BEHIND THE STAGE LIGHTS

COMPANION JOURNAL



LEELIGHT PUBLISHING

Welcome to Behind the Stage Lights: The Companion Journal.

If you've made it this far, it means you've connected with the story behind the Showtime lights, the love, the sacrifice, and the strength it takes to stand beside someone chasing their dream.
This journal was created as an extension of that journey, a safe space for you to reflect, process, and grow alongside your own experience.

Whether you're a partner, a parent, a friend, or even the athlete yourself, my hope is that these pages give you a moment to pause and reflect.
This journal—like Behind the Stage Lights—is rooted in my personal journey through showtime prep. But the lessons and emotions woven throughout go far beyond the world of bodybuilding. They resonate with anyone who has ever supported someone chasing a demanding goal—whether that's another competitive sport, a high-pressure career, or any passion that requires deep commitment and sacrifice.

These pages are your space to slow down, breathe, and check in with yourself. To process what this journey means for you. To remind yourself that your effort, your strength, and your emotions matter just as much as the dreams you're helping to support
There's no right or wrong way to use this journal.
Write freely. Scribble in the margins. Use one page a week or every day, whatever feels right. The goal isn't perfection; it's honesty.

Remember, you are not alone in this.
Somewhere, another person is sitting quietly with the same thoughts, facing the same balance between love and sacrifice. You are part of a community of quiet strength, the ones behind the stage lights.

Thank you for trusting me to be a small part of your journey.
May these pages help you find clarity, comfort, and connection,—both with yourself and the people you hold dear.
With love and light,

Kelin Lee
Leelight Publishing
📩 leelightpublishing@gmail.com

GOAL PLANNER

EVERY BIG ACHIEVEMENT STARTS WITH A SINGLE GOAL. USE THIS PLANNER TO DEFINE YOUR GOAL, CREATE A CLEAR ACTION PLAN, AND STAY ON TRACK. SMALL STEPS LEAD TO BIG SUCCESS

(MY GOAL)

WRITE YOUR MAIN GOAL HERE:

(KEY MILESTONES)

BREAK YOUR GOAL INTO SMALLER STEPS

STEP 1:_____ DATE:_____

STEP 2:_____ DATE:_____

STEP 3:_____ DATE:_____

(TOP 3 ACTION STEPS)

BIG GOALS REQUIRE SMALL, CONSISTENT ACTIONS. FOCUS ON THREE KEY STEPS TO MOVE FORWARD

- ○ _____
- ○ _____
- ○ _____

(WHY THIS GOAL MATTERS)

UNDERSTANDING YOUR "WHY" KEEPS YOU MOTIVATED.
I WANT TO ACHIEVE THIS BECAUSE:

(POSSIBLE CHALLENGES & SOLUTIONS)

OBSTACLES ARE PART OF THE JOURNEY. PLAN AHEAD SO YOU CAN OVERCOME THEM

POTENTIAL CHALLENGE: _____

SOLUTION: _____

POTENTIAL CHALLENGE: _____

SOLUTION: _____

(WEEKLY TRACKER)

TRACK YOUR DAILY PROGRESS! SMALL WINS ADD UP TO BIG RESULTS.

MON TUE WED THU FRI SAT SUN

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MON TUE WED THU FRI SAT SUN

SELF-CARE JOURNAL

DATE: / /

S M T W T F S

HOW AM I FEELING TODAY?

MENTAL

PHYSICAL

SPIRITUAL

TODAY I'M GRATEFUL FOR

WATER INTAKE

1 2 3 4 5 6 7 8 [GLASS]

NOTES/REMINDER

TODAY I'M GRATEFUL FOR

MOOD OF THE DAY



FOR TOMORROW

SELF-CARE JOURNAL

DATE: / /

S M T W T F S

HOW AM I FEELING TODAY?

MENTAL

PHYSICAL

SPIRITUAL

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1 2 3 4 5 6 7 8 [GLASS]

NOTES/REMINDER

TODAY I'M GRATEFUL FOR

MOOD OF THE DAY



FOR TOMORROW

Monthly Budget

01 · 02 · 03 · 04 · 05 · 06 · 07 · 08 · 09 · 10 · 11 · 12

INCOME	BUDGET	ACTUAL
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EXPENSES	BUDGET	ACTUAL
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BILLS	BUDGET	ACTUAL
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TODAY'S *Date* / /

CHAPTER 1 - REFLECTION PROMPT

- What does “balance” currently look like in your family during prep?
- Where do you feel the weight of sacrifice most in your daily routine?
- What’s one small way you can preserve connection with your children or partner, even when prep feels overwhelming?

TODAY'S *Date* / /

CONTINUED.....

TODAY'S *Date* / /

CHAPTER 2 - REFLECTION PROMPT

- What specific role do you play in your partner's prep journey?
- Where do you feel most unseen or underappreciated, and how can you communicate that?
- What one time-management strategy could you adopt this week to reduce stress for yourself and your family?

TODAY'S *Date* / /

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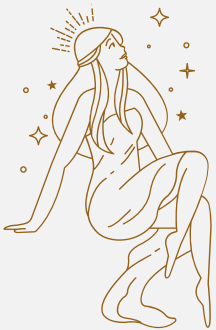
TODAY'S *Date* / /

CHAPTER 3 - REFLECTION PROMPT

- What sacrifices in your household feel the heaviest right now?
- What part of yourself do you want to protect during prep season?
- How has prep impacted your social life or ability to prioritize yourself?
- Which sacrifices in your own journey go unseen, and how can you honour them for yourself?
- Where could financial planning or boundaries make the process less overwhelming?

TODAY'S *Date* / /

CONTINUED.....



TODAY'S *Date* / /

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TODAY'S *Date* / /

CHAPTER 4 - REFLECTION PROMPT

- How has prep changed the daily rhythm of your household?
- What rituals or family practices help maintain connection during chaotic weeks?
- Who is in your support network, and how can you lean on them more intentionally?

TODAY'S *Date* / /

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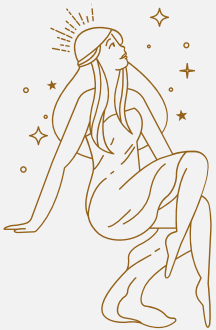
TODAY'S *Date* / /

CHAPTER 5 - REFLECTION PROMPT

- Which “cons” do you feel most deeply in your own family during prep season?
- How do you currently cope with these challenges?
- What new strategies could you try to reduce resentment and maintain balance?

TODAY'S *Date* / /

CONTINUED.....



TODAY'S *Date* / /

CHAPTER 5 - PROCESSING CHALLENGES

Supporting a partner during showtime prep is not without its hardships. This space is for you to be honest about what feels heavy, what feels unfair, and what feels draining—without judgment. Naming these feelings is the first step in managing them.

1. What specific sacrifices feel the hardest for you right now?
(Think about time, energy, finances, or emotional presence.)

2. How do these sacrifices affect the way you see yourself as a wife, partner, or mother?
(Do you ever feel invisible, stretched too thin, or unappreciated?)



TODAY'S *Date* / /

3. Where do you notice resentment beginning to creep in?
(Be honest—writing it down allows you to release it.)

4. What coping strategies (communication, family time, support networks) do you feel work best for you?
(List the ones you already use—and circle those you'd like to improve.)



TODAY'S *Date* / /

5. What do you need most—from your partner, from your children, or from yourself—to feel supported during prep season?

Tip: Revisit these reflections often. They can also serve as conversation starters with your partner, building awareness and preventing misunderstandings.

TODAY'S *Date* / /

CHAPTER 6 - CELEBRATING THE POSITIVES

Take a moment to pause and reflect on the positives that showtime prep brings into your family life. Even amid the sacrifices, there are values, lessons, and moments of growth that can strengthen both you and your children.

1. What moments of pride have you experienced while supporting your partner during prep? *(Write about a specific memory or situation that made the sacrifices feel worth it.)*

2. What lessons have your children learned from observing discipline, routine, and dedication? *(How do you see these lessons showing up in their lives?)*

TODAY'S *Date* / /

3. In what ways has your family grown stronger as a unit because of this journey?
(Think about resilience, teamwork, or shared values.)

4. How has this experience influenced your own perspective on discipline, health, or perseverance?

Tip: Revisit these notes after each prep season. Over time, you'll see just how much growth, love, and strength this lifestyle has brought into your family.

TODAY'S *Date* / /

WORKSHEET

1. Key Lessons Learned

What are the three most important lessons from this book that apply to your family's journey?

- Lesson 1
- lesson 2
- lesson 3

What 2 or more strengths do you and your family already have that will help you navigate showtime prep or other demanding seasons? *(One of ours is resilience through change).*

TODAY'S *Date* / /

3. Areas to Improve

Which areas do you think will need the most attention during prep (or similar challenges)?

- ☐ Communication
- ☐ Household balance
- ☐ Emotional connection
- ☐ Finances
- ☐ Personal self-care

Other

4. My Support Network

List the people you can lean on for support—inside or outside your immediate family

TODAY'S *Date* / /

6. My Affirmation

Write a short affirmation you can return to when things get overwhelming.
Example: “I am strong, I am patient, and this journey is building resilience in me and my family.”

My Affirmation:

My Affirmation: