

DAY 1

Morning Intention

- How do I feel this morning?

Mood



Energy Level



- How do I want to feel today?

- Daily affirmation or intention:

Evening Reflection

Mood



- What challenged me today?

- What helped me feel stronger or lighter today?

- One thing I'm grateful for today:

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TODAY'S LETTING-GO PRACTICE: Identify the Burden

Simply name the pain that feels heaviest. You don't need to fix it or analyze it yet. What is the one painful thought, memory, or relationship you want to focus on facing this week?

DAY 39

Morning Intention

- How do I feel this morning?

Mood



Energy Level



- How do I want to feel today?

- Daily affirmation or intention:

Evening Reflection

Mood



- What challenged me today?

- What helped me feel stronger or lighter today?

- One thing I'm grateful for today:

DAY 57

Morning Intention

- How do I feel this morning?

Mood



Energy Level



- How do I want to feel today?

- Daily affirmation or intention:

Evening Reflection

Mood



- What challenged me today?

- What helped me feel stronger or lighter today?

- One thing I'm grateful for today:

HEALING STARTS HERE

DAY 72

Morning Intention

- How do I feel this morning?

Mood



Energy Level



- How do I want to feel today?

- Daily affirmation or intention:

Evening Reflection

Mood



- What challenged me today?

- What helped me feel stronger or lighter today?

- One thing I'm grateful for today:

HEALING STARTS HERE

DAY 80

Morning Intention

- How do I feel this morning?

Mood



Energy Level



- How do I want to feel today?

- Daily affirmation or intention:

Evening Reflection

Mood



- What challenged me today?

- What helped me feel stronger or lighter today?

- One thing I'm grateful for today:

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