

The Sovereign Self Collective

Reset • Rewire • Rise

Edge Journal Page

Use this journal daily to explore your growth edges — the places where discomfort signals transformation.

■ What triggered me today?

■ What did I avoid or shrink away from?

■ What bold thing did I **almost** do — but didn't?

■ What would my sovereign, expanded self have done instead?

Return to your edges with curiosity, not judgment.