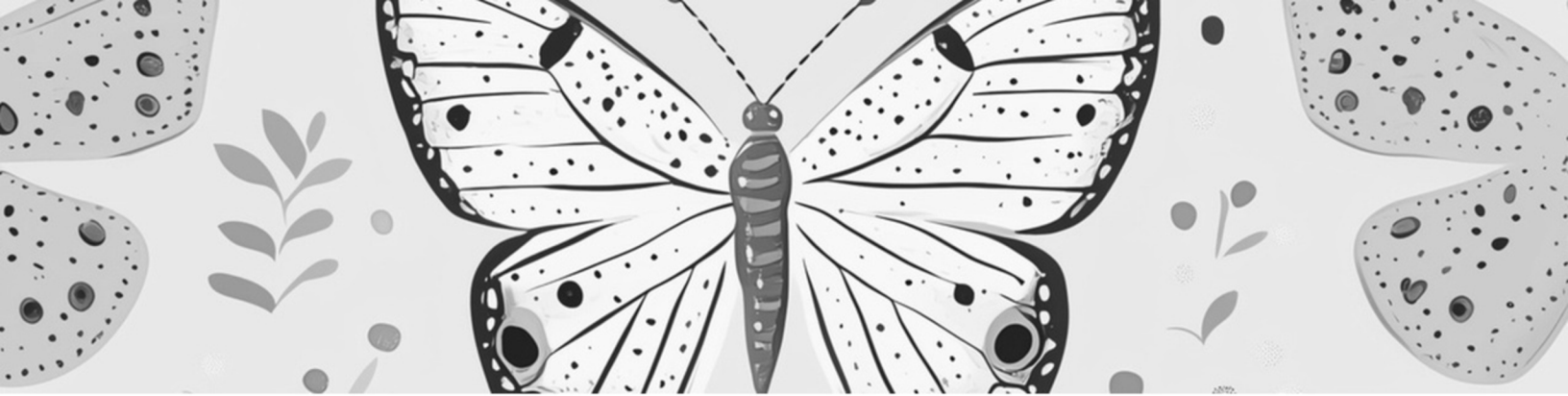


7-Day
**JOURNALING
PRACTICE**

THEME: DAILY LIFE &
MENTAL SPACE



Each day, follow the same steps:

- *1. Set a timer: 5, 10, or 15 minutes.*
- *2. Read the prompt.*
- *3. Write non-stop, without overthinking.*
- *4. Let your thoughts lead. Don't edit or analyze.*
- *5. When the timer ends, stop. Put your pen down.*
- *6. Highlight 1–2 phrases that feel meaningful, emotional, or insightful.*

*Butterflies are symbols of transformation, quiet growth, and renewal — a gentle reminder that meaningful change doesn't need to be loud or rushed.

This design is also part of one of my notepads — if it speaks to you, you can find it on my website.

Day 1: Moments I Rush Through

What parts of your day do you rush through without noticing? Why? What would happen if you slowed down in just one of those moments.

Day 2: What Drains My Energy?

List or freely write what in your daily life, habits, thoughts, or relationships is quietly draining you. Even small things. Let your thoughts pour without judgment.

Day 3: What Makes Me Feel Alive?

Recall moments that spark life in you - sounds, places, actions, textures. Write like you're building your personal joy first-aid kit.

Day 4: Where I'm Tired But Don't Admit It

Where do you pretend to be okay? What are you carrying without noticing it? This is a space to admit it without guilt.



Day 5: What I Really Want vs. What I Think I Should Want

Write freely about something you think you should want — and then explore what you really want underneath that. Let yourself be honest, even if it surprises you.

Day 6: The Space I Wish I Had

If you could create more space in your daily life — time, energy, peace — what would you use it for? What do you crave more of?

Day 7: My Anchor Points

What helps you return to yourself when life gets noisy? People, rituals, objects, memories, places. Build your inner anchor map.





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