

FORMATION: KNOW THYSELF

6-Week Self Tracking & Awareness System

“You’re not fixing yourself. You’re learning how you operate.”

HOW TO USE THIS

This is not homework. This is awareness.

For the next 6 weeks, you will watch yourself, track your patterns, and understand how you operate.

Don't try to be perfect. Just be honest.

DAY 1 — May 08, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 2 — May 09, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 3 — May 10, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 4 — May 11, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 5 — May 12, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 6 — May 13, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 7 — May 14, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

WEEK 1 REFLECTION

What patterns showed up the most?

Where did I improve?

Where am I still repeating?

What is becoming more clear about me?

What do I want to focus on next week?

DAY 8 — May 15, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 9 — May 16, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 10 — May 17, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 11 — May 18, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 12 — May 19, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 13 — May 20, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 14 — May 21, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

WEEK 2 REFLECTION

What patterns showed up the most?

Where did I improve?

Where am I still repeating?

What is becoming more clear about me?

What do I want to focus on next week?

DAY 15 — May 22, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 16 — May 23, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 17 — May 24, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 18 — May 25, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 19 — May 26, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 20 — May 27, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 21 — May 28, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

WEEK 3 REFLECTION

What patterns showed up the most?

Where did I improve?

Where am I still repeating?

What is becoming more clear about me?

What do I want to focus on next week?

DAY 22 — May 29, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 23 — May 30, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 24 — May 31, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 25 — June 01, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 26 — June 02, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 27 — June 03, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 28 — June 04, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

WEEK 4 REFLECTION

What patterns showed up the most?

Where did I improve?

Where am I still repeating?

What is becoming more clear about me?

What do I want to focus on next week?

DAY 29 — June 05, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 30 — June 06, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 31 — June 07, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 32 — June 08, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 33 — June 09, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 34 — June 10, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 35 — June 11, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

WEEK 5 REFLECTION

What patterns showed up the most?

Where did I improve?

Where am I still repeating?

What is becoming more clear about me?

What do I want to focus on next week?

DAY 36 — June 12, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 37 — June 13, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 38 — June 14, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 39 — June 15, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 40 — June 16, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 41 — June 17, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

DAY 42 — June 18, 2026

■ MORNING RESET (5 MIN)

Breathe: Inhale 4s • Hold 2s • Exhale 6s (3 rounds)

How do I feel right now?

How do I want to move today?

■ MORNING GRATITUDE

1. _____

2. _____

3. _____

■ DAY AWARENESS

What did I feel today?

How did I react?

What pattern showed up? (Overthinking / Avoidance / Reacting / Control / People-pleasing / Other)

Was I aligned with my direction (Sun)?

■ Small Win — One thing I did differently:

■ NIGHT REFLECTION

What did I learn today?

What could I have done differently?

■ NIGHT GRATITUDE

1. _____

2. _____

3. _____

WEEK 6 REFLECTION

What patterns showed up the most?

Where did I improve?

Where am I still repeating?

What is becoming more clear about me?

What do I want to focus on next week?

FINAL REFLECTION

Who was I at the beginning?

What patterns did I become aware of?

What changed in how I think or act?

What do I understand about myself now?

You are not stuck. You were just unaware. Now you see. Now you choose differently.