



Release & Reset 7-Day Journal

*Release the heavy, notice the light,
find your Friday feeling, every day.*

A large, thin gold heart shape is positioned on the right side of the page. A wavy gold line starts from the left edge, curves under the text, and ends on the right side, passing behind the heart.

Created with love by
FRIDAY COACH

WELCOME

You may have tried a lot already, journaling, meditating, reading all the books and yet, you still feel heavy, stuck, or like you're just coping.
If that's you, please know:

You're not failing, and you're not alone.



This *Release & Reset Journal* is here to give you a gentle pause. Not more "shoulds," not more pressure. Just simple, compassionate prompts to help you notice what feels heavy, release what no longer serves you, and invite in more lightness.

Each day you'll answer two questions:

- What feels heavy right now?
- What's today's *Friday feeling*? These are your *glimmers*, the small *sparks* of light and joy.

By the end of the week, you'll start to see how letting go and noticing *Friday feelings* can bring back your sense of ease, freedom, and joy - not just once a week, but every day.

*Take your time, be kind to yourself, and let this be a reset,
not another task.*



I love seeing how you're getting on with your journal. There's never any pressure to share. This is your journey first. If you ever feel like sharing a piece of your journey, you're welcome to tag me on Instagram @pam_fridaycoach or Facebook Pam Friday Coach.

Your story might be the encouragement someone else needs ❤️.

LIFE WHEEL



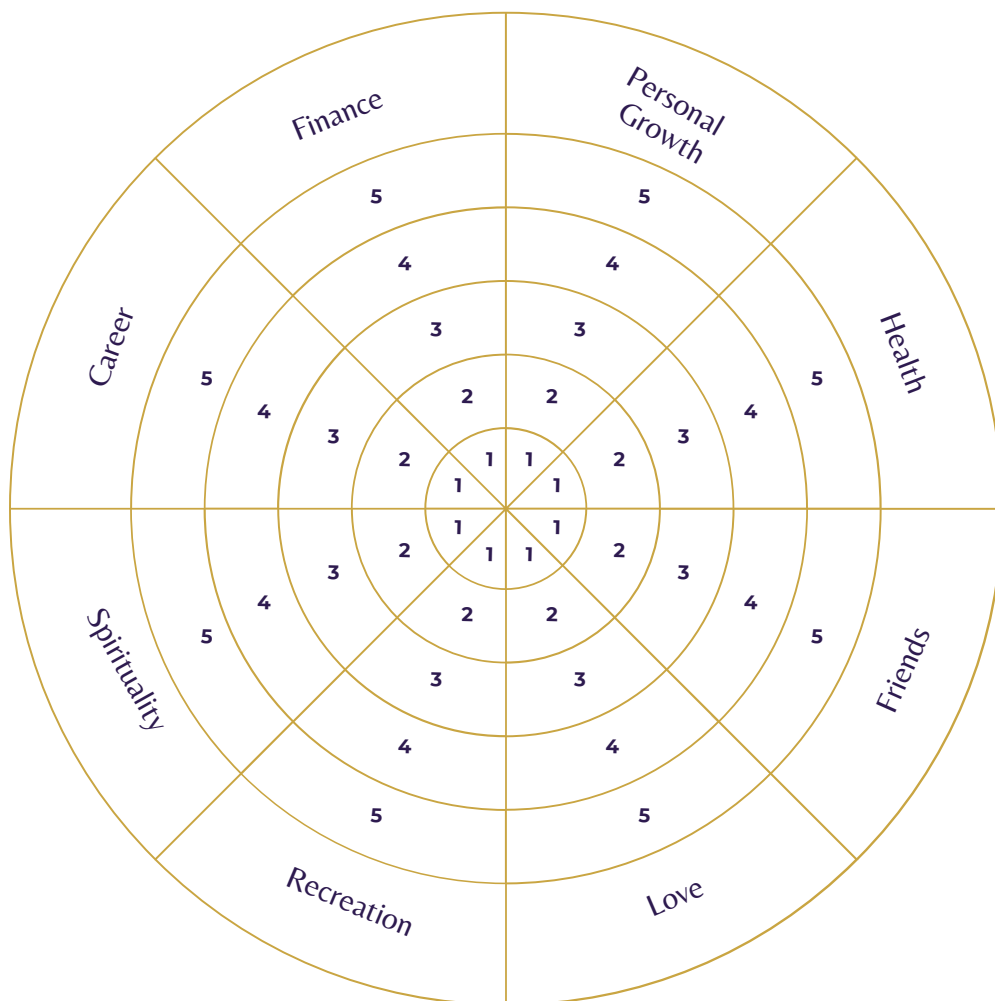
This is a simple way to check in with yourself.

It's not a test, there are no right or wrong answers. This is simply a snapshot to help you notice where you're happy and where you might want more balance.

No judgment, just awareness.

Here's how to do it, Rate each area 1-5:

- 1 = Needs care
- 5 = Over the moon



Because when you see things clearly, it's easier to make small choices that support your reset and bring you closer to that light, joyful *Friday feeling*, every day.

7 DAY

RESET TRACKER

Supportive habits can enhance your reset and help you feel lighter day by day. Here are some ideas to get you started and space to add your own.

WEEK OF: _____



SUPPORTIVE HABITS

- 01 Make my bed, start the day with a small win
- 02 Drink a glass of water, refresh and reset
- 03 Step outside, for a few minutes of fresh air
- 04 Connect, a chat, message, or a smile
- 05 Move my body with joy, stretch, dance, wiggle
- 06 Say NO to something I don't want to do
- 07 _____
- 08 _____
- 09 _____
- 10 _____
- 11 _____
- 12 _____

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RESET REFLECTIONS - Every step counts toward your reset.

Which habits felt easy, which felt good, and which positively stretched you?

DAY 1

RESET JOURNAL

DATE: _____

WHAT FEELS THE HEAVIEST RIGHT NOW?

FRIDAY FEELING - What's one big or small thing that lifted me today?
(These are your glimmers)

SLEEP

How rested do I feel?

MOOD

How am I feeling right now?

MINI RESET

Take 3 slow breaths, softening your shoulders with each exhale. Feel the release with each breath.

DAY 2

RESET JOURNAL

DATE: _____

WHAT'S ONE THOUGHT I'D LIKE TO RELEASE TODAY?

FRIDAY FEELING - What moment today gave me a sense of calm?
(These are your glimmers)

SLEEP

How rested do I feel?

MOOD

How am I feeling right now?

MINI RESET

Write your heavy thought on paper. Scrunch it up and throw it away. Let it go.

DAY 3

RESET JOURNAL

DATE: _____

WHERE IN MY BODY DO I FEEL STUCK/HEAVY ENERGY?

FRIDAY FEELING - Where did I notice lightness in my body today?
(These are your glimmers)

SLEEP

How rested do I feel?

MOOD

How am I feeling right now?

MINI RESET

Place your hand on that heavy spot. Breathe into it, and imagine it softening and releasing.

DAY 4

RESET JOURNAL

DATE: _____

WHAT AM I TIRED OF PRETENDING I'M OKAY WITH?

FRIDAY FEELING - Who or what brought me smile, even for a second?
(These are your glimmers)

SLEEP

How rested do I feel?

MOOD

How am I feeling right now?

MINI RESET

Stretch tall, then shake your arms and hands for 20 seconds, let it go, and feel the release.

DAY 5

RESET JOURNAL

DATE: _____

WHAT NEGATIVE OR CRITICAL THOUGHT DID I NOTICE TODAY, AND HOW CAN I CHALLENGE OR REFRAME IT?

FRIDAY FEELING - What's one thing I'm grateful for right now?
(These are your glimmers)

SLEEP

How rested do I feel?

MOOD

How am I feeling right now?

MINI RESET

Put your hand on your heart, say softly: "I am more than my thoughts. I choose to be kind to myself."

DAY 6

RESET JOURNAL

DATE: _____

WHAT'S ONE THING I CAN'T CONTROL TODAY, AND ONE CHOICE I CAN MAKE FOR MYSELF?

FRIDAY FEELING - What felt simple or effortless today?
(These are your glimmers)

SLEEP

How rested do I feel?

MOOD

How am I feeling right now?

MINI RESET

Close your eyes and picture yourself empowered by the choices you make today.

DAY 7

RESET JOURNAL

DATE: _____

WHAT AM I MOST PROUD OF MYSELF FOR HANDLING TODAY?

FRIDAY FEELING - What gives me hope as I step into the week ahead?
(These are your glimmers)

SLEEP

How rested do I feel?

MOOD

How am I feeling right now?

MINI RESET

Celebrate completing your 7-day reset. Take a moment for yourself! Write your Letter from Future You on the next page, or move straight to your Reflection Page. Trust what feels best today; you can always return to them when the time feels right.

LETTER FROM YOU

Think about how much you've released and reset in just 7 days. Now, imagine yourself 6 months from now, lighter, calmer, and more empowered. Allow that future version of you to write a letter to the you of today, sharing the life you have built and loves. Let your future self remind you what's possible.

DATE: _____ (6 months from today)

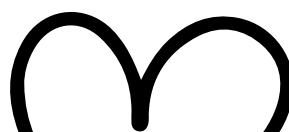
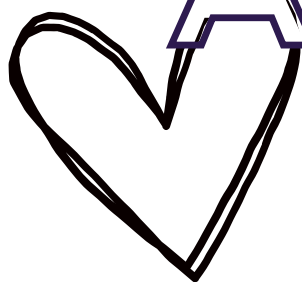
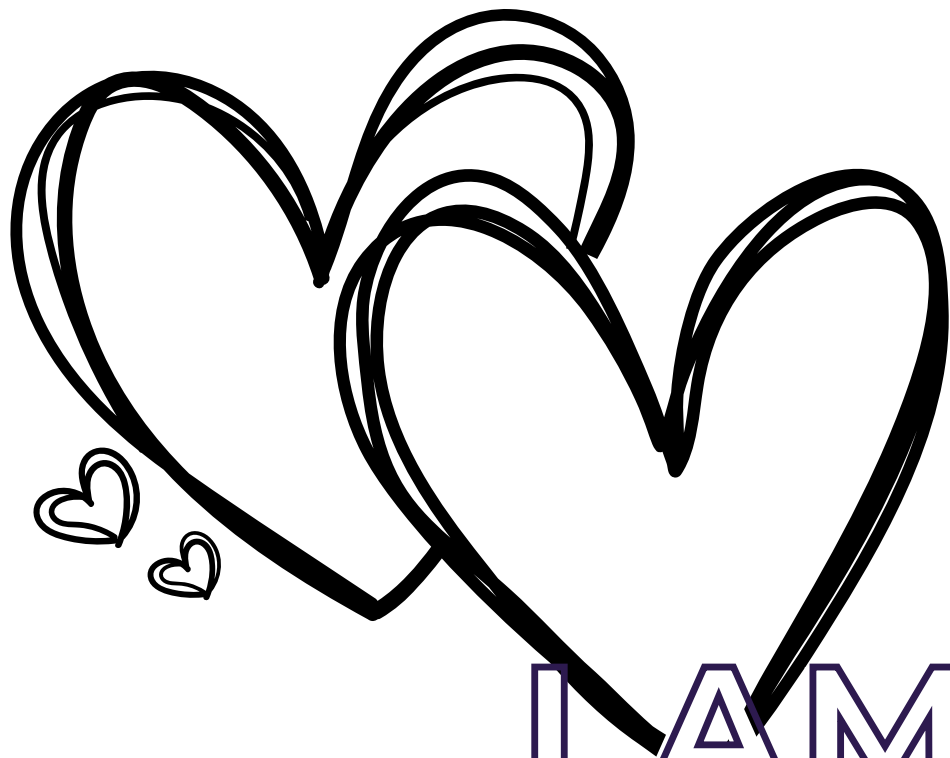
Dear Me

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Your future self is already proud of you.

love from me


xoxo



I AM
CAPABLE
OF
OVERCOMING
ANYTHING



I ACCEPT
MYSELF
FULLY



I AM
WORTHY
OF LOVE
AND
RESPECT



LOOKING BACK, MOVING FORWARD

You've taken 7 days to notice what feels heavy, release what no longer serves you, find calm and lightness, challenge critical thoughts, and choose what's in your power. Now, take a moment to reflect on what this reset has opened up for you — and what you want to carry forward.

THIS IS YOUR MOMENT TO HONOUR HOW FAR YOU'VE COME

WHAT HAS SHIFTED FOR YOU THIS WEEK?



WHAT SURPRISED YOU?

WHAT ARE YOU MOST PROUD OF YOURSELF FOR THIS WEEK?

YOUR NEXT STEPS

1. THE FRIDAY REST PROGRAMME

If your letter from the future has lit a spark in you, my 6-Week Friday Reset Programme will help you bring that vision into reality, with guidance, compassion, and powerful tools to clear what's been weighing you down.

2. THE RAPID RESET

Or if you'd like to begin with one gentle step, a Rapid Reset Session can give you the relief and clarity you've been looking for. Sometimes a single session can shift more than you ever expected.

3. REPRINT AND DO IT ALL AGAIN NEXT WEEK

This journal is always here for you. Come back to it whenever you need a gentle reset — each time will meet you in a new way.

THANK YOU

from me 



Thank you for taking the time to complete this journal. I know it isn't always easy to slow down, face what feels heavy, and open yourself to change. Please take a moment to give yourself credit for showing up, that in itself is powerful.

I hope this journal gave you space to notice your *Friday Feelings*, let go of heaviness, and glimpse that lighter, freer energy that's always waiting for you.

If this has supported you, I'd love to hear about it. A simple comment or review on my socials not only helps me, but might also be the encouragement someone else needs to start their own reset.

STAY CONNECTED

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