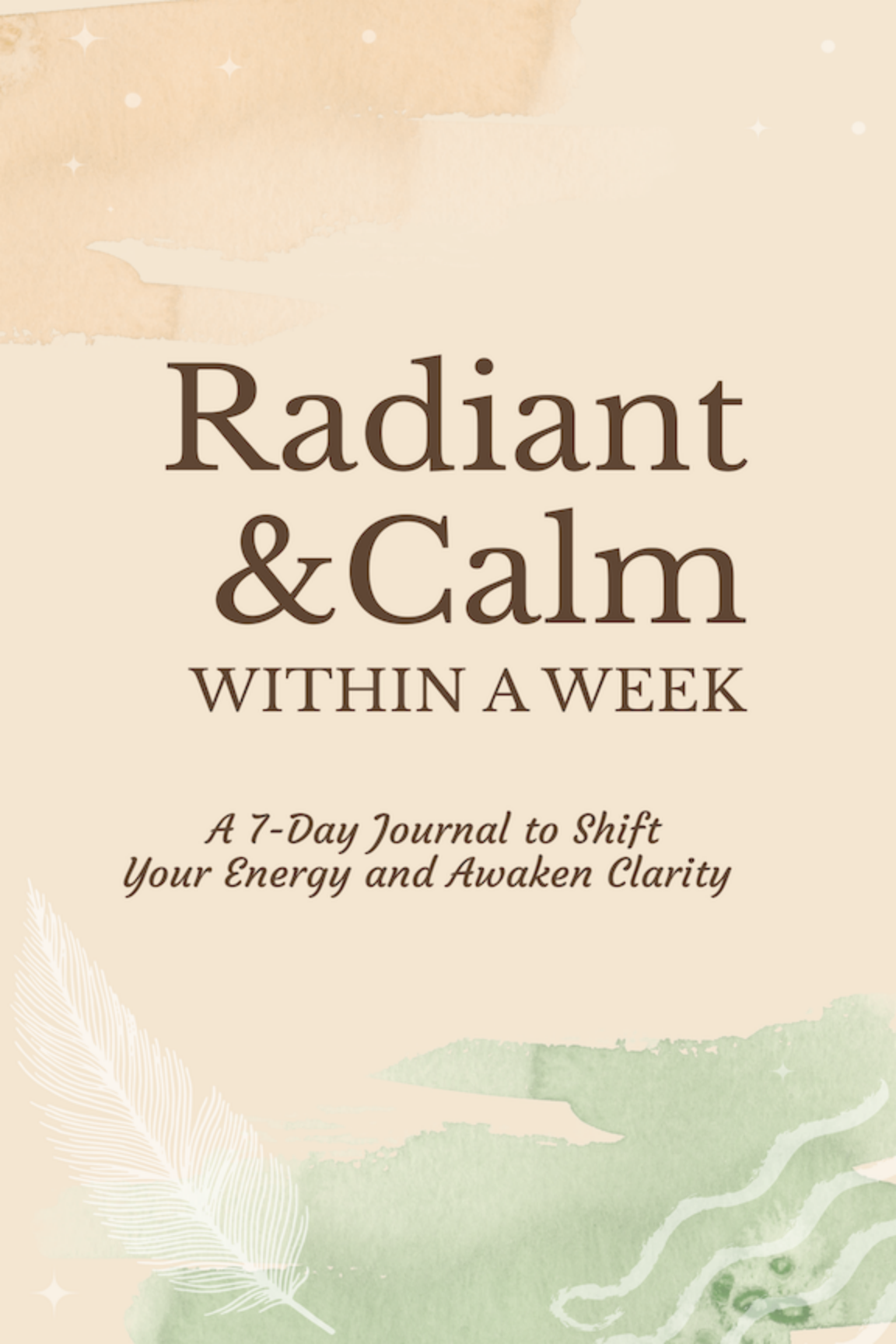




Radiant & Calm

WITHIN A WEEK

*A 7-Day Journal to Shift
Your Energy and Awaken Clarity*

Radiant & Calm Within A Week

A 7-DAY JOURNAL TO SHIFT YOUR ENERGY AND
AWAKEN CLARITY

RADIANT & CALM

Radiant & Calm Within a Week



A 7-Day Journal to Shift Your Energy & Awaken Clarity

This is your space — to pause, to listen, and to come back to yourself.

Maybe you begin this with a hint of curiosity, or a quiet hope that something might shift. By the end, I want you to feel powerful — or at least feel the possibility of whatever you're seeking. Because it's there. It always was.

Each day in this journal is a gentle conversation with yourself. You'll explore what you need, what you feel, and what you're ready to claim — not with shame or guilt, but with honesty and lightness. You'll be invited to let your feelings exist without judgment, and in doing so, watch them transform from obstacles into fuel.

This isn't a to-do list. It's not a box to check.

RADIANT & CALM

It's a reclamation — of your energy, your clarity, your self-worth.

You are worthy of being asked:
What do I need right now?

And you're powerful enough to answer.

Let's begin.

Day 1: Morning Clarity



“Each morning we are born again. What we do today is what matters most.”
— Buddha

Today’s Intention:
Start your day anchored in awareness.

Journal Prompts:

What is one word I want to embody today?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

RADIANT & CALM

What would it feel like to move through this day with ease?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Visualize your ideal morning.

What does it smell, sound, and feel like?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Day 2: Midday Reset



“Almost everything will work again if you unplug it for a few minutes... including you.” — Anne Lamott

Today’s Intention:

Pause the noise. Return to what matters.

Journal Prompts:

What’s been taking up most of my mental space today — and how does it actually feel in my body or mind?

.....

.....

.....

.....

.....

.....

.....

.....

.....

RADIANT & CALM

.....
When I strip away urgency or noise, what genuinely matters to me in this moment?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

.....
What would my day look and feel like if I focused only on what truly matters to me?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Day 3: Letting Go

“You don’t have to carry it all.” — Unknown

Today’s Intention:

Release what drains, and make space for what restores.

Journal Prompts:

What have I been mentally or emotionally gripping lately — and how is it affecting me?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

RADIANT & CALM

What belief, story, or expectation am I ready to set down, even just for today?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

If I let go of that weight, what energy or possibility might return to me?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Day 4: Heart Focus



“Gratitude turns what we have into enough.” — Aesop

Today’s Intention:

Open the heart and allow softness to guide the day.

Journal Prompts:

What is one overlooked thing, person, or moment I could genuinely appreciate right now?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

RADIANT & CALM

Where have I been hard on myself — and what would it feel like to meet that place with compassion instead?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

If I spent today being led by kindness (to self or others), how might my energy or choices shift?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Day 5: Mind Declutter



“Your mind is your instrument. Learn to be its master and not its slave.” — Remez Sasson

Today’s Intention:

Free your mind from loops, noise, and unnecessary weight.

Journal Prompts:

What thoughts or worries have been looping in my mind today?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

RADIANT & CALM

Which of these are truly important right now — and which can be softened, paused, or let go?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

If I made space in my mind, what would I choose to focus on instead?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Day 6: Inspired Action

“Action is the foundational key to all success.” — Picasso

Today’s Intention:

Move forward from your inner wisdom, not pressure.

Journal Prompts:

What’s one thing I know — deep down — would help me feel more aligned today?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

RADIANT & CALM

What small, doable action could I take to support that today?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

If I took that action, how might I feel after?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Day 7: Integration

“You don’t have to change the whole world today. Just come home to yourself.” — Unknown

Today’s Intention:

Notice what’s shifted — and honor your progress.

Journal Prompts:

What has changed for me — even slightly — over the past 7 days?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

RADIANT & CALM

What insight, feeling, or pattern do I want to carry forward?

.....

.....

.....

.....

.....

.....

.....

.....

.....

What part of me feels more seen, supported, or steady today?

.....

.....

.....

.....

.....

.....

.....

.....

.....

Optional Reflection: A Place That Heals You



Sometimes clarity isn't a thought — it's a feeling.

A memory. A sensation.

If you close your eyes right now, is there a place — real or imagined — where you feel calm, free, or joyful?

What do you see there?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

What can you feel — the air, the sounds, your breath, your smile?

.....

.....

.....

.....

.....
.....
.....
.....
.....
.....

Could you carry that image with you, like a thread back to yourself?

If no place comes to mind yet, that's okay.

You've already begun the journey inward — and sometimes the image follows.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Take With You



You've just spent seven days turning inward — asking questions, telling the truth, and making space for something more.

Whether this journey sparked a small insight or opened something wide, know that the act of showing up for yourself matters. It always does.

You don't need to do more to be more.

You don't need to rush into clarity.

You are already worthy of the space you created.

If you ever feel scattered, stuck, or out of sync again — come back here. Pick a page. Ask a question. Or simply breathe and remember: you've done this before. You can do it again.

For more meditations, journal prompts, and calming practices, visit:

<https://radiantandcalm.com>