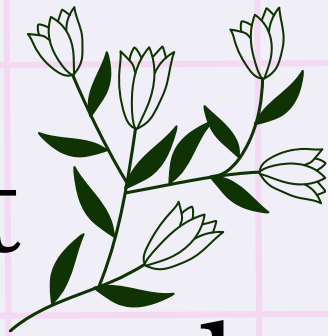
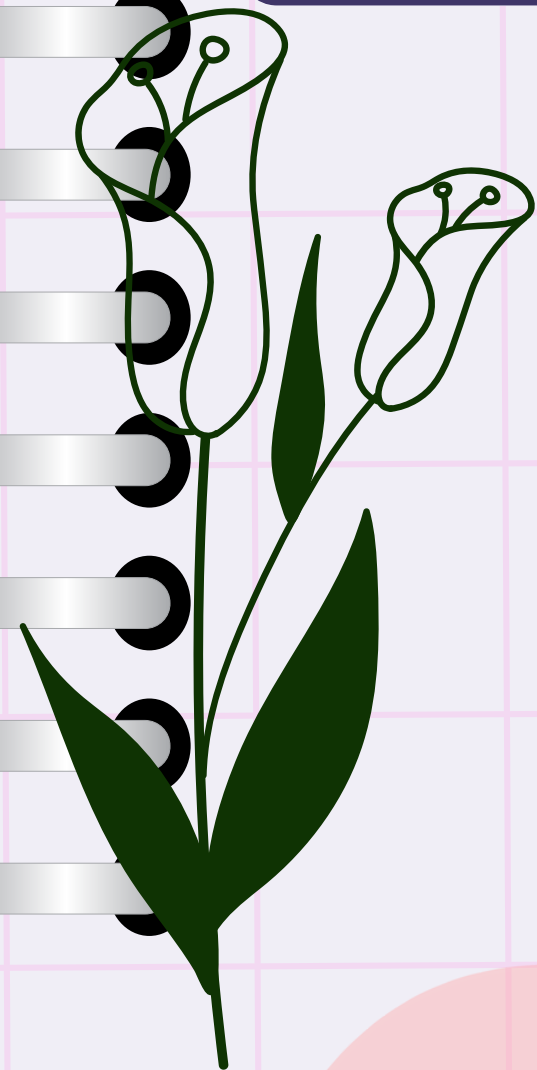


# 30-Day Reset Companion Journal



*Your space to reflect, reset, and rise stronger*

by: Sherl DigiCrafts





# Welcome to Your Reset Companion Journal

This journal is your space to reflect, recharge, and reconnect with yourself. Use it weekly or daily – there's no wrong way. Each week offers prompts, a tracker, and gentle guidance to help you reset with intention.



## *How to Use This Journal*

- Fill in the weekly pages at your own pace
- Let go of perfection – this space is for you
- You can type or write your answers



### Disclaimer:

This journal is not a substitute for professional medical or mental health advice. Always consult a qualified provider when needed.

by: Sherl DigiCrafts





## **Week 1: Reconnecting with Yourself**



### **Self-Love Prompt**

*What's something you love about yourself that others don't often see?*



### **Confidence Booster**

*I deserve care, too.*



### **Reflection: Bounce-Back Moment**

*Describe a moment this week when you bounced back, even if it felt small.*

by: Sherl DigiCrafts





# Week 1: Daily Reset Tracker

Day	Today I felt...	One thing I did for myself	Notes/Reflections
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

## Small Wins I'm Proud Of

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by: Sherl DigiCrafts





## **Week 2: Restoring Energy & Joy**



### **Self-Love Prompt**

*What lights you up inside –  
even on hard days?*



### **Confidence Booster**

*My joy matters.*



### **Reflection: Bounce-Back Moment**

*When did I pause to rest instead of push  
through this week?*

by: Sherl DigiCrafts





## Week 2: Daily Reset Tracker

Day	Today I felt...	One thing I did for myself	Notes/Reflections
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

### Small Wins I'm Proud Of

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## Week 3: Rebuilding Confidence



### Self-Love Prompt

*What's a time you handled something hard, even if no one noticed?*



### Confidence Booster

*I am more capable than I give myself credit for.*



### Reflection: Bounce-Back Moment

*When did I speak up or stand up for myself this week?*

by: Sherl DigiCrafts





# Week 3: Daily Reset Tracker

Day	Today I felt...	One thing I did for myself	Notes/Reflections
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

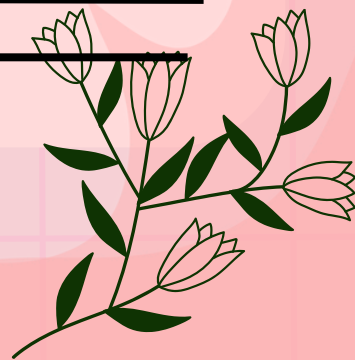
## Small Wins I'm Proud Of

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## Week 4: Realigning with Purpose



### Self-Love Prompt

*What do you want more of in your life moving forward?*



### Confidence Booster

*I am still becoming...*



### Reflection: Bounce-Back Moment

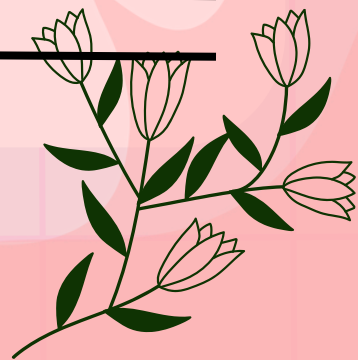
*One meaningful change I noticed in myself this month was...*

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# Week 4: Daily Reset Tracker

Day	Today I felt...	One thing I did for myself	Notes/Reflections
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

## Small Wins I'm Proud Of

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# Congratulations!

You made it through the 30-Day Reset.  
That took strength, honesty, and self-love  
— and you did it.

This is your reminder that it's okay to  
pause, reset, and realign any time  
you need.

You're not starting over — you're starting  
fresh, stronger than before.



Rooting for your next step,

***Sherl DigiCrafts***



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