
THE SHIFT



A 90-DAY GUIDED JOURNAL
FOR WOMEN — DAILY REFLECTIONS,
NERVOUS SYSTEM AWARENESS,
AND COMING HOME TO YOURSELF

Come home to your self.



REFLECT DEEPLY • REGULATE GENTLY • RECLAIM YOUR LIFE



A Letter From Courtney

To the woman holding this journal —

This is not a place to be perfect. It's not a place to track, measure, or perform.

This is a place to come home to yourself.

I created this journal because I spent most of my adult life completely disconnected from my own body. I was doing all the right things from the outside — coaching, building, showing up for everyone around me. And underneath all of that I was carrying things I didn't have words for. Feelings I never put anywhere. I didn't have a place like this. And I needed one.

What you're holding is 90 days of small moments. Five minutes in the morning before the world asks something of you. A few minutes at night to release what the day put on you. One page a week to zoom out and remember who you are becoming.

You're going to be asked how your nervous system feels today. Not how productive you were. Not how well you performed. How you actually feel — in your body, in your energy, in your relationship with yourself.

Over time something shifts when you practice paying attention this way. You start to hear yourself more clearly. You start to trust yourself more. You start to feel less at war — and more at home.

Some days you'll fill every line. Some days you'll write three words and close it. Both are perfect. The only rule is that you come back.

You deserve a place that is just yours. This is it.

With love,
Courtney

The SHIFT Project · courtneymericle.com · [@courtney.mericle](https://www.instagram.com/courtney.mericle)

How To Use This Journal

A few things worth knowing

There is no wrong way to do this.

You can write in full sentences or single words. You can skip a section that doesn't feel right today. You can read a prompt and just sit with it. The only thing that matters is that you show up honestly. Not perfectly. Honestly.

Here's what a typical day looks like:

Morning — before your phone, before the demands of the day — open to your daily page. The morning anchor and gratitude sections take about three to five minutes. Evening — after everything has happened — come back and fill in the rest. Once a week, spend a little longer with the weekly reflection page.

About the Nervous System Check-In:

This section asks you to notice how your body and nervous system actually felt today. There are no right answers. No grading system. This exists because your body is always communicating with you — and most of us were never taught to listen to it.

About the Release space:

Every day there is a space to put something down. A worry. A resentment. A thought that has been taking up space all day. You don't have to know what you're releasing before you start writing. Sometimes you find out what you're carrying by putting pen to page.

One gentle and important reminder:

If anything that comes up in this journal feels too big to hold alone — please talk to someone you trust. A therapist, a doctor, a coach, a friend. Writing is powerful. And sometimes what we write points us toward support that goes beyond what a journal can give. That's not failure. That's wisdom.

Now turn the page and begin.

My Values

Who I am when I'm most myself

Before you begin, it helps to know what you actually stand for. Not what the world expects of you. Not what you've been conditioned to value. What do you value when nobody is watching?

Circle the ones that feel like you. Add your own.

Honesty	Courage	Presence	Peace
Freedom	Growth	Creativity	Connection
Authenticity	Resilience	Compassion	Curiosity
Wisdom	Belonging	Service	Joy
Simplicity	Boundaries	Healing	Rest
Pleasure	Intuition	Strength	Grace
Empathy	Trust		

My three core values are:

1. _____
2. _____
3. _____

When do I feel most like myself?

My Vision

Who I am becoming

Vision isn't about pressure or perfection. It's a feeling. A direction. A sense of the woman you are becoming and the life you want to actually live — not perform.

My life.

What does a life that feels genuinely good look like — not impressive, not perfect. Just good. What's in it?

My body.

What would it feel like to be at peace with your body — to trust it, appreciate it, live in it fully?

My relationship with food.

What would it feel like if food just felt... easy and nourishing?

My nervous system.

What would it feel like to move through life from a place of safety rather than survival?

My one word.

If one word could capture the feeling of the woman you are becoming — what is it?

My Body Appreciation List

What my body does — not what it looks like

This page is about what your body actually does — not how it appears. After years of measuring it, judging it, and trying to change it — what would it feel like to simply appreciate it?

My body allows me to:

Something my body has carried me through:

A moment when I felt strong — not in appearance, but in feeling:

Something my body does every day that I take for granted:

If my body could say one thing to me right now, it would say:

My appreciation list:

My body can _____

My body has survived _____

My body knows how to _____

My body feels most alive when _____

My body deserves _____

Your body is not your enemy. It never was. It has been on your side the whole time.

Day 1

Date: _____ One word for today: _____

*You are not behind. You are exactly where healing asks you to be.***MORNING ANCHOR***Before the day takes over, come back to yourself.*

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE*Three things — big, small, or somewhere in between.*

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:*Just one thing. It counts even if it feels small.***NERVOUS SYSTEM CHECK-IN***Not a grade. Just awareness.***How my nervous system felt today:**

- Regulated Anxious Depleted Steady
 Overwhelmed Grounded Wired Present

Sleep last night: Restorative Okay Poor**Nourished today:** Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5**RELEASE***Put it down here. Whatever you've been carrying.***EVENING LANDING**

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 2 Date: _____ One word for today: _____

Your body has been trying to tell you something. Today is a good day to listen.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 3

Date: _____ One word for today: _____

You don't have to earn rest. You don't have to earn food. You don't have to earn your place here.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 4 Date: _____ One word for today: _____

The version of you that keeps showing up — even imperfectly — is doing the most important work.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 5

Date: _____ One word for today: _____

*Healing is not a straight line. Neither is any day worth living.***MORNING ANCHOR***Before the day takes over, come back to yourself.*

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE*Three things — big, small, or somewhere in between.*

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:*Just one thing. It counts even if it feels small.***NERVOUS SYSTEM CHECK-IN***Not a grade. Just awareness.***How my nervous system felt today:**

- Regulated Anxious Depleted Steady
 Overwhelmed Grounded Wired Present

Sleep last night: Restorative Okay Poor**Nourished today:** Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5**RELEASE***Put it down here. Whatever you've been carrying.***EVENING LANDING**

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 6

Date: _____ One word for today: _____

You are allowed to want more for yourself. That is not selfish. That is wisdom.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 7

Date: _____ One word for today: _____

Your feelings are not too big. They are exactly the right size for what you've been carrying.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 1 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 8

Date: _____ One word for today: _____

What would it feel like to be on your own side today?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 9

Date: _____ One word for today: _____

You were not made to shrink. You were made to grow into yourself fully.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 10 Date: _____ One word for today: _____

The way you talk to yourself becomes the voice you hear on the hardest days. Choose it carefully.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 11 Date: _____ One word for today: _____

Rest is not the opposite of productivity. It is the foundation of everything.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 12 Date: _____ One word for today: _____

You do not have to have it all figured out to take the next step.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 13 Date: _____ One word for today: _____

Your body is not your enemy. It has been trying to protect you. There is a difference.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 14 Date: _____ One word for today: _____

One moment of genuine kindness toward yourself today is enough to build on.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 2 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 15 Date: _____ One word for today: _____

You are more than the sum of everything you've been told you should be.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 16 Date: _____ One word for today: _____

The work you are doing in these pages — it matters more than you know.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 17 Date: _____ One word for today: _____

You are allowed to change. You are allowed to want different things. That is called becoming.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 18 Date: _____ One word for today: _____

Gentleness is not weakness. It is the most courageous thing you can offer yourself.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 19 Date: _____ One word for today: _____

What you are healing took years to build. Give yourself grace for how long the unbuilding takes.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 20 Date: _____ One word for today: _____

You deserve the same compassion you give to everyone else. Start here.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 21 Date: _____ One word for today: _____

Your hunger — for food, for rest, for connection, for peace — is not weakness. It is human.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 3 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

<hr/>	<hr/>
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VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 22 Date: _____ One word for today: _____

The most radical thing you can do is choose yourself without apologizing for it.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 23 Date: _____ One word for today: _____

You are not broken. You are in process. There is a profound difference.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 24 Date: _____ One word for today: _____

Every time you show up honestly — to this page, to yourself — you become a little more free.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____

2. _____

3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

Regulated Anxious Depleted Steady

Overwhelmed Grounded Wired Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 25 Date: _____ One word for today: _____

Comparison is a thief. The only person you are becoming is you.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 26 Date: _____ One word for today: _____

What does your body need today that your mind keeps overriding?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 27 Date: _____ One word for today: _____

You are allowed to feel proud of yourself without waiting for someone else to say it first.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 28 Date: _____ One word for today: _____

Small consistent moments of care add up to something real. You are building something.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 4 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

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VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 29 Date: _____ One word for today: _____

The life you want to live starts with the way you treat yourself in the quiet moments.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 30 Date: _____ One word for today: _____

You showed up today. That is enough to start with.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 31 Date: _____ One word for today: _____

Your nervous system has been through a lot. Regulation is an act of love.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 32 Date: _____ One word for today: _____

You are not too sensitive. The world needs people who feel things deeply.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 33 Date: _____ One word for today: _____

There is no version of strength that requires you to abandon yourself.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 34 Date: _____ One word for today: _____

What if today you let your body lead instead of your to-do list?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 35 Date: _____ One word for today: _____

You are worthy of the life you are working toward. Right now. As you are.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 5 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

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VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 36 Date: _____ One word for today: _____

The story you tell yourself about yourself — is it true? Is it kind? Does it have to stay?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 37 Date: _____ One word for today: _____

You don't have to fix everything today. Just notice one thing. That is enough.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 38 Date: _____ One word for today: _____

Peace with your body is possible. It doesn't happen all at once. But it is possible.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 39 Date: _____ One word for today: _____

You were designed for more than performing. You were designed for living.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 40 Date: _____ One word for today: _____

What would you say to a dear friend who was feeling exactly what you're feeling right now?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 41 Date: _____ One word for today: _____

Your worth is not measured in your output. It never was.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 42 Date: _____ One word for today: _____

Being present in your body is a practice. Every single day is a chance to try again.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 6 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

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<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 43 Date: _____ One word for today: _____

You are not your worst thought about yourself. Not even close.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 44 Date: _____ One word for today: _____

The most important relationship you will ever have is the one you have with yourself.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 45 Date: _____ One word for today: _____

Hard days are part of the story. They are not the whole story.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 46 Date: _____ One word for today: _____

You are doing better than you think. That is almost always true.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: (1) (2) (3) (4) (5)

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 47 Date: _____ One word for today: _____

Your body is not decoration. It is the vehicle for everything you want to do in this life.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 48 Date: _____ One word for today: _____

Joy is not a reward for good behavior. It is something you deserve just for being here.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 49 Date: _____ One word for today: _____

What needs to be released today? Let this page hold it for you.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 7 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 50 Date: _____ One word for today: _____

You are not too much. You have never been too much.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 51 Date: _____ One word for today: _____

Every breath is a chance to regulate. Every meal is a chance to nourish. Every moment is a reset.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 52 Date: _____ One word for today: _____

The inner critic is loud. But it is not the truth. Keep listening underneath it.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 53 Date: _____ One word for today: _____

You are building a relationship with yourself. Like all relationships, it takes time and showing up.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 54 Date: _____ One word for today: _____

What if the goal wasn't to change your body but to come home to it?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 55 Date: _____ One word for today: _____

You deserve rest that isn't earned. Pleasure that isn't guilty. Peace that isn't conditional.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 56 Date: _____ One word for today: _____

The version of you that rests and sleeps is the version that heals.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 8 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 57 Date: _____ One word for today: _____

You have survived every hard thing that has ever come for you. That is everything.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 58 Date: _____ One word for today: _____

There is power in softness. There is strength in stillness. You don't have to push all the time.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 59 Date: _____ One word for today: _____

Your nervous system is not your enemy. It is trying to protect you. Work with it.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 60 Date: _____ One word for today: _____

What are you grateful for that has nothing to do with productivity or achievement?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 61 Date: _____ One word for today: _____

You are allowed to take up space. In the room. In the conversation. In your own life.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 62 Date: _____ One word for today: _____

Healing doesn't mean returning to who you were. It means becoming who you were always meant to be.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 63 Date: _____ One word for today: _____

Your feelings about food are not character flaws. They are signals worth paying attention to.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 9 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 64 Date: _____ One word for today: _____

You can be a high-achieving woman and still be gentle with yourself. Those things belong together.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 65 Date: _____ One word for today: _____

What your body is asking for right now — is it being heard?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 66 Date: _____ One word for today: _____

One good moment is enough to build on. Find yours today.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 67 Date: _____ One word for today: _____

You do not have to earn your hunger. You do not have to earn your fullness. You do not have to earn anything.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 68 Date: _____ One word for today: _____

The way you nourish yourself is an act of self-respect. Choose it with that intention.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 69 Date: _____ One word for today: _____

You are not starting over. You are continuing. There is a profound difference.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 70 Date: _____ One word for today: _____

What belief about yourself is it time to put down?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 10 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 71 Date: _____ One word for today: _____

Your body has wisdom your mind is still catching up to. Be patient with both.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 72 Date: _____ One word for today: _____

You were not put here to make yourself smaller. You were put here to grow fully into yourself.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 73 Date: _____ One word for today: _____

The moments you almost gave up and didn't — those are the ones that matter most.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 74 Date: _____ One word for today: _____

Showing up for yourself today — in any small way — is enough.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 75 Date: _____ One word for today: _____

What does taking care of yourself look like today? Not the Instagram version. The real version.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 76 Date: _____ One word for today: _____

You are worthy of the same care you give to everyone else. This is not negotiable.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 77 Date: _____ One word for today: _____

Your story is still being written. Don't close the book on a hard chapter.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 11 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

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<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 78 Date: _____ One word for today: _____

Being kind to your body is not a phase. It is a practice you build for life.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 79 Date: _____ One word for today: _____

What would today look like if you treated yourself like someone worth taking care of?

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 80 Date: _____ One word for today: _____

You are not the sum of your struggles. You are what keeps going despite them.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 81 Date: _____ One word for today: _____

The life you want is built in moments exactly like this one.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 82 Date: _____ One word for today: _____

Everything you are learning about yourself right now — it is going to matter. Keep going.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 83 Date: _____ One word for today: _____

You came back to this page. That means something. Don't underestimate it.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 84 Date: _____ One word for today: _____

There is a version of you on the other side of this that is so glad you kept going.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 12 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

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<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

Day 85 Date: _____ One word for today: _____

You are still becoming. That is the most beautiful thing about being alive.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1
 2
 3
 4
 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 86 Date: _____ One word for today: _____

You are not behind. You are right on time for the life that is meant for you.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 87 Date: _____ One word for today: _____

Softness is not weakness. Choosing yourself is not selfish. Coming home to yourself is the whole point.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 88 Date: _____ One word for today: _____

What you are becoming is worth every hard moment it took to get here.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative Okay Poor

Nourished today: Well Mostly Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 89 Date: _____ One word for today: _____

Your body has been waiting for you to come home to it. Today is a good day to begin.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Day 90 Date: _____ One word for today: _____

You made it through all 90 days. You chose yourself — again and again. That is everything.

MORNING ANCHOR

Before the day takes over, come back to yourself.

Today I am showing up as: _____

One thing I want to feel today: _____

One thing I am releasing before this day begins: _____

GRATITUDE

Three things — big, small, or somewhere in between.

1. _____
2. _____
3. _____

I AM PROUD OF MYSELF FOR:

Just one thing. It counts even if it feels small.

NERVOUS SYSTEM CHECK-IN

Not a grade. Just awareness.

How my nervous system felt today:

- Regulated
 Anxious
 Depleted
 Steady
 Overwhelmed
 Grounded
 Wired
 Present

Sleep last night: Restorative
 Okay
 Poor

Nourished today: Well
 Mostly
 Skipped meals

One thing my body was trying to tell me today: _____

My energy today: 1 2 3 4 5

RELEASE

Put it down here. Whatever you've been carrying.

EVENING LANDING

One moment worth remembering: _____

One kind thing I will say to myself tonight: _____

Week 13 Reflection

Dates: _____ One word for this week: _____

THIS WEEK I NOTICED

Awareness without judgment. What patterns, moments, or feelings stood out?

In my body:

In my energy:

In my nervous system:

In my relationship with food:

In my relationship with myself:

MORE OF / LESS OF

More of:

Less of:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

VISION CHECK-IN

Am I moving toward who I am becoming? What does that look like this week?

A LETTER TO MYSELF

What do you need to hear from yourself right now?

My intention for the week ahead:

My Favorite Prompts

Return to these whenever you need them

Pick the one that pulls at you and write. There are no rules.

On your body

- What is my body asking for right now — and am I willing to listen?
- What would I say to my body if I treated it like someone I deeply loved?
- When do I feel most at home inside myself?
- What has my body survived that I haven't fully acknowledged?

On food and nourishment

- When food feels complicated, what is the feeling underneath it?
- What would it feel like if eating just felt... easy and good?
- What does nourishing myself well make possible in my life?
- What food rules am I still following that no longer serve me?

On emotions and release

- What have I been carrying this week that isn't mine?
- What feeling keeps coming back no matter how many times I push it away?
- What do I need to forgive myself for?
- What would I say to the younger version of me who was struggling?

On identity and becoming

- Who am I becoming that I haven't fully claimed yet?
- What do I want my life to feel like — not look like?
- What is one belief about myself that it's time to let go of?
- What does the most grounded version of me do differently?

On nervous system and rest

- What does my body need today that I keep overriding?
- What would regulation feel like — not just calm, but truly safe?
- Where in my life am I still performing instead of living?
- What would I do differently if I truly believed rest was productive?

On hard days

- What is one true thing I know about myself today?
- What has gotten me through hard things before?
- What would I tell my best friend if she were feeling exactly what I'm feeling?
- What is one small thing I can do right now to take care of myself?

There is always something worth writing. Start anywhere.

Free Write Pages

For when you need more room

Sometimes ninety lines isn't enough.

These pages are for when something comes up that needs more space than the lines allow. No prompts. No sections. No structure. Just you and the page.

You can use these pages to finish a thought, write a letter to yourself, work through a feeling that keeps coming back, or say the thing you haven't been able to say out loud yet.

One gentle reminder: If something feels too big to hold alone, please talk to someone you trust. A therapist, a coach, a doctor, a trusted friend. You don't have to carry everything by yourself. Reaching out is one of the bravest things you can do.

Now write. The page is yours.

You showed up.

Ninety days. Ninety pages. Ninety small moments of choosing to come back to yourself.

I want you to sit with that — because it means something real. It means you showed up on the hard days. On the days when the page felt pointless. On the days when you wrote three words and closed it and came back anyway.

That is not a small thing. That is everything.

What you have been building in these pages is a relationship. With your body. With your nervous system. With the honest, complicated, beautifully human woman you are.

You are not the same woman who opened to Day 1. Something shifted — maybe quietly, maybe slowly, maybe in ways you can't fully name yet. But it shifted. And it will keep shifting if you keep showing up.

Come back to this journal. Come back to the prompts. Come back to the daily practice whenever you need it. This work doesn't end when the pages do.

And remember — this is just the beginning.

With love,
Courtney

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Ready to go deeper?

The SHIFT coaching program and Fueled — for female athletes 13+ — are available at courtneymericle.com