

# DAILY RESET CARD - Day 7

Reflection:

What emotion am I feeling today and why?

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Scripture Anchor:

Write today's scripture or verse that resonates with your healing.

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Forgiveness Focus:

Who or what do I need to release today?

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Reset Habit:

What calming or spiritual practice will I use?

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Prayer Space:

Write a prayer or reflection to close your reset.

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