

DR. ALTREISHA FOSTER

The
Cake
Therapy
Reflection Journal

A guided journal for healing,
growth, and joy — one slice
at a time.



A NOTE BEFORE YOU BEGIN

Welcome, friend.

Baking taught me that the most beautiful things are made slowly: measured, mixed, given time to rise, and shared with people we love. Healing works the same way.

This journal is a quiet kitchen for your thoughts. There are no wrong answers here — only honest ones. Return to these pages whenever you need a moment to breathe, reflect, and remember who you are becoming.

Get comfortable. Pour something warm. Let's begin.

— *Dr. Altreisha Foster*

HOW TO USE THIS JOURNAL

The recipe

01 **Gather**

Take stock of where you are today — your ingredients.

02 **Mix**

Sit with your feelings, even the ones that don't blend easily.

03 **Bake**

Give yourself patience. Growth needs time and a little heat.

04 **Rise**

Name your strengths and celebrate how far you've come.

05 **Share**

Carry what you've learned into your community.

CHAPTER 01

Gather

Take stock of where you are today — your ingredients.

GATHER · REFLECTION

What am I carrying with me today — in my body, my mind, and my heart?

GATHER · REFLECTION

Which people, places, or rituals make me feel most like myself?

CHAPTER 02

Mix

Sit with your feelings, even the ones that don't blend easily.

MIX · REFLECTION

What feeling have I been avoiding? What might it be trying to tell me?

MIX · REFLECTION

Write a letter to a younger version of yourself. What do you want her to know?

Bake

Give yourself patience. Growth needs time and a little heat.

BAKE • REFLECTION

Where in my life am I being asked to be patient? How can I be gentler with myself?

BAKE • REFLECTION

What is one small, kind thing I can do for myself this week?

CHAPTER 04

Rise

Name your strengths and celebrate how far you've come.

RISE · REFLECTION

List three challenges you have already survived. What did each one teach you?

What does the most confident version of me do differently?

Share

Carry what you've learned into your community.

SHARE · REFLECTION

Who has poured into me? How can I say thank you?

SHARE · REFLECTION

How do I want to show up for my family and community in the season ahead?

SWEET THINGS

Today I am grateful for...

1

2

3

4

5

*“What matters most
is what you do next.”*

DR. ALTREISHA FOSTER