

# The 7 - Day Reset

## Journal Prompts

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <i>Intentionality</i>       | <ol style="list-style-type: none"><li>1. What do I appreciate about my life?</li><li>2. What is my #1 priority today?</li><li>3. What is the quality I want to showcase to the world today?</li></ol>                                                                                                                                                                                                                                                                                                                                |
| <i>EOD Review Questions</i> | <ol style="list-style-type: none"><li>1. What made me emotionally triggered today?</li><li>2. Why exactly did that bother me?</li><li>3. What brought me the most joy today?</li></ol> <p>Reminder: Things only bother us if we believe them about ourselves.</p>                                                                                                                                                                                                                                                                    |
| <i>Dr. Chatterjee 3 F's</i> | <ol style="list-style-type: none"><li>1. Feel - What am I feeling in the moment a temptation arises?</li><li>2. Feed - How does doing/eating/acting this way feed that feeling?</li><li>3. Find - Can I find an alternative healthy behavior?</li></ol>                                                                                                                                                                                                                                                                              |
| <i>Other Prompts</i>        | <ol style="list-style-type: none"><li>1. What would you have me know today, Love?</li><li>2. What is the truest thing that exists inside of me today?</li><li>3. If I could imagine the most beautifully authentic life for myself what would that look like?</li><li>4. Dear (self), I am your honesty.<br/>The truth is...<br/>The truth is...<br/>The truth is...</li><li>5. If I am being honest with myself about... I would say?</li><li>6. Today I want to leave all of this here so that my load can feel lighter.</li></ol> |