y + R A T C H E T



**Every page you filled is
proof that you're
growing in the right
direction. Carry this
softness and strength
with you everywhere you
go.**

W E B S I T E I N F O H E R E

Meet the journal for every woman who's officially out of patience, out of apologies, and out of fucks to give.

This journal is your safe space to dump the stress, track your mood, release what's been heavy, and get real about what's actually going on in your life — without needing to sugarcoat a damn thing.

Designed for the woman in her grown-ass era, this journal helps you:

- ✦ Reflect honestly
- ✦ Set boundaries without guilt
- ✦ Let go of emotional clutter
- ✦ Check in with your mood (with cute-but-honest mood faces)
- ✦ Reclaim your peace, one page at a time

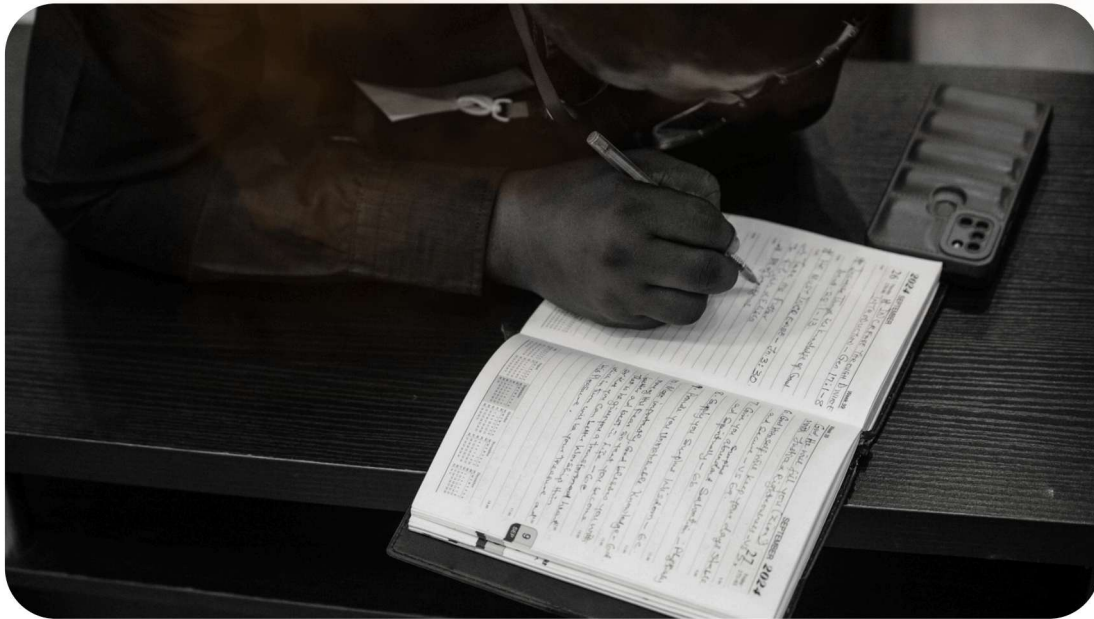
Every page is designed with calm, clean minimalist layouts — perfect for printing or using on an iPad. This journal is for you if you're:

- ✓ A middle-aged woman in her IDGAF era
- ✓ Tired of carrying everyone else's emotions
- ✓ Ready to release, reset, and protect your peace
- ✓ Needing a reminder that you deserve softness, boundaries, and quiet

This is your permission slip to get real, get honest, and get unbothered.

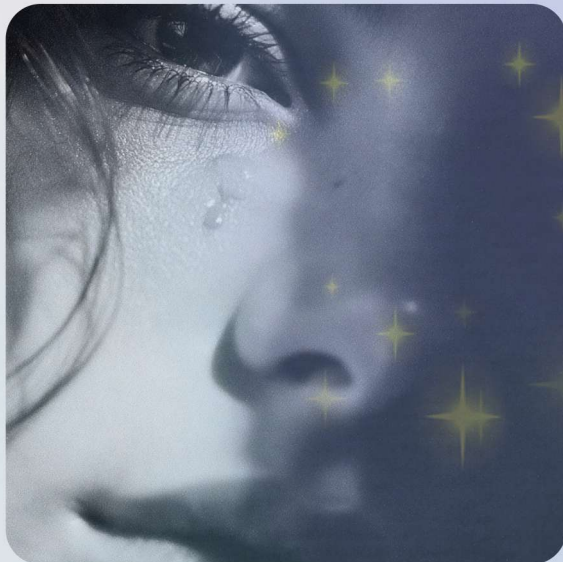
WELCOME TO YOUR IDGAF ERA

This is the moment you finally choose you. No more shrinking, overthinking, or breaking your back to keep everyone else comfortable. This journal is your permission slip to step into your power, protect your peace, and move through life with confidence that doesn't need approval. Here, you get to vent, celebrate, heal, and grow—unapologetically. Your IDGAF era isn't about being careless; it's about caring only about what truly matters. Let's begin.



ACKNOWLEDGE YOUR BLESSINGS

Take a moment to acknowledge the blessings you already hold—quiet, steady, and often overlooked.



LET IT OUT!

every tear is just your body releasing what your heart no longer needs to carry.

ENJOY THE LITTLE THINGS

Slow down and enjoy the little things—because those tiny moments are the ones that end up meaning the most





**TIME TO GET IT OFF YOUR
CHEST**



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NDV

1 2 3 4 5 6 7 8 3 10 11 12 13 15 18 17 18 18 20 21 22 25 24 22 28 27 24 29

M T W T F S

SLEEP



HOURS

MOOD



WATER



DAILY DOODLE



TODAY'S HIGHLIGHTS

TOMORROW'S FOCUS

RATE MY DAY



1 2 3 4 5 6 7 8 3 10 11 12 13 15 18 17 18 18 20 21 22 25 24 22 28 27 24 29

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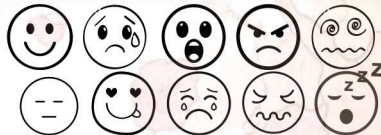
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A 2x5 grid of 10 simple line drawings of faces, each representing a different emotion. The top row shows: a happy face with a wide smile; a sad face with a downturned mouth and a single tear; a surprised face with wide eyes and an open mouth; an angry face with furrowed brows and a downward curve; and a dizzy face with spiral eyes and wavy lines. The bottom row shows: a neutral face with a straight line for a mouth; a face with heart-shaped eyes and a small smile; a scared face with wide eyes and a wavy mouth; a sleepy face with heavy, closed eyes; and an asleep face with closed eyes and a small 'Z' above the head.

☆ ☆ ☆ ☆ ☆

M T W T F S

HOURS

A 2x5 grid of 10 different smiley faces. The top row shows: a happy face with a wide smile; a sad face with a single tear; a surprised face with wide eyes and an open mouth; an angry face with furrowed brows and a downward curve; and a dizzy face with spiral eyes and a wavy mouth. The bottom row shows: a neutral face with a straight line for a mouth; a love-struck face with heart-shaped eyes; a nervous face with sweat drops and a wavy mouth; a grumpy face with slanted eyes and a downward curve; and a sleeping face with closed eyes and a small 'Z' above the head.

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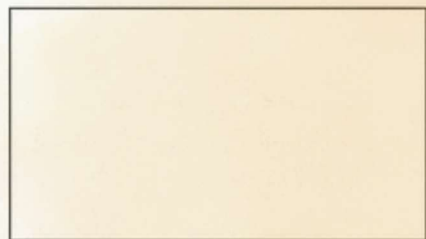
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A 2x5 grid of ten different emoji faces. The top row contains: a happy face with a wide smile, a sad face with a single tear, a surprised face with wide eyes and an open mouth, an angry face with furrowed brows, and a dizzy face with spiral eyes. The bottom row contains: a neutral face with a straight line for a mouth, a face with heart-shaped eyes, a face with a pouting mouth and sweat drops, a face with a wavy mouth and closed eyes, and a sleeping face with closed eyes and a 'Z' above the head.



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Horizontal lines for writing notes, corresponding to the days of the month listed at the top.

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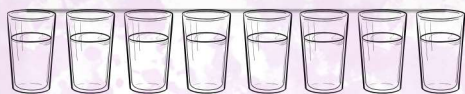


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**"Do the best you can until
you know better. Then when
you know better, do better"**

— Maya Angelou.





STILL UNBOTHERED, STILL EVOLVING

You faced your thoughts, owned your feelings, and kept it real. If that's not growth, I don't know what is.

S U B S C R I B E A T

Y O U T U B E . C O M / @ S U N N Y A N D R A T C H E T