



# THE 7-Day Journaling Reset

A Short, Guided Reset to (Re)Claim Your Journaling Practice



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# Beginning Where You Are:

## Days 1-5



### REFLECTION:

What did you observe about your writing during your first 5 days of reflective journaling?

**Welcome** to this gentle invitation into reflective journaling.

The first five days invite you to ease into journaling. Write for five consecutive days, without rules, word counts, or time goals. Let awareness and presence guide the page.

Use any writing tools at your disposal--pen & paper, laptop, Smart phone, etc.

Engage with the journaling starters offered below, or, if you prefer, simply free write or create your own journaling starters. That's all there is to it!

### JOURNALING STARTERS:

**DAY 1:** Write down the thoughts that are going through your mind right now.

**DAY 2:** Describe where you are right now with as much detail as possible.

**DAY 3:** What are three things that could have happened on your way to \_\_\_\_\_ today, but didn't?

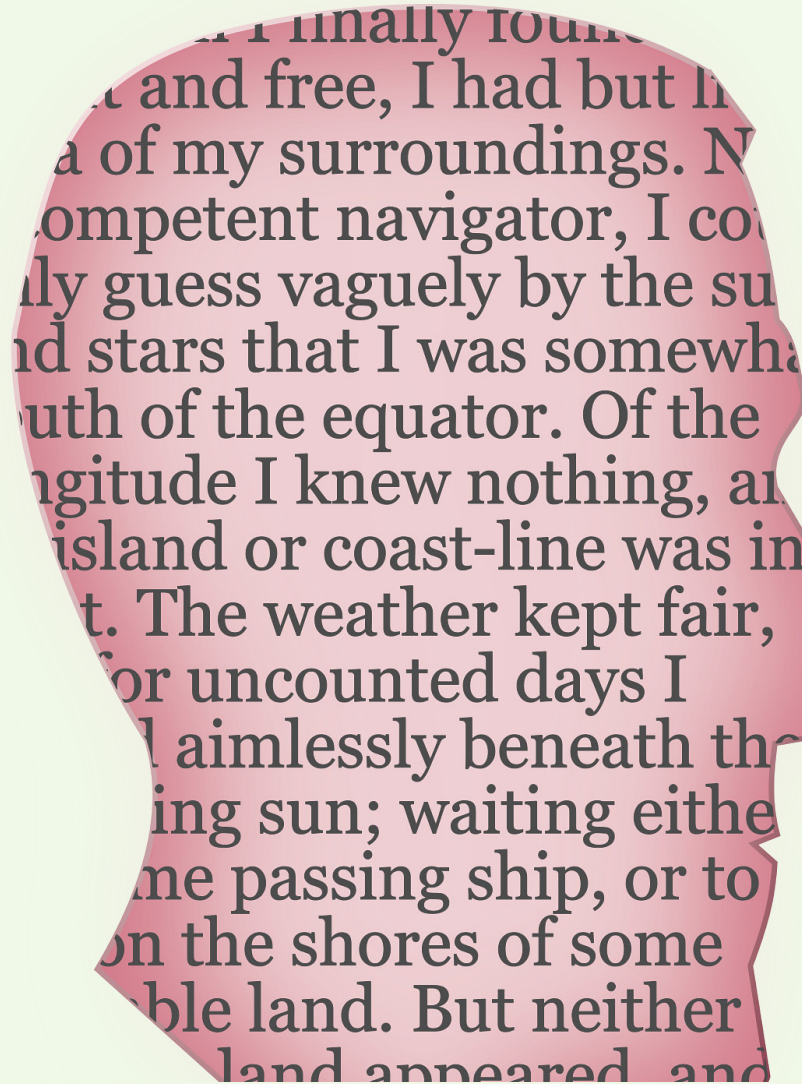
**DAY 4:** What's the best advice someone ever gave you?

**DAY 5:** Describe the emotions or thoughts you experienced after doing something brave, kind, or generous for the benefit of someone else.



# Finding Your Voice:

## Day 6



...I finally found  
...and free, I had but li  
...a of my surroundings. N  
...ompetent navigator, I co  
...ly guess vaguely by the su  
...nd stars that I was somewha  
...uth of the equator. Of the  
...ngitude I knew nothing, an  
...island or coast-line was in  
...t. The weather kept fair,  
...for uncounted days I  
...d aimlessly beneath the  
...ing sun; waiting eithe  
...me passing ship, or to  
...on the shores of some  
...ble land. But neither  
...land appeared, and

**Choose** either of the journaling starters offered to begin writing. Or, if you prefer, simply free write or create your own journaling starters.

### REFLECTION:

What do you notice about your voice on the page when you allow yourself to write freely?

### JOURNALING STARTERS:

- 1:** What's something you love doing — and why does it matter to you?
- 2:** Write one sentence about what captures your enthusiasm or curiosity. Expand that sentence into a short reflection about why this matters in your life.



# Observing & Sensing:

## Day 7

**Choose** either of the nature-inspired journaling starters offered to begin writing. Or, if you prefer, simply free write or create your own journaling starters.



**1:** Go into a natural environment or greenspace setting of your choosing. Find a comfortable place to sit or recline. Journal about what you sense and/or observe in this setting.

**2:** In a natural space, choose one small detail to observe, and write what you notice.

**3:** Find a natural or green space and settle in comfortably. Be present with the space, then notice what it brings to mind. Record the memory that surfaces and what you sense prompted it.

**4:** Settle into a natural space and imagine the perspective of one living element there. Write what the world feels like from its point of view.

### REFLECTION:

What do you notice about your voice on the page when you allow yourself to write freely?

Notes: