

The 7-Day Clarity Journal

Simple Prompts for Daily Reflection

This journal is designed to help you slow down, reflect, and get clear on what matters most. Each day, spend 5-10 minutes answering the prompt. Keep it simple, honest, and calm—there are no right or wrong answers.

Over the next seven days, you'll explore what's weighing on your heart, discover what you're avoiding, and identify small steps that create meaningful change. This isn't about perfection—it's about presence. Let each prompt guide you gently toward clarity and peace.

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Your Week of Reflection

1	Identify What's Heavy <i>"What feels heavy or unresolved right now, and why?"</i> Be honest with yourself. Writing it down is the first step to releasing it. Let the words flow without editing or censoring.
2	Uncover Avoidance <i>"What am I avoiding, and what would happen if I faced it?"</i> Not everything needs an immediate solution. Awareness is enough. Sometimes naming what we avoid takes away its power.
3	Lighten Your Day <i>"What small action could make my day feel lighter or calmer?"</i> Focus on what's realistic, not idealistic. Even the smallest shift—a five-minute walk, a kind word to yourself—can transform your day.
4	Let Go <i>"What am I holding onto that no longer serves me?"</i> Letting go doesn't mean forgetting—it means freeing mental space. Release what weighs you down to make room for what lifts you up.
5	Visualize Your Ideal Day <i>"What does my ideal, calm, productive day look like?"</i> Be detailed: times, energy, feelings. Paint a picture so vivid you can step into it whenever you need inspiration.
6	Spot Patterns <i>"What patterns do I notice in my thoughts, moods, or actions this week?"</i> Patterns help you understand what to keep and what to change. Look for themes without judgment—just curiosity.
7	Decide on One Small Step <i>"What is one small decision or action I can take today to move forward?"</i> It doesn't have to be big. Consistent small steps create change. Progress is built one gentle choice at a time.

You Did It!

Congratulations! You've spent a week reflecting, noticing patterns, and creating clarity. You showed up for yourself each day, and that takes courage and commitment. The insights you've gained are yours to keep, revisit, and build upon.

These pages are now a map of where you've been and a compass for where you're going. Whenever you feel overwhelmed or uncertain, return to these prompts. Use them to reset, reflect, and reconnect with what truly matters to you.

Keep Going

Journaling is a lifelong tool. Make it part of your routine, even if just for a few minutes each week.

Be Gentle

There's no perfect way to journal. Your words are enough, exactly as they are.

Trust Yourself

You have the wisdom within you. These prompts simply help you access what you already know.

Remember: Clarity doesn't arrive all at once—it unfolds gradually through consistent, caring attention to your inner world. Keep your mind calm and your path clear, one page at a time.