

a daily practice to reclaim clarity

LOUDER *than* LOGIC

When your inner voice runs your day

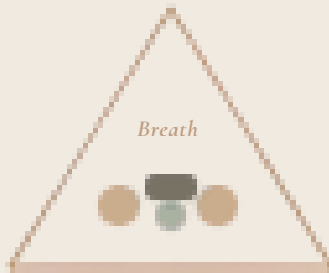
DAILY

WEEKLY

MIND TOPICS

UPLIFTS

*"Between stimulus and response
there is a space."
— Viktor Frankl*



Grounded Self

Focused Self

Courageous Self

MENTAL CLARITY JOURNAL BY AISHWARYA YAWATKAR

THANK YOU FOR GETTING THE JOURNAL

Quick note:

This is a fillable and print-at-home version. Use it digitally or print it, whatever works best for you.

Fillable format: open in Adobe Acrobat Reader. Click any field to type directly into the page. When you're done, go to File → Save As and rename the file with your name or the date. This keeps your original clean and reusable.

Print PDF : Print at home or at a print shop. A5 size. Works best single-sided so each page has space to breathe.

For the fillable version Use Adobe Acrobat Reader (free). Browser-based PDF viewers like Chrome or Safari may not support typed entries. If fields aren't responding, download Acrobat Reader at adobe.com/acrobat/pdf-reader.

A note on saving: Your entries are stored in the file itself not in the cloud. Save a copy after each session so nothing is lost.

This journal is for your personal use only. Please don't share or redistribute the files.

**THIS BOOK
BELONGS TO:**

**“One should elevate
oneself with the help of the
mind and avoid degrading
oneself.
The mind can either be
your friend or your foe.”**

Bhagavad Gita, Verse 6.5

BEFORE YOU BEGIN

This journal is built on one simple truth:
When your mind is noisy, everything feels hard.
When your mind is calm, everything becomes
possible.

Each page in this journal gives you a structured
daily practice not to fix yourself, but to
understand yourself.

**To notice. To breathe.
To choose who you want to be today.**

**Your mind is your most
powerful tool.
And sometimes your
loudest obstacle.**

WHO THIS IS FOR

This was built for the high-performing introvert,
someone who thinks
deeply, feels precisely, and processes internally.
Someone whose mind is often the
most useful tool in the room, and sometimes the
loudest obstacle in it.

That said, this is for anyone who wants a more
structured way to reset, reflect, and lift themselves.

WHAT THIS JOURNAL DOES

1. Calms the noise:

The structured daily practice interrupts automatic thinking patterns before they take hold.

2. Builds self-awareness:

Each page trains you to observe your state, not just react to it.

3. Creates distance:

The prompts are designed to help you talk to yourself the way you would talk to someone you respect.

WHAT THIS IS NOT

- A productivity system. This is not about doing more.
- A therapy workbook. This is a daily mind-management practice.
- A positive thinking journal. This is about honest awareness.

HOW IT WORKS

This journal has three types of page. Each one serves a different level of your mind.

DAILY PAGE

Every day

What's Running in My Mind Today

5 short sections. Takes 5–10 minutes. Do it before the day begins or at the end of the night. The order matters — notice first, breathe second, then act.

5-minute morning practice

WEEKLY PAGE

Every 7 days

What Shifted For Me This Week + Take a Step Back

Two pages. The first maps your week visually. The second gives you one powerful distance self-talk prompt and space to write freely. Takes under 10 minutes.

10-minute Sunday review

MIND TOPICS

Interspersed

6 topics across the journal

Short lessons on how your mind works: state, inner voice, shifting, focus, rest, emotion. Read when you reach them. Come back to them when you need them.

Read once. Return often.

UPLIFTS

Interspersed

6 cards across the journal

Single-page reminders designed to interrupt a negative state. No questions. Just words that reframe. Read them in under a minute.

Read. Breathe. Continue.

THE RHYTHM



× repeat across 90 days

How to fill

THE DAILY PAGE

Five sections. Written in order. No section is more than 3 lines.

1. *Today, I am feeling...*

Notice your state—sensations, tension, energy. No editing.

e.g.

Tight in my chest. Mind is jumping between tasks. Low energy but not sad.

2. *Breathe*

Follow the triangle. Inhale 4, hold 3, exhale 6. Do it before writing.

e.g.

After: My shoulders dropped. Chest a little looser.

3. *Today 'I can'...*

One small, honest, doable thing. Not a to-do list. One thing.

e.g.

Send the one email I've been avoiding.

4. *Today I am grateful for...*

Look around. Something small counts. A person. A moment. A body that works.

e.g.

The quiet before everyone wakes up.

5. *Today I will be...*

Shade or circle one identity. This is how you want to show up not a goal.

e.g.

Grounded Self → I tend to scatter. Today I choose present.

◆ TIP

Keep a pen in this journal. The moment you have to look for one, the moment is gone.

How to fill

THE WEEKLY PAGE

Every 7 days, two pages invite you to zoom out.

Page 1 — What Shifted For Me This Week

- Shade your mood dots for the week —Mind, Energy, Emotional Ease.
- Circle which self do you show up as most?
- Write 2 sentences: I'm starting to notice that... and I am proud of myself for...
- Set one focus for next week.
- Fill the 3 boxes: Grateful for / Celebrating / Carry forward.

Page 2 — Take a Step Back

This page uses distance self-talk — a technique where referring to yourself by name, or as "a close friend," creates enough psychological space to see your week clearly instead of judging it.

THE PROMPT

If a close friend had my week, I would tell them:

She pushed through something hard and didn't give herself any credit.

← This is distance self-talk. The shift from "I" to observing yourself is the whole practice.

BEFORE YOU BEGIN

You don't need to fill every line.

One honest sentence is worth more than five polished ones.

You don't need to do it at the same time every day.

Consistency of intention matters more than consistency of timing.

You don't need to start on day one.

Open anywhere. Start where you are. The journal doesn't care about order.

You don't need to be in the right mood.

The practice is designed to change your state, not wait for it.

"Awareness is the first step toward change."

Now open to Day 1.

WHAT'S RUNNING IN MY MIND TODAY

Date: / /

Day:
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2. Breathe

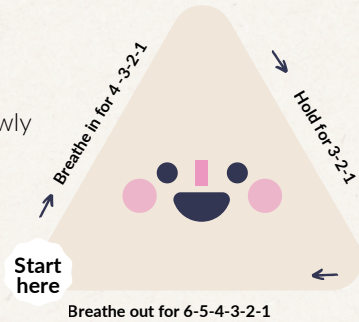
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After breathing, notice how your body feels.

My body feels..



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- Calm
- Present
- Patient
- Grounded
- Steady

Focused Self:

- Focused
- Curious
- Attentive
- Disciplined
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Courageous Self

- Brave
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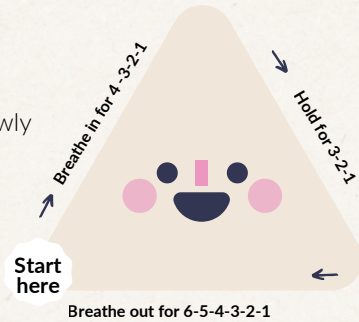
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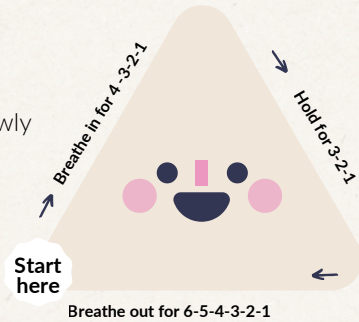
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Your State

WHAT CREATES HOW YOU FEEL RIGHT NOW

Your thoughts, emotions, breathing, and body posture create your state. You can learn to shift it.

When your state is tense, your thinking becomes narrow. You miss options. You react instead of respond.

When your state is calm, your mind works better. Ideas connect. Patience returns. Perspective expands.

Small shifts in breathing, posture, or self-talk can change your state and when your state changes, your actions change too.

One thing I can shift right now:

- Breathing – slow it down deliberately
 - Posture – sit up, open your chest
 - Focus – redirect where attention goes
 - Self-talk – name it and reframe it
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After reading this: what is one thing I notice about my current state?

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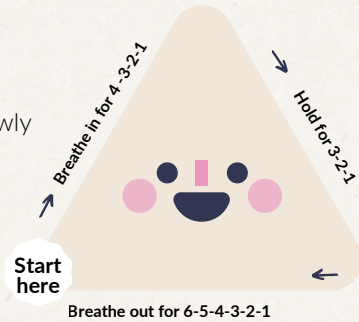
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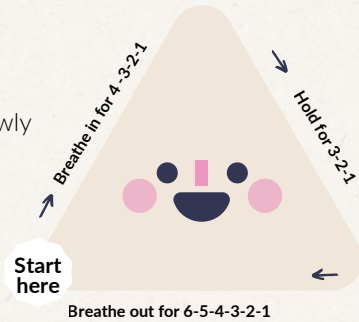
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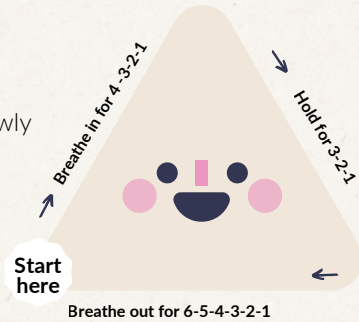
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WHAT SHIFTED FOR ME THIS WEEK?

Date: / /

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How did my week feel? (Shade the circle)

Mind clarity ○ ○ ○ ○ ○

Energy level ○ ○ ○ ○ ○

Emotional Ease ○ ○ ○ ○ ○

This week i showed up as? (Shade the circle)

Grounded Self ○

Focused Self ○

Courageous Self ○

I'm starting to notice that...

Slow down and spot what keeps repeating. Small patterns matter.

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I am proud of myself for..

Name it simply. No overthinking, just what feels true.

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Next week I will focus on..

What I'm moving forward with and what I'm letting go.

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Grateful for

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Celebrating

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Carry forward

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TAKE A STEP BACK

Write freely. No rules.

If a close friend had my week, I would tell them:

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One sentence that stays with me:

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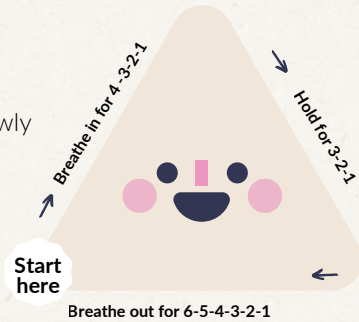
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You don't have to solve everything today.

Sometimes the most powerful thing you can do is pause long enough to notice what is happening inside you.

Awareness is the first step toward change.

**"Between stimulus and response
there is a space."**

— Viktor Frankl

What do I need to pause on and give space to today?

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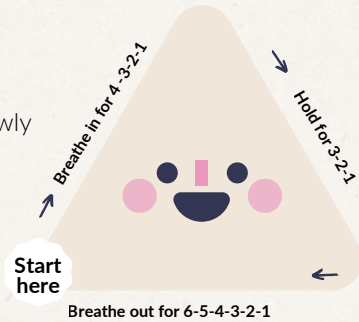
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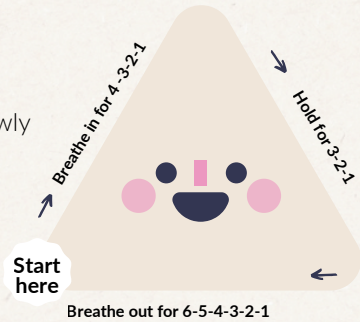
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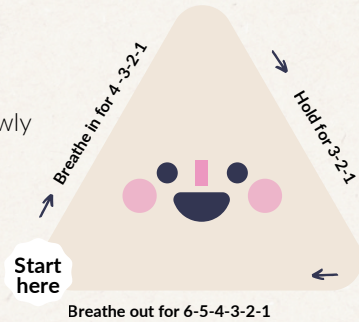
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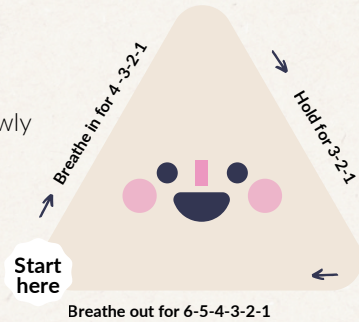
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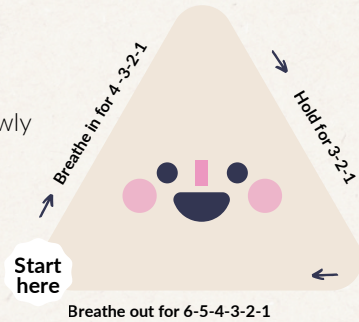
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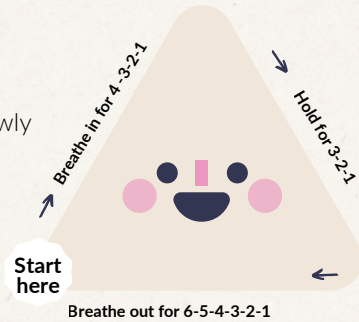
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The Inner Voice

NOTICING WHAT RUNS IN THE BACKGROUND

Most mental chatter runs on autopilot. Noticing the voice creates distance from it. That distance is power.

The inner voice replays old fears, compares, criticises, and catastrophises often without your awareness.

You are not your thoughts. You are the one who can observe them. The moment you notice the voice, you are no longer fully inside it.

Ask: "Is this thought true? Is it useful? Would I say this to someone I love?"
These three questions dissolve most mental noise.

I notice my inner voice tends to:

- Criticise or judge myself harshly
 - Worry about things not yet happened
 - Replay situations from the past
 - Compare myself to others
-

What would I say to a good friend who had this thought?

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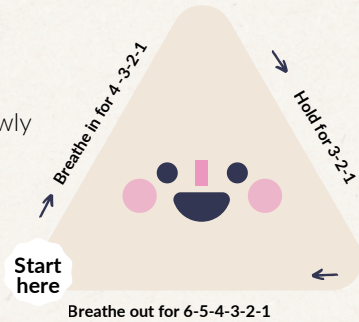
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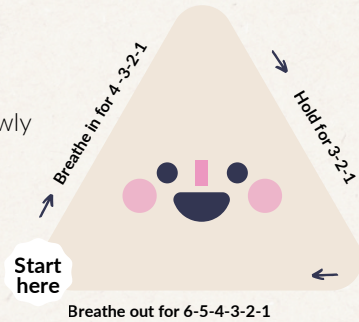
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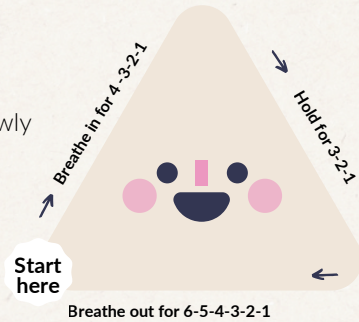
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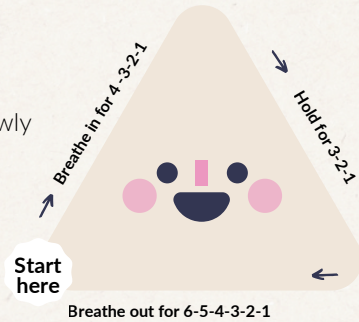
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The mind is both the cage and the key. Every morning is a new chance to choose.

A chance to choose which one you hand it.

You've made it through before. You'll make it through this too.

"The quieter you become, the more you can hear."

— Rumi

Think of a time you stepped up when it felt tough. What helped you do it?

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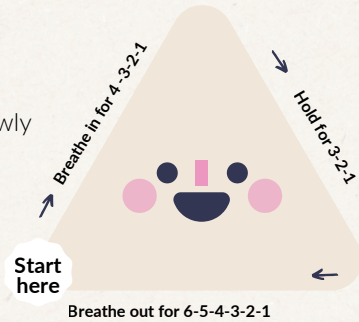
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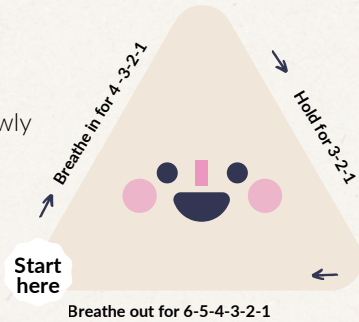
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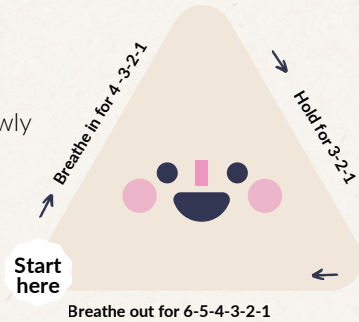
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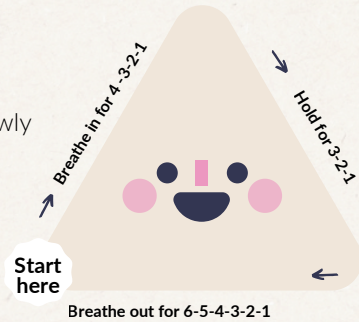
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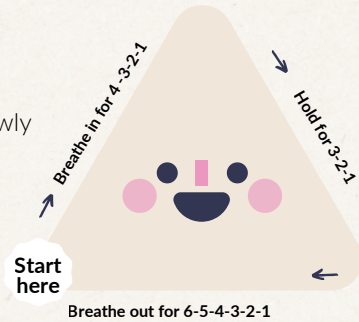
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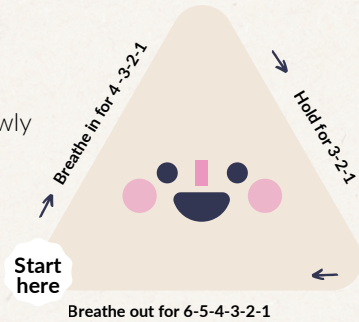
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State Shifting

MOVING THROUGH THE FEELING, NOT AWAY FROM IT

You cannot think your way out of a state. You have to move through it, and the body leads.

Your nervous system responds to physical cues before mental ones. A 90-second physiological sigh, cold water on your face, and uncrossing your arms all can interrupt a tense state.

The key insight: emotion lasts 90 seconds in the body when you allow it. What extends it is the story you add around it.

You have shifted your state before. Every day. You know how. This practice helps you do it with intention.

My personal state-shift toolkit:

- A slow double exhale through the mouth
 - Physical movement – 60 secs stretch
 - Change of environment, even briefly
 - One sentence of honest self-compassion
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When I feel overwhelmed, the one thing that helps most is...

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WHAT'S RUNNING IN MY MIND TODAY

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2. Breathe

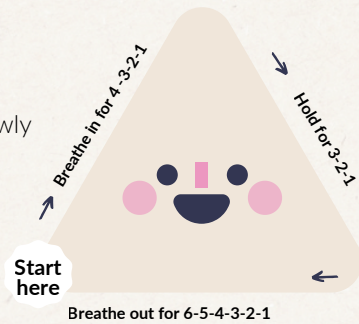
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Before the day begins, circle the version of yourself you want to step into.. The way you show up often matters more than what you achieve.

Grounded Self:

- Calm
- Present
- Patient
- Grounded
- Steady

Focused Self:

- Focused
- Curious
- Attentive
- Disciplined
- Engaged

Courageous Self

- Brave
- Confident
- Visible
- Honest
- Open

Notes & Reflections

Additional thoughts, observations, or anything on your mind.

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Mind clarity ○ ○ ○ ○ ○

Energy level ○ ○ ○ ○ ○

Emotional Ease ○ ○ ○ ○ ○

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Focused Self ○

Courageous Self ○

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Slow down and spot what keeps repeating. Small patterns matter.

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I am proud of myself for..

Name it simply. No overthinking, just what feels true.

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Next week I will focus on..

What I'm moving forward with and what I'm letting go.

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Grateful for

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Celebrating

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Carry forward

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Write freely. No rules.

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One sentence that stays with me:

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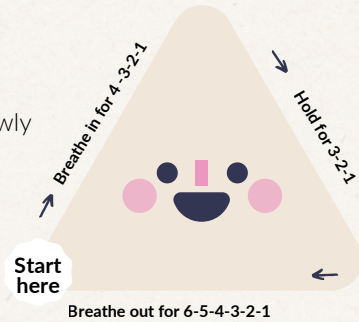
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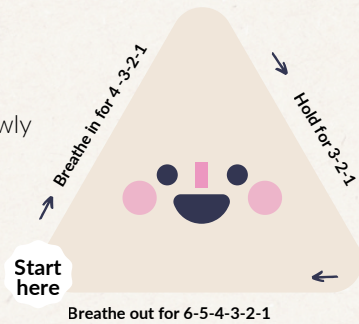
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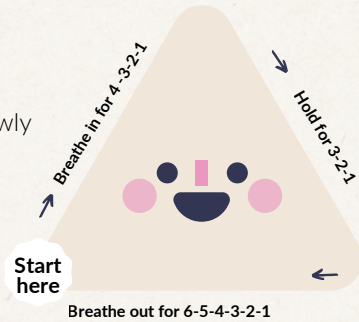
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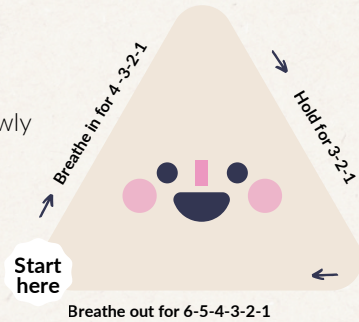
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You do not have to earn the right to rest.
You do not have to justify your pace to
anyone.

You are allowed to be a work in progress and
still be whole.

**"Talk to yourself like you would
to someone you love."**

— Brené Brown



Three things that are enough about me right now:

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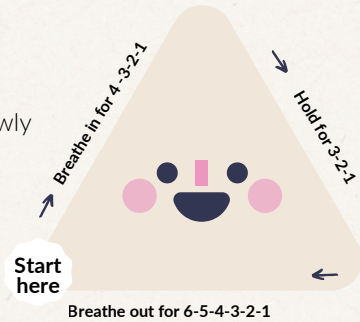
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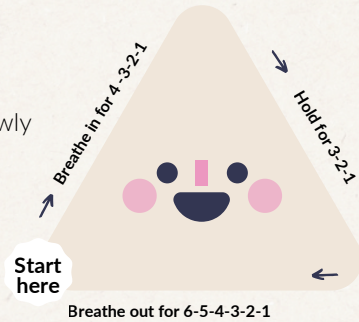
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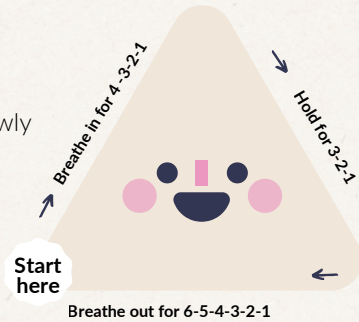
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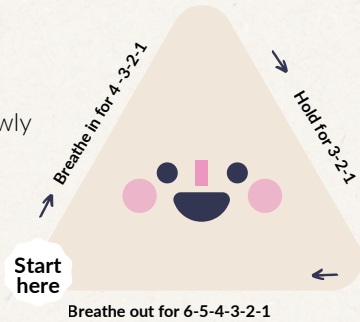
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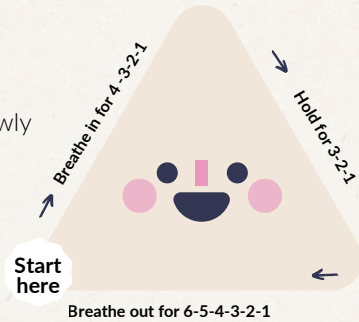
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Deep Focus

ENTERING THE STATE OF FULL PRESENCE

Focus is not a talent. It is a state you enter, and you can learn to enter it deliberately.

Deep focus requires a calm nervous system, a clear intention, and the removal of competing stimuli. It cannot be forced; it must be prepared for.

Five minutes of preparation, breathing, setting one clear intention, and removing distractions can unlock two hours of deep, meaningful work.

The enemy of focus is not distraction. It is the belief that you must be in the mood first. Begin anyway. The state follows action.

My focus ritual today:

- Phone face down or in another room
 - One clear intention set before starting
 - Three slow breaths before the first task
 - One task only no tabs, no multitasking
-

The one thing I want to give my full focus to today is...

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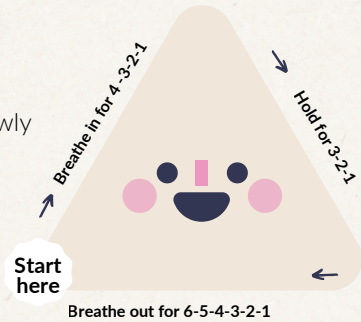
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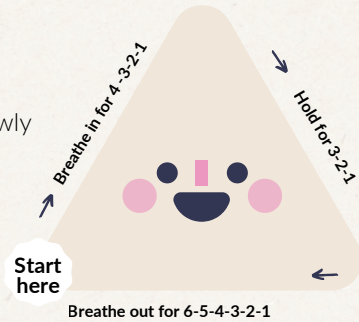
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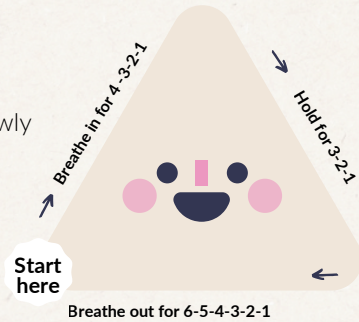
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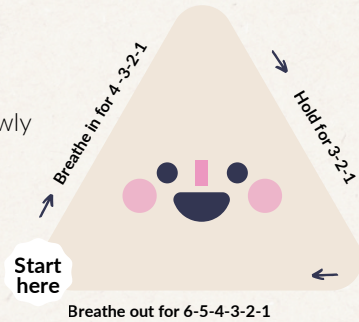
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You don't have to be perfect to begin.
You just have to begin.

The smallest action in the right direction is
more powerful than the most detailed plan
that never moves.

Trust the first step.

**"The secret of getting ahead is
getting started."**

— Mark Twain

One thing I have been delaying that I will begin today:

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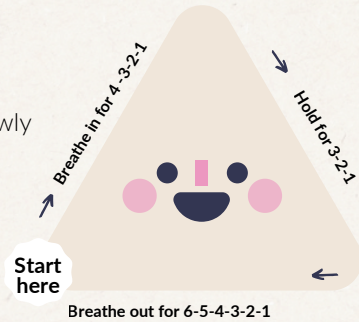
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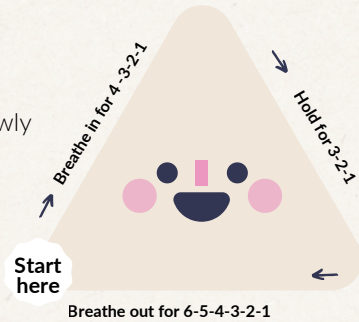
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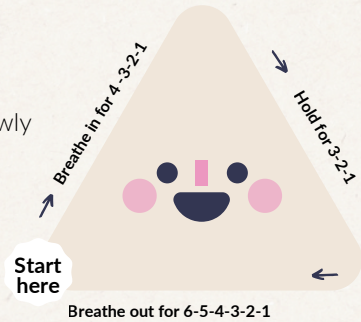
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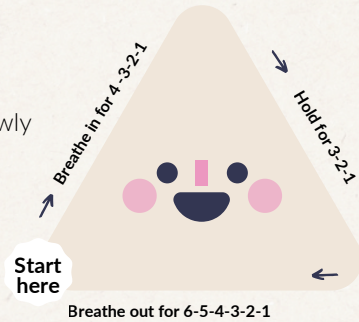
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Rest as Practice

WHY DOING NOTHING IS DOING SOMETHING

Rest is not the absence of productivity. It is the foundation of it.

The mind consolidates learning, processes emotion, and builds capacity during rest. Skipping it does not make you more productive; it makes you less resilient.

There is a difference between collapse and intentional rest. One is what happens when you push too long. The other is a deliberate act of self-leadership.

You are allowed to stop. Not because you have earned it, but because rest is part of the work.

Forms of rest I can access today:

- Mental rest — no inputs, just stillness
 - Physical rest — lie down without guilt
 - Social rest — time alone to recharge
 - Creative rest — beauty, nature, music
-

The rest I most need right now, and what stops me from taking it:

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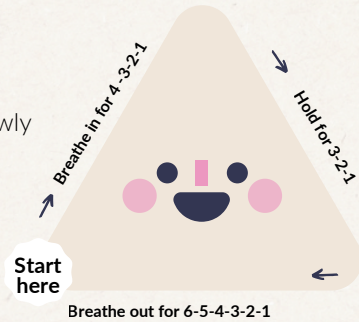
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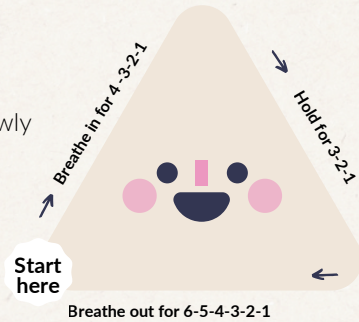
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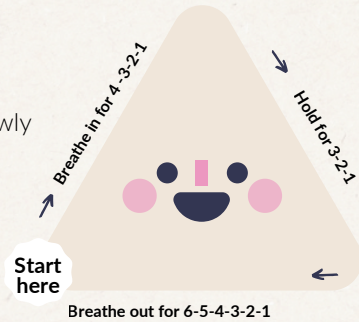
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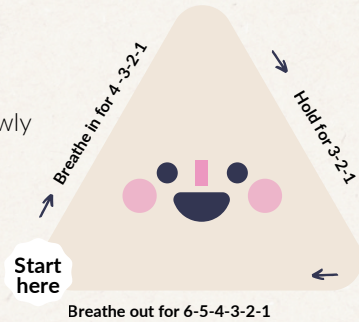
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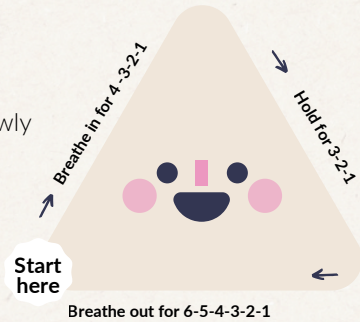
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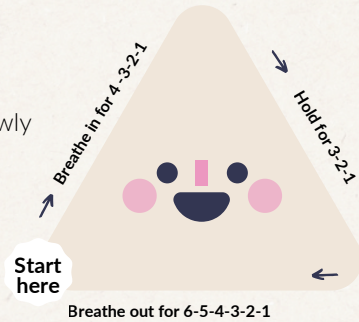
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You do not need a transformation.
You need a direction.

One degree of change, sustained,
takes you somewhere completely different.

Small shifts create real change.

**"We can't always change what's around
us, but we can change what's within us."**

— Andy Puddicombe

The smallest shift I could make today that would matter:

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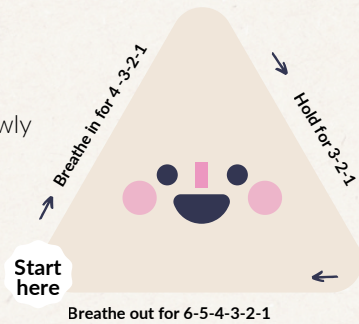
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Courageous Self

- Brave
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Additional thoughts, observations, or anything on your mind.

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WHAT SHIFTED FOR ME THIS WEEK?

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How did my week feel? (Shade the circle)

Mind clarity ○ ○ ○ ○ ○

Energy level ○ ○ ○ ○ ○

Emotional Ease ○ ○ ○ ○ ○

This week i showed up as? (Shade the circle)

Grounded Self ○

Focused Self ○

Courageous Self ○

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Next week I will focus on..

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Grateful for

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Carry forward

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TAKE A STEP BACK

Write freely. No rules.

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One sentence that stays with me:

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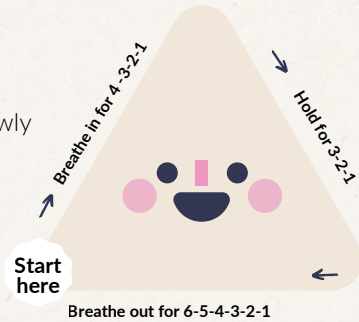
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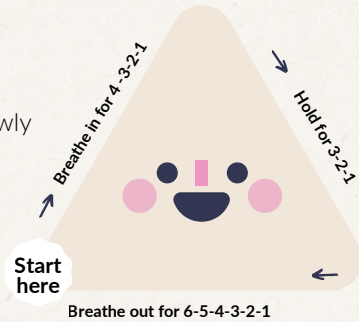
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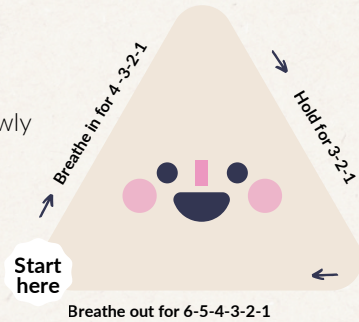
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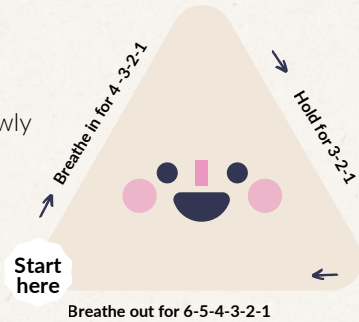
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Emotional Regulation

WORKING WITH YOUR FEELINGS, NOT AGAINST THEM

Emotions are information. They are not instructions.

When we suppress an emotion, it does not disappear – it goes underground and drives behaviour from below the surface. When we observe it, it can pass.

Name what you feel. Research shows that labelling an emotion reduces its intensity. "I am angry" is less activating than being consumed by anger without a name for it.

You do not have to act on how you feel. But you do need to acknowledge it. That acknowledgement is where your agency begins.

Right now I am feeling:

- Anxious or worried about something specific
 - Sad or low without a clear reason
 - Frustrated or irritated
 - Calm and ready – which I will protect
-

The feeling I have been avoiding acknowledging lately is...

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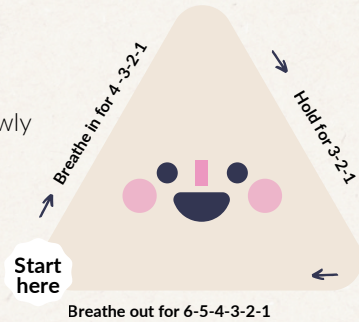
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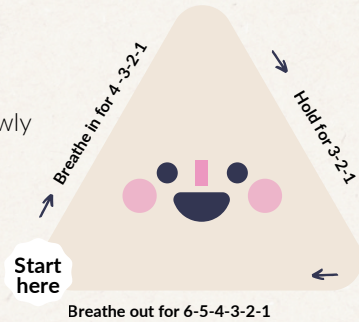
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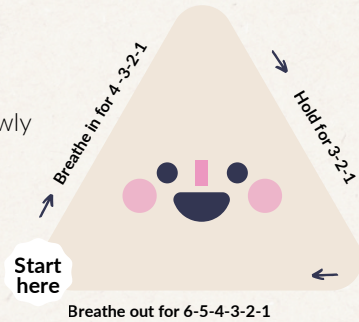
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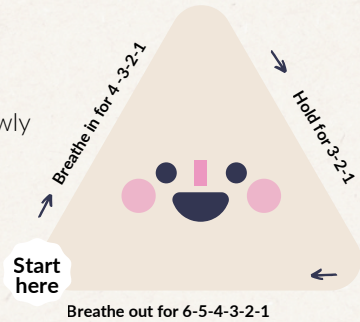
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Some days you will move fast.
Some days you will barely move at all.

Both are part of the same journey.

The question is not: how far did I get?
The question is: did I stay in the game?

**"You can't stop the waves, but you
can learn to surf."**

— Jon Kabat-Zinn

What does staying in the game look like for me today?

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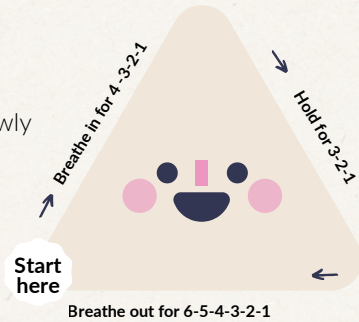
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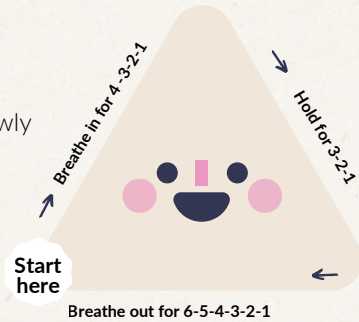
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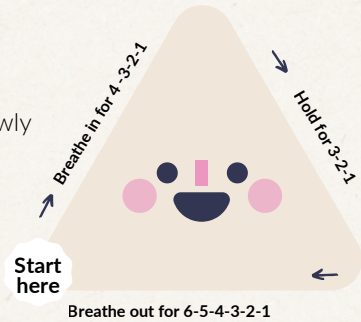
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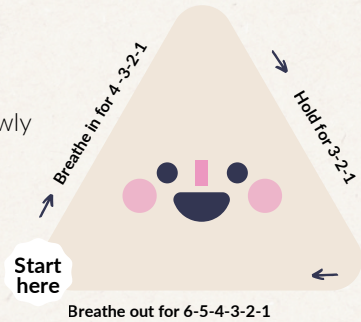
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Your State

WHAT CREATES HOW YOU FEEL RIGHT NOW

Your thoughts, emotions, breathing, and body posture create your state. You can learn to shift it.

When your state is tense, your thinking becomes narrow. You miss options. You react instead of respond.

When your state is calm, your mind works better. Ideas connect. Patience returns. Perspective expands.

Small shifts in breathing, posture, or self-talk can change your state and when your state changes, your actions change too.

One thing I can shift right now:

- Breathing – slow it down deliberately
 - Posture – sit up, open your chest
 - Focus – redirect where attention goes
 - Self-talk – name it and reframe it
-

After reading this: what is one thing I notice about my current state?

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Write freely. No rules.

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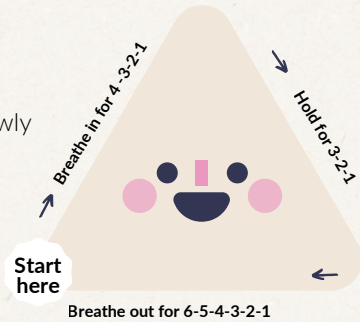
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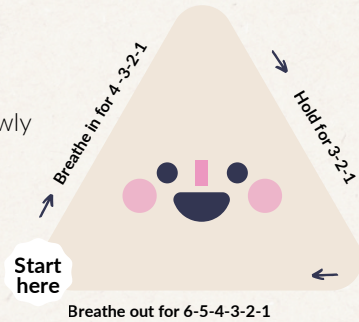
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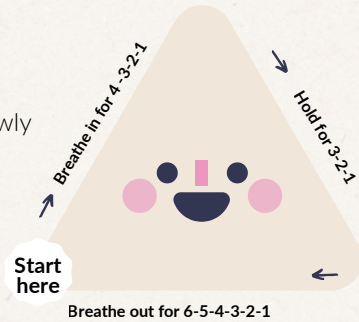
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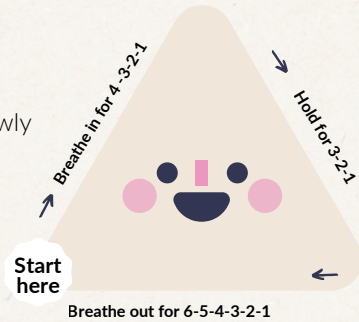
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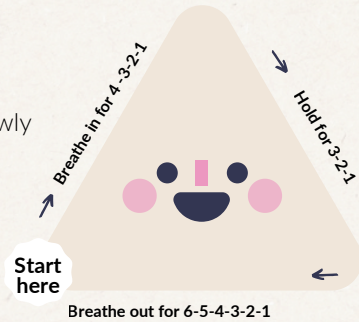
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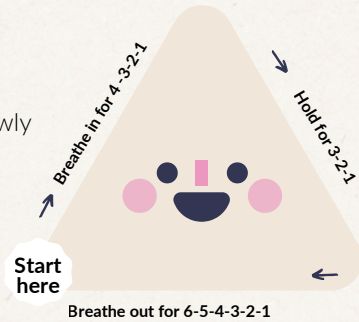
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You don't have to solve everything today.

Sometimes the most powerful thing you can do is pause long enough to notice what is happening inside you.

Awareness is the first step toward change.

**"Between stimulus and response
there is a space."**

— Viktor Frankl

What do I need to pause on and give space to today?

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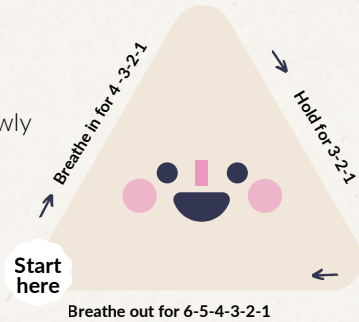
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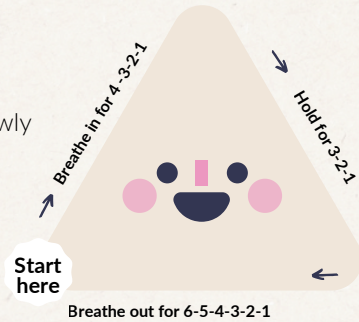
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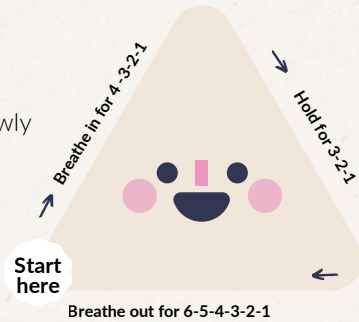
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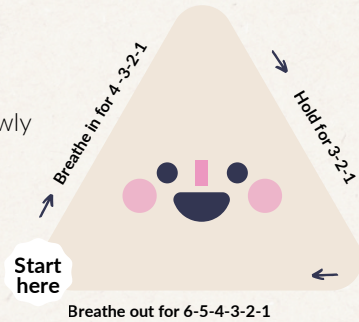
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The Inner Voice

NOTICING WHAT RUNS IN THE BACKGROUND

Most mental chatter runs on autopilot. Noticing the voice creates distance from it. That distance is power.

The inner voice replays old fears, compares, criticises, and catastrophises often without your awareness.

You are not your thoughts. You are the one who can observe them. The moment you notice the voice, you are no longer fully inside it.

Ask: "Is this thought true? Is it useful? Would I say this to someone I love?"
These three questions dissolve most mental noise.

I notice my inner voice tends to:

- Criticise or judge myself harshly
 - Worry about things not yet happened
 - Replay situations from the past
 - Compare myself to others
-

What would I say to a good friend who had this thought?

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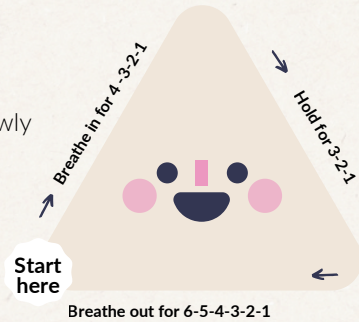
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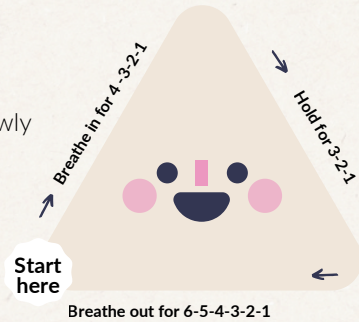
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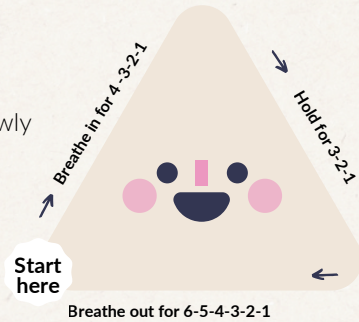
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My body feels..

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3. Today 'I can' ...

Your brain trusts evidence more than motivation. Write one small thing you can handle today.

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WHAT'S RUNNING IN MY MIND TODAY

4. *Today I am grateful for ...*

Look around for a moment. There is always something quietly working in your favor.

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5. *Today I will be...*

Before the day begins, circle the version of yourself you want to step into.. The way you show up often matters more than what you achieve.

Grounded Self:

- Calm
- Present
- Patient
- Grounded
- Steady

Focused Self:

- Focused
- Curious
- Attentive
- Disciplined
- Engaged

Courageous Self

- Brave
- Confident
- Visible
- Honest
- Open

Notes & Reflections

Additional thoughts, observations, or anything on your mind.

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Date: / /

Day:
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2. Breathe

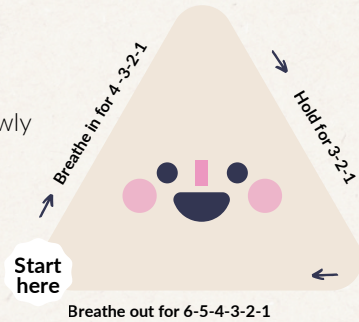
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The mind is both the cage and the key. Every morning is a new chance to choose.

A chance to choose which one you hand it.

You've made it through before. You'll make it through this too.

"The quieter you become, the more you can hear."

— Rumi

Think of a time you stepped up when it felt tough. What helped you do it?

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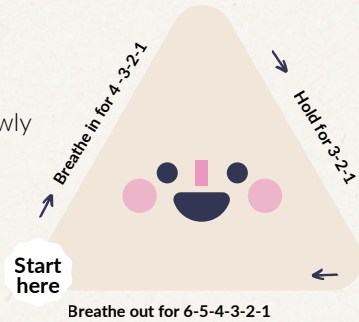
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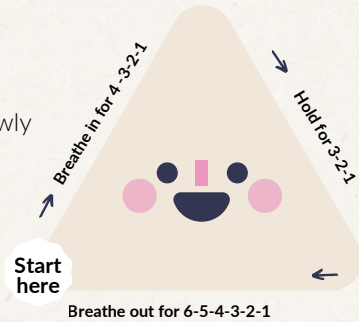
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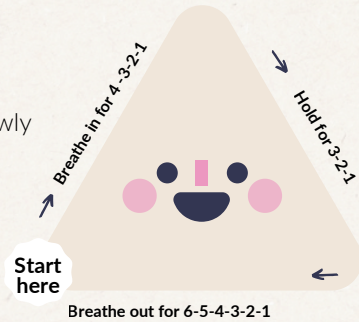
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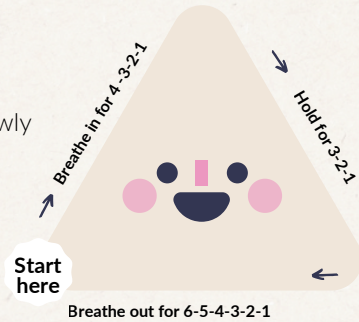
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WHAT SHIFTED FOR ME THIS WEEK?

Date: / /

Day:
S □ M □ T □ W □ T □ F □ S □

How did my week feel? (Shade the circle)

Mind clarity ○ ○ ○ ○ ○

Energy level ○ ○ ○ ○ ○

Emotional Ease ○ ○ ○ ○ ○

This week i showed up as? (Shade the circle)

Grounded Self ○

Focused Self ○

Courageous Self ○

I'm starting to notice that...

Slow down and spot what keeps repeating. Small patterns matter.

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I am proud of myself for..

Name it simply. No overthinking, just what feels true.

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Next week I will focus on..

What I'm moving forward with and what I'm letting go.

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Grateful for

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Celebrating

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Carry forward

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TAKE A STEP BACK

Write freely. No rules.

If a close friend had my week, I would tell them:

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One sentence that stays with me:

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STATE SHIFT PROTOCOL

For when the inner voice gets louder over mid-day.

Step 1 · Stop. Don't fix.

The voice gains power when you argue with it. Don't. Just notice it. "Something is running louder than my logic right now."

Step 2 · Breathe first · 4 — 3 — 6

Inhale 4. Hold 3. Exhale 6. The body shifts state before the mind can. Do this before thinking about solutions.

Step 3 · Distance question

"If a close friend were feeling exactly this, what would I tell them?" Answer that. Then apply it to yourself.

Step 4 · One action. Only one.

Not a plan. Not a list. One small, complete action that moves the day forward. Do it before revisiting the problem.

"Between stimulus and response there is a space." — Viktor Frankl

YOU MADE IT THROUGH

90 DAYS.

You started this journal because something in you was louder than your logic.

You didn't fix it. You learned to work with it.

You learned that your state creates your thinking — not the other way around. That the voice is a pattern, not a verdict. That five minutes in the morning is not a luxury. It is the condition for everything else.

You showed up for 90 days. Not perfectly. Consistently.

That is the practice.

Now open to page one.

***You are not your thoughts.
But you are responsible for them.***

LOUDER THAN LOGIC

You can outperform everyone

And still be undone by your own mind.

You think clearly when you're calm.
The problem is: you're rarely calm.

This 90-day journal is built for the **high-performing minds**, someone who thinks deeply, processes internally, and wants a structured daily practice to reclaim clarity before their inner voice runs the day.

◆ **Daily Reflection** — 5-minute structured practice with breathe, I can, gratitude + identity

◆ **6 Mind Topics** — state, inner voice, shifting, focus, rest, emotional regulation

◆ **Weekly Step Back** — distance self-talk prompt + mood tracker + gratitude grid

"Awareness is the first step towards change."

By Aishwarya Yawatkar