



The 7 Day Soul Reset Journal

A MINDFUL SPACE FOR EVERYDAY CALM.





ABOUT THIS JOURNAL



This space was created for you to slow down, breathe, and gently listen to what's going on inside. You don't need to do it perfectly. You don't even have to do it daily. Just show up as you are.



You can print these pages, type directly into them, or write in your own notebook whatever feels most natural. Each page is a quiet check-in with your thoughts, your feelings, and the world around you.



WHY JOURNAL?

Writing is more than words; it's emotional decluttering. When you pour your thoughts onto paper, you stop them from looping endlessly in your head. It's your safe space to express, release, and rediscover what matters most.



WHY PRACTICE GRATITUDE?



Our minds are wired to replay what went wrong. Mindfulness helps you remember what went right.

Gratitude isn't pretending everything's okay; it's choosing to notice the tiny moments that make life softer: a good song, a warm message, the calm between chaos.



When you start seeing the small good things, your world slowly expands.



Weekly Planner

HOW TO USE THIS JOURNAL

-  BREATHE FIRST.
-  PICK ONE PAGE DAILY (NO ORDER REQUIRED).
-  WRITE FREELY – DON'T EDIT YOURSELF.
-  USE COLOR, DRAWINGS, OR STICKERS
-  _____

MONTH:

WEEK:

MONDAY

DATE: / /

TUESDAY

DATE: / /

WEDNESDAY

DATE: / /

THURSDAY

DATE: / /

FRIDAY

DATE: / /

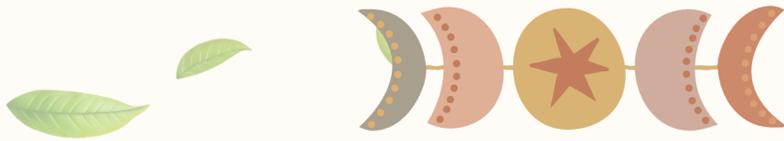
SATURDAY

DATE: / /

SUNDAY

DATE: / /

NOTES:



Today, I Intend To...



One person I'm thankful for and why

Something about myself I appreciate

Something I'm letting go of

A sound/smell that made me smile

Notes:

Spend 10 minutes a day with your thoughts. You don't need perfect handwriting just honesty.

Day 1

DATE: / /

What has changed in the world around you today?

What has changed inside you?

You don't heal by avoiding — you heal by being gentle with what hurts.

Music for My Mind



THINK OF A SONG THAT INSTANTLY SOOTHES YOU.

- 1.
- 2.
- 3.

WHAT EMOTION DOES IT BRING?

WRITE ONE LYRIC THAT FEELS LIKE THERAPY.

WHAT HABITS WOULD I LIKE TO CHANGE OR IMPROVE IN MY LIFE?

Peace begins the moment you choose to stop fighting with your mind.

Day 3

DATE: / /

Tiny Joys Collage

Write or draw three things that made you smile today.

Small moments of awareness create big shifts inside."

Rollercoaster Moments

Life has ups and downs. Draw or list one thing that lifted you up and one that brought you down.

What helped you come back to balance?

Your mind deserves gentleness.

Day 5

DATE: / /

My Kind Self

Write a letter to yourself as you'd write to a friend having a hard day.

What do you want to remind yourself of?

You don't need to fix everything today — just notice.

Day 6

DATE: / /

Dear Inner Voice

Write a short note to your inner Self.

Thank it for trying to protect you, then tell it what you truly need.

This page is a pause, not a performance.

Recharge Routine

Imagine your body as a battery. How full does it feel today?

List 5 activities that refill your energy (even tiny ones).

1. _____
2. _____
3. _____
4. _____
5. _____

Even flowers need time in the dark before they bloom.

*You showed up for
yourself. That's brave.*



FOLLOW

@soulbottherapy for daily calm.

Visit soulbottherapy.com for free self-tests and guided tools.