

7-Day Energy Reset Journal

Sages & Stones — Free Resource

This journal is a 7-day guided practice for resetting your energy when you feel stuck, drained, scattered, or off-center. Each day has a theme, a short reading, and journaling prompts. You don't need any special tools. A notebook, a pen, and 15-20 minutes per day is enough. If you have crystals or oracle cards, you can incorporate them — but they're optional.

How to use this journal:

- Start on any day — Monday is traditional but not required
 - Do the day's practice in the morning if possible (it sets the tone for the whole day)
 - Write honestly — no one else will read this
 - Don't skip days, but if you do, just pick up where you left off — don't start over
 - At the end of 7 days, read back through your entries. You'll see patterns you couldn't see while you were in them.
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DAY 1 — GROUNDING: Coming Back to Your Body

When your energy is scattered, everything feels urgent and nothing feels clear. You're reacting instead of choosing. Grounding is the first step because it brings you back into your body — the only place where real clarity lives.

PRACTICE (5 MINUTES)

Stand with both feet flat on the floor. Close your eyes.

Take 5 slow breaths. On each inhale, feel your feet pressing into the floor. On each exhale, imagine roots growing from your feet deeper into the earth. After 5 breaths, open your eyes and notice: what does the room feel like? Has anything shifted?

JOURNAL PROMPTS

1. Where in my body do I feel the most tension right now?
(Describe the sensation — not "stressed" but "tight, hot, pressing in my chest")
1. When was the last time I felt genuinely grounded and calm?
Where was I? What was I doing?
1. What is one physical thing I can do today to honor my body?
(Walk, stretch, cook a real meal, go to bed early, etc.)

CRYSTAL SUGGESTION (OPTIONAL)

Hold hematite or smoky quartz while journaling. Place it at your feet during the grounding practice.

DAY 2 — RELEASING: Letting Go of What Isn't Yours

You carry more than your own energy. Throughout the week, you absorb fragments from other people — their moods, their expectations, their fears. You also carry old versions of yourself: who you used to be, who you thought you should be. Today is about letting those go.

PRACTICE (5 MINUTES)

Sit quietly with your eyes closed. Take 5 slow breaths. Now scan your body from head to toe. Notice anything that feels heavy, stuck, or foreign — like it doesn't belong to you. When you find something, ask silently: "Is this mine?" If the answer is no, or even maybe, imagine it dissolving or lifting off you like fog burning off in sunlight. Do this for as many sensations as you find.

JOURNAL PROMPTS

- 1. What emotions am I carrying right now that don't feel like mine? (Name them and who they might belong to)
- 1. What am I holding onto from the past that no longer serves me? (A grudge, an old identity, a story about myself, an obligation)
- 1. Complete this sentence: "I release _____ because _____."
- 1. What would I make room for if I let go of what I just named?

CRYSTAL SUGGESTION (OPTIONAL)

Hold black tourmaline or obsidian during the release practice. These stones absorb and transmute what you're letting go of.

DAY 3 — CLEARING: Sweeping the Field Clean

After releasing the big things, it's time to clear the residue. Think of this like wiping down a counter after you've cleared the dishes. The surface is still sticky. Today you clean it.

PRACTICE (5 MINUTES)

Stand up. Starting at the top of your head, use your hands to "sweep" your energy field. Brush your hands down your body — over your head, face, neck, shoulders, arms, chest, belly, hips, legs, all the way to your feet. Do this 3 times. Each time, imagine you're brushing off residue — old energy, other people's energy, stagnant energy. Flick your hands toward the ground after each sweep. When you're done, wash your hands in cold water.

JOURNAL PROMPTS

- 1. What feels lighter after yesterday's release? What still feels heavy?

1. My energy field is like a house. Which rooms are clean and which still need attention? (Name the "rooms" — work, relationships, health, creativity, finances, etc.)
1. What is one area of my life where I've been tolerating "sticky" energy instead of cleaning it up? (A relationship boundary, a habit, an environment)

CRYSTAL SUGGESTION (OPTIONAL)

Hold selenite during the sweeping practice. Selenite continuously clears energy — it amplifies the clearing intention of the practice.

DAY 4 — PROTECTING: Setting the Boundary

Now that you've cleared your field, protect it. This isn't about building walls — it's about choosing what gets in and what doesn't. An unprotected energy field is like a house with the door open: anything can walk in.

PRACTICE (5 MINUTES)

Sit comfortably. Close your eyes. Visualize a sphere of light surrounding your body — about arm's length in every direction. Choose a color that feels protective to you (gold, blue, white, green). See this sphere as strong and radiant. Now set the rule: "My energy is my own. Only what serves my highest good may enter. Everything else is reflected." Sit inside this sphere for a full minute. Feel the safety of it.

JOURNAL PROMPTS

1. Where in my life do I need stronger boundaries? (Name specific situations, relationships, or habits)
1. What would I say no to if I weren't afraid of the other person's reaction?
1. What would I say yes to if I weren't afraid of my own judgment?
1. Describe your protective sphere. What color is it? What does it feel like inside? This is your personal description — return to it whenever you need to re-shield.

CRYSTAL SUGGESTION (OPTIONAL)

Carry black tourmaline today. Place it in your pocket or wear it as jewelry. Let it be your physical anchor for the boundary you've set.

DAY 5 — ALIGNING: Connecting to Your True North

You've grounded, released, cleared, and protected. Now it's time to align — to reconnect with what actually matters to you.

Not what should matter. Not what other people think matters.
What YOU actually care about.

PRACTICE (5 MINUTES)

Sit quietly. Close your eyes. Take 5 slow breaths. Now ask yourself: "If I had one year to live — healthy, capable, and aware that time is limited — what would I prioritize?" Don't overthink it. Notice the first things that come up. Those are your true north. Open your eyes and write them down.

JOURNAL PROMPTS

- 1. The five things that matter most to me are:
(List them. Not 10. Not 20. Five.)
- 1. Look at your schedule for the past week. How much time did you actually spend on those five things? Be honest.
- 1. What is one small shift I can make this week to align my daily life with what actually matters to me?
- 1. What have I been doing out of obligation that doesn't appear anywhere on my "five things" list?

CRYSTAL SUGGESTION (OPTIONAL)

Hold clear quartz or lapis lazuli during this practice.
These stones support clarity of purpose and authentic self-expression.

DAY 6 — INTENTION: Setting Your Direction

Yesterday you found your true north. Today you set your direction. An intention is not a goal — it's a compass bearing. It tells you which direction to walk, even if you can't see the destination yet.

PRACTICE (5 MINUTES)

Choose one intention for the next 30 days. Not five. Not three. One. Write it as a present-tense statement:
"I am _____."
"I choose _____."
"I welcome _____ into my life."
Say it aloud 3 times. Feel it in your body. This is your compass for the next month.

JOURNAL PROMPTS

- 1. My intention for the next 30 days is:
(Write it clearly and simply)
- 1. Why does this intention matter to me right now? (Not why it should matter — why it actually, genuinely does)
- 1. What habits, actions, or choices would align with this intention? (List 3-5 specific things)
- 1. What would get in the way? (Name the obstacles — internal and external)
- 1. What support do I need? (From people, from practices,

from my environment, from tools like crystals)

CRYSTAL SUGGESTION (OPTIONAL)

Create a simple 3-stone intention grid: your center stone represents the intention, flanked by two support stones.

Place it where you'll see it daily. See the Crystal Grids guide for detailed instructions.

DAY 7 — INTEGRATION: Bringing It All Together

The final day isn't about adding something new. It's about recognizing what's already shifted. You've spent 6 days doing active work. Today you look at the whole picture.

PRACTICE (5 MINUTES)

Read back through all 6 days of journal entries. Don't judge them. Just read. Notice the arc: where you started on Day 1 and where you are now. When you finish, sit quietly for 2 minutes. Let the integration happen without forcing it.

JOURNAL PROMPTS

1. The biggest shift I've noticed over the past 6 days is:
1. I feel most different in this area of my life:
1. The practice that had the most impact was: (grounding, releasing, clearing, protecting, aligning, or intention-setting)
1. Going forward, my daily energy practice will consist of: (Choose 2-3 things from the week that you'll keep doing. Not everything — just the ones that actually worked.)
1. Write a letter to yourself to read one month from now. Tell your future self what you learned this week, what you're proud of, and what you want to remember.

YOUR DAILY ENERGY PRACTICE GOING FORWARD

Based on your 7 days of practice, create your personal minimum effective practice — the few things you'll do every day to maintain your energy field. Write it here:

MORNING (2 MINUTES):

BEFORE DIFFICULT SITUATIONS (30 SECONDS):

EVENING (3 MINUTES):

WEEKLY (15 MINUTES):

This isn't aspirational — it's what you'll actually do. Keep it simple. Keep it real. Do it consistently. That's what makes

the difference.

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