Your study, your pace

Care and Recovery

Gentle choices at your pace

These are original editable study-page layouts by Kavonte Jones Sr.. Start with any page. You may leave a question unanswered or keep your reflections private.

For Canva: create a personal design by importing this PDF from your own download. Edit the text, labels, colors, and page order in that copy. Canva may substitute unavailable fonts. A Canva account is separate; no paid Canva plan or stock asset is included.

Print this PDF at actual size on US Letter paper, or use its prompts in a separate notebook. It is a printable template source, not an interactive form.

Use Scripture references with a Bible appropriate to your territory. Keep Scripture text, interpretation, and personal application distinct. For medical, mental-health, financial, or legal needs, work with qualified support.

Personal and household customization is permitted. A ministry or educational purchase license covers use in that purchasing organization. Do not resell the templates, distribute editable masters publicly, or imply author endorsement of your edits.

Original layouts and text © 2026 CrownThrive, LLC. All illustrations in the wider collection are original conceptual art. These template pages use only original vector layout and text, with no Canva stock content.

The capacity I actually have

Care and Recovery

Choose only the prompts that serve you. Sharing is optional.

What this day feels like

What is essential today

What I can postpone

A person I may contact

A circle of support

Care and Recovery

Choose only the prompts that serve you. Sharing is optional.

A safe personal contact

A qualified professional or service

A practical task someone could help with

How I want to ask

A low-energy day

Care and Recovery

Choose only the prompts that serve you. Sharing is optional.

One need for food, water, or rest

One task that can be made smaller

One comfort that is welcome

One thing I can leave unfinished

Room for an honest feeling

Care and Recovery

Choose only the prompts that serve you. Sharing is optional.

A feeling I choose to name

What I notice without judging it

A prayer, silence, or rest I prefer

What helps me remain supported

A practical request for care

Care and Recovery

Choose only the prompts that serve you. Sharing is optional.

The help I need

A specific time or task

What I do and do not want shared

An alternative if this person cannot help

A gentle week

Care and Recovery

Choose only the prompts that serve you. Sharing is optional.

One supportive practice to try

How small it can be

Who can encourage without monitoring

Permission to change the plan

What steadiness means today

Care and Recovery

Choose only the prompts that serve you. Sharing is optional.

Something that helped

Something I want to stop carrying alone

A question for qualified support

A next step, if I want one