

# Summer Radiance Journal

POSITIVE FEMALE AWAKENING

## 7-Day Summer Radiance Reflection Journal

Use this space each evening to journal and reflect. Let the flame within guide your growth, clarity,  
and confidence.

### Day 1 - Becoming Her

In what ways did I embody the woman I want to be today?

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### Day 2 - Awakened Awareness

What moment today gave me energy, joy, or purpose?

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### Day 3 - Celebrate the Shift

What fear did I face today? What truth did I choose?

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### Day 4 - Candlelight Clarity

What part of me am I ready to stop hiding?

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## Day 5 - Radiance Recap

Where did I lead with love, light, or boldness today?

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## Day 6 - End the Shrinking

Where did I play small today? How can I expand tomorrow?

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## Day 7 - Flame Forward

What growth or shift will I carry into tomorrow?

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