
Day 1: Arrive

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What is true in my body, home, and heart today? What needs care before it needs meaning?

Before I write, I notice:

Body _____ Emotion _____ Energy 1 2 3 4 5

My uncensored page:

One truth I am keeping:

One grounded next step:

Day 2: Release

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What am I carrying because it is familiar, not because it is mine?

Before I write, I notice:

Body _____ Emotion _____ Energy 1 2 3 4 5

My uncensored page:

One truth I am keeping:

One grounded next step:

Day 3: Protect

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Where do I need a boundary, a pause, or a clear no?

Before I write, I notice:

Body _____ Emotion _____ Energy 1 2 3 4 5

My uncensored page:

One truth I am keeping:

One grounded next step:

Day 4: Receive

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What support is already reaching toward me? What would letting it in require?

Before I write, I notice:

Body _____ Emotion _____ Energy 1 2 3 4 5

My uncensored page:

One truth I am keeping:

One grounded next step:

Day 5: Remember

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Which version of me deserves to be witnessed rather than corrected?

Before I write, I notice:

Body _____ Emotion _____ Energy 1 2 3 4 5

My uncensored page:

One truth I am keeping:

One grounded next step:

Day 6: Choose

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What one grounded action would bring my life closer to my values?

Before I write, I notice:

Body _____ Emotion _____ Energy 1 2 3 4 5

My uncensored page:

One truth I am keeping:

One grounded next step:

Day 7: Integrate

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What changed this week, what remains tender, and what will I practice next?

Before I write, I notice:

Body _____ Emotion _____ Energy 1 2 3 4 5

My uncensored page:

One truth I am keeping:

One grounded next step:
