

THE
ROOTS
and
BREATH
JOURNAL

*A space for reflection, grounding,
and gentle growth
from the ridge.*



A JOURNAL FROM
June Carter
• THE APPALACHIAN ARCHIVES •

The Roots and Breath Journal

From *The Appalachian Archives*

In *The Appalachian Archives*, two themes appear again and again:

Roots - what grounds us

Breath - what sustains us

June Carter often wrote that healing begins when we return to both.

This journal is meant to be quiet, reflective, and gentle; like sitting on the ridge at sunrise.

Part One - Roots: What Grounds Me

Roots grow slowly. They anchor us when life shifts, when storms come, when uncertainty arrives.

Take a moment to reflect:

Journal Prompts

- What places make you feel grounded?
- Who helps you feel steady in difficult times?
- What routines bring you calm?
- What values guide your decisions?

Write here:

Part Two - Breath: What Sustains Me

Breath returns us to the present.

June Carter often reminded others: "Sometimes the first step toward healing is simply breathing again."

Journal Prompts

- When do you feel most at peace?
- What helps you slow down?
- What brings you quiet comfort?
- Where in your life do you need more space to breathe?

Write here:

Part Three - Quiet Strength

Like ginseng and mullein, strength often grows quietly.

Journal Prompts

- What challenges have shaped your strength?
- When have you endured something difficult?
- What quiet strengths do you carry?
- How have you grown through hardship?

Write here:

Part Four - The People Who Root Me

Community strengthens roots.

June often believed healing happens together.

Journal Prompts

- Who supports you?
- Who do you support?
- What relationships bring you peace?
- Who has helped shape who you are?

Write here:

Part Five - The Seasons of My Life

The ridge moves through seasons, so do we.

Journal Prompts

- What season of life are you in right now?
- Are you growing, resting, healing, or rebuilding?
- What do you need most in this season?
- What small step can you take forward?

Write here:

Part Six - Listening to the Land

The mountains teach quietly. This section invites you to observe your surroundings.

Journal Prompts

- What do you notice around you right now?
- What sounds bring you calm?
- What natural place restores you?
- When do you feel most connected to the world around you?

Write here:

Part Seven - What I Am Growing

Roots support growth. Breath supports movement.

Journal Prompts

- What do you want to grow in your life?
- What dreams feel quietly important?
- What small step can you take toward growth?
- What would gentle progress look like?

Write here:

A Quiet Reflection

Roots grow slowly.

Breath returns gently.

Healing unfolds quietly.

You do not need to rush.

You only need to begin.

Closing Page - The Ridge Reminder

Take a breath.

Feel your feet on the ground.

Notice the quiet around you.

You are rooted.

You are breathing.

You are growing.

And that is enough for today.

The Roots and Breath Journal
From *The Appalachian Archives*
Where healing begins quietly.