

## Energy Reflection

Weekly 🕒 5-7m

- Recall your week's energy highs and lows
- Name one task that drained you — and one that energized you
- Note when you felt most calm and most rushed
- Jot down one small shift to support next week's rhythm

**Purpose:**

*Noticing your natural energy patterns helps you plan with kindness — not pressure.*

**Reset Cue:**

*"Not every hour owes productivity."*



## Progress, Not Perfection

Weekly 🕒 5m

- List three small things that went well
- Acknowledge one thing that felt hard
- Celebrate effort, not outcome
- Smile and thank yourself for showing up

**Purpose:**

*Shifting focus to gentle wins builds motivation and self-trust.*

**Reset Cue:**

*"You did more than enough."*



## Emotional Inventory

Weekly 🕒 7-10m

- Write down the 2-3 most frequent emotions of your week
- Note what triggered each one
- Ask yourself: "What supported me most?"
- Choose one word to guide next week

**Purpose:**

*Emotional awareness is the foundation of calm, connected living.*

**Reset Cue:**

*"You can't shift what you don't name."*



## Release the Residue

Weekly 🕒 5m

- Write one thing you don't want to carry into next week
- Tear it up, close your journal, or speak it aloud
- Take three deep breaths
- Say: "This no longer belongs to me."

**Purpose:**

*Conscious letting go creates space for rest and renewal.*

**Reset Cue:**

*"Peace begins with permission to release."*



## Set a Gentle Focus

Weekly 🕒 3-5m

- Choose one focus word or phrase for the week ahead
- Write it where you'll see it — mirror, planner, phone
- Reflect on how you want to feel, not just what to do
- Return to it each morning for grounding

**Purpose:**

*Intentional focus helps you move through the week with clarity and calm.*

**Reset Cue:**

*"One word can guide a whole week."*

