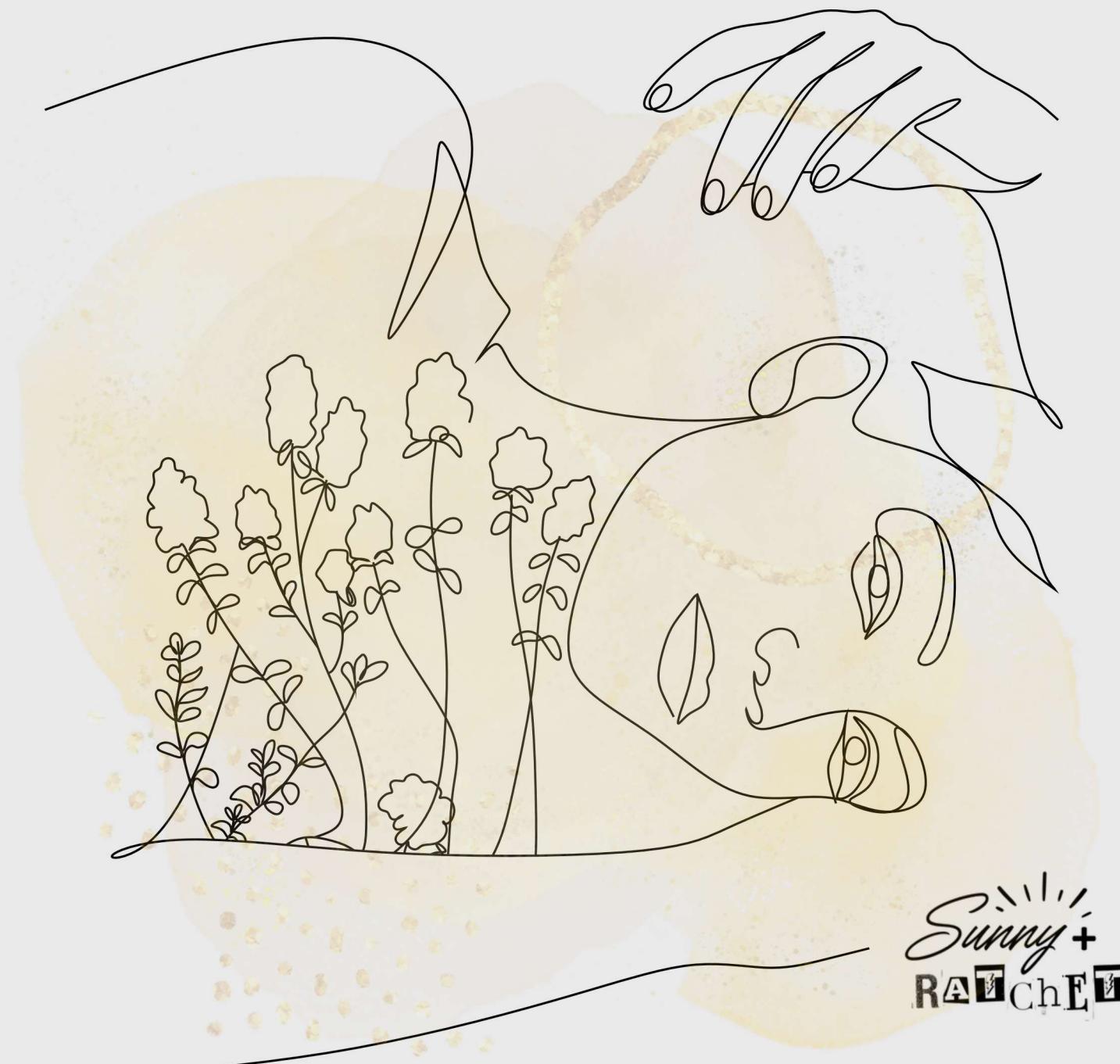


NO F*CKS LEFT

A journal for women entering
their IDGAF era.



Sunny +
RaChE

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

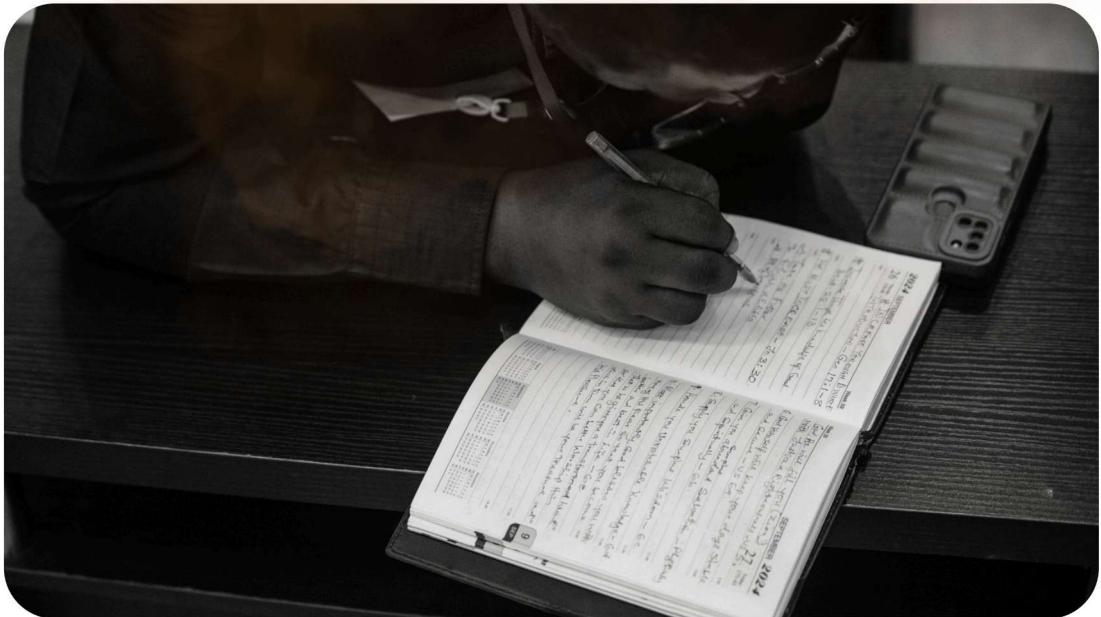
Every page is designed with calm, clean minimalist layouts — perfect for printing or using on an iPad. This journal is for you if you're:

- ✓ 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.



ENJOY THE LITTLE THINGS

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

LET IT OUT!

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





TIME TO GET IT OFF YOUR CHEST



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NDV

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M T W T F S

SLEEP



HOURS

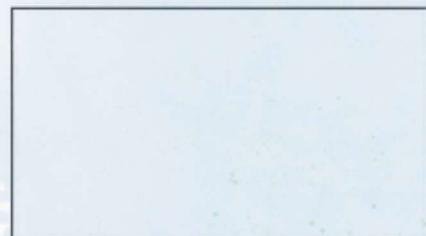
MOOD



WATER



DAILY DOODLE



TODAY'S HIGHLIGHTS

TOMORROW'S FOCUS

RATE MY DAY



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NDV

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SLEEP



HOURS

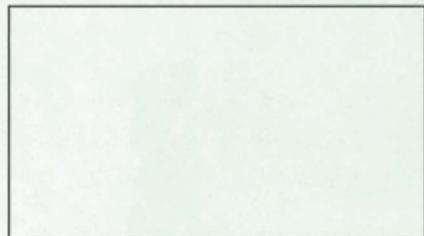
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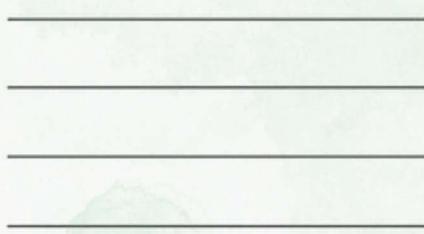
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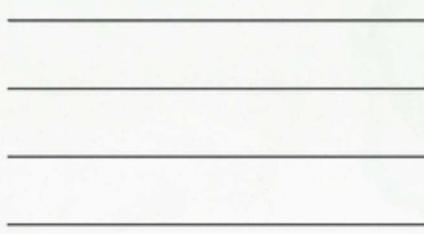
DAILY DOODLE



TODAY'S HIGHLIGHTS



TOMORROW'S FOCUS



RATE MY DAY



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HOURS

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WATER



DAILY DOODLE



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TOMORROW'S FOCUS

RATE MY DAY



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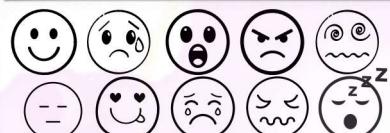
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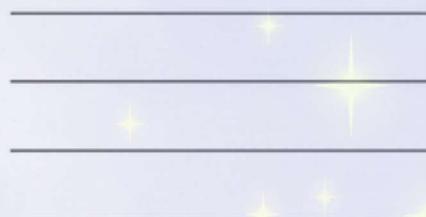
WATER



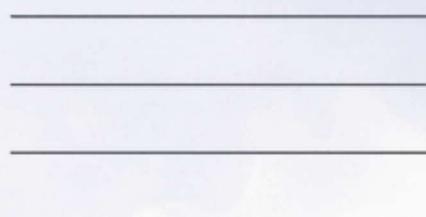
DAILY DOODLE



TODAY'S HIGHLIGHTS



TOMORROW'S FOCUS



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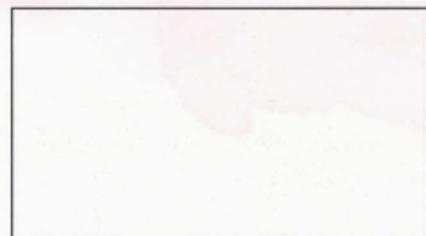
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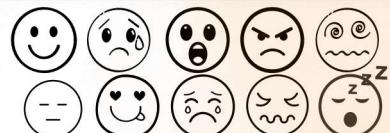
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TOMORROW'S FOCUS

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TOMORROW'S FOCUS

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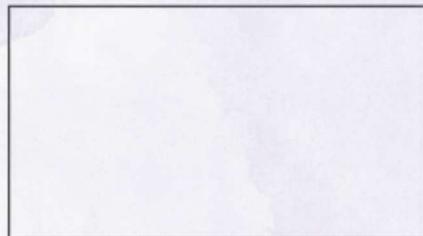
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WATER



DAILY DOODLE



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TOMORROW'S FOCUS

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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

Hand-drawn style sleep chart with 7 horizontal lines for tracking sleep hours.

MOOD



Hand-drawn style mood chart with 7 horizontal lines for tracking mood.

WATER



Hand-drawn style water chart with 7 horizontal lines for tracking water intake.

DAILY DOODLE



Hand-drawn style doodle chart with 7 horizontal lines for drawing.

TODAY'S HIGHLIGHTS

Hand-drawn style highlights chart with 7 horizontal lines for listing highlights.

TOMORROW'S FOCUS

Hand-drawn style focus chart with 7 horizontal lines for listing tomorrow's focus.

RATE MY DAY



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HOURS

MOOD



WATER



DAILY DOODLE



TODAY'S HIGHLIGHTS

TOMORROW'S FOCUS

RATE MY DAY



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SLEEP



HOURS

MOOD



WATER



DAILY DOODLE



TODAY'S HIGHLIGHTS

TOMORROW'S FOCUS

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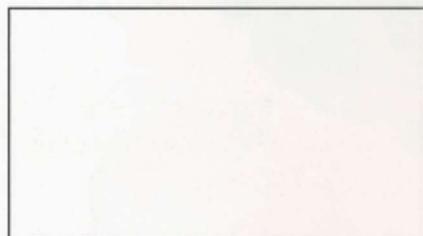
MOOD



WATER



DAILY DOODLE



TODAY'S HIGHLIGHTS

TOMORROW'S FOCUS

RATE MY DAY



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SLEEP

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HOURS

MOOD



WATER



DAILY DOODLE



TODAY'S HIGHLIGHTS

TOMORROW'S FOCUS

RATE MY DAY



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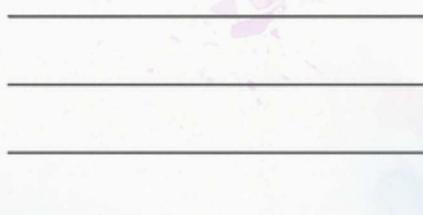
DAILY DOODLE



TODAY'S HIGHLIGHTS



TOMORROW'S FOCUS



RATE MY DAY



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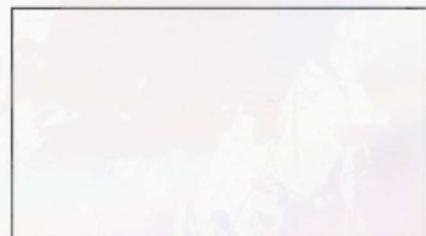
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WATER



DAILY DOODLE



TODAY'S HIGHLIGHTS

TOMORROW'S FOCUS

RATE MY DAY



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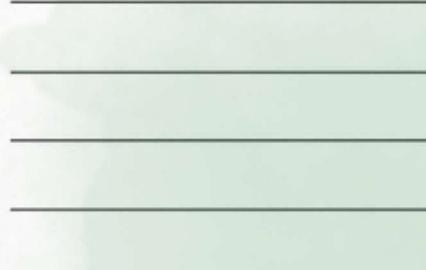
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TODAY'S HIGHLIGHTS



TOMORROW'S FOCUS



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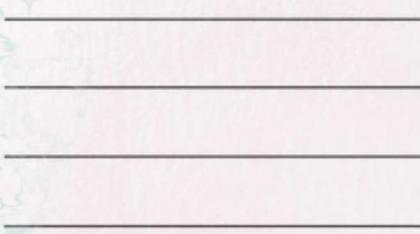
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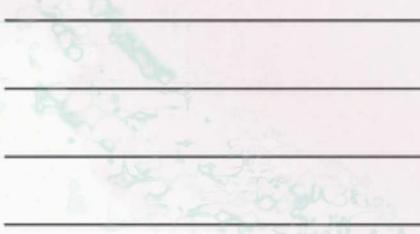
DAILY DOODLE



TODAY'S HIGHLIGHTS



TOMORROW'S FOCUS



RATE MY DAY



“

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

— Maya Angelou.



Sunny +
RAD ChE



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