SPARK GROWTH

The Morning Mindset Journal

Ten quiet minutes that set the tone for the whole day.

90 dated daily pages · 13 weekly themes · 3 monthly reflection spreads · print-ready US Letter

Getting started

You do not need an hour, a special chair, or a perfect sunrise. You need ten minutes, this journal, and a pen.

Pick the same place each morning — a kitchen table, a corner of the couch, your desk before the computer goes on. Pick the same time if you can: immediately after coffee, immediately after waking, or right after the house empties. Consistency of place beats perfection of ritual.

Each page has three prompts: one to clear your head, one to choose your focus, one to notice what is already working. There are no wrong answers. The goal is not to write something wise; it is to show up and see what is already there.

If you miss a day, turn the page and start again. The journal does not judge you. It is simply waiting for you to come back.

HOW THE 90 DAYS ARE STRUCTURED

- Thirteen weeks, each with a one-page theme introduction.
- Seven daily pages per week with the same three prompts.
- A reflection spread after every thirty days.

WEEK 1

Clarity

Clarity is not certainty. It is naming what is actually in front of you instead of the blur of everything at once.

REFLECTION QUESTION

What is the one thing I am pretending not to know?

Weekend activity: Take a twenty-minute walk with no phone and no destination.

DAY 1 · WEEK 1: CLARITY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 2 · WEEK 1: CLARITY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 3 · WEEK 1: CLARITY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 4 · WEEK 1: CLARITY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 5 · WEEK 1: CLARITY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 6 · WEEK 1: CLARITY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 7 · WEEK 1: CLARITY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 2

Focus

Focus is choosing, and choosing means something good gets left out. That is the cost, and it is worth paying.

REFLECTION QUESTION

What would I finish this week if I let one other thing wait?

Weekend activity: Clear one surface completely — a desk, a table, a shelf.

DAY 8 · WEEK 2: FOCUS

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 9 · WEEK 2: FOCUS

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 10 · WEEK 2: FOCUS

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 11 · WEEK 2: FOCUS

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 12 · WEEK 2: FOCUS

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 13 · WEEK 2: FOCUS

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 14 · WEEK 2: FOCUS

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 3

Gratitude

Gratitude is not forced positivity. It is noticing what is already working, which is usually more than we think.

REFLECTION QUESTION

Who made my week easier without being asked?

Weekend activity: Write and send one short thank-you message.

DAY 15 · WEEK 3: GRATITUDE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 16 · WEEK 3: GRATITUDE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 17 · WEEK 3: GRATITUDE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 18 · WEEK 3: GRATITUDE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 19 · WEEK 3: GRATITUDE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 20 · WEEK 3: GRATITUDE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 21 · WEEK 3: GRATITUDE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

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Start small. The whole day opens from here.

WEEK 4

Energy

Energy is a schedule problem more often than a health problem. Notice where yours goes rather than where it should go.

REFLECTION QUESTION

Which part of my day reliably drains me?

Weekend activity: Go to bed thirty minutes earlier, twice.

DAY 22 · WEEK 4: ENERGY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 23 · WEEK 4: ENERGY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 24 · WEEK 4: ENERGY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 25 · WEEK 4: ENERGY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 26 · WEEK 4: ENERGY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 27 · WEEK 4: ENERGY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 28 · WEEK 4: ENERGY

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 5

Courage

Courage is usually small and unwitnessed: the message you send, the question you ask, the thing you finally say plainly.

REFLECTION QUESTION

What conversation have I been avoiding?

Weekend activity: Do one thing on your list that makes you slightly nervous.

DAY 29 · WEEK 5: COURAGE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 30 · WEEK 5: COURAGE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

MONTH 1

Reflection spread

WHAT PATTERN SHOWED UP THIS MONTH?

WHICH MORNINGS FELT BEST? WHAT WAS DIFFERENT?

WHAT GOT IN THE WAY?

ONE ADJUSTMENT FOR NEXT MONTH

THREE SMALL WINS

DAY 31 · WEEK 5: COURAGE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 32 · WEEK 5: COURAGE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 33 · WEEK 5: COURAGE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 34 · WEEK 5: COURAGE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 35 · WEEK 5: COURAGE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 6

Rest

Rest is not the reward for finishing. It is part of the work, and it is the part most of us skip.

REFLECTION QUESTION

What does real rest look like for me, not for anyone else?

Weekend activity: Take one afternoon with nothing scheduled.

DAY 36 · WEEK 6: REST

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 37 · WEEK 6: REST

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 38 · WEEK 6: REST

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 39 · WEEK 6: REST

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 40 · WEEK 6: REST

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 41 · WEEK 6: REST

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 42 · WEEK 6: REST

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 7

Connection

Connection rarely needs an occasion. It needs an unhurried ten minutes and a real question.

REFLECTION QUESTION

Who have I been meaning to call for months?

Weekend activity: Make one call instead of sending one message.

DAY 43 · WEEK 7: CONNECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 44 · WEEK 7: CONNECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 45 · WEEK 7: CONNECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 46 · WEEK 7: CONNECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 47 · WEEK 7: CONNECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 48 · WEEK 7: CONNECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 49 · WEEK 7: CONNECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 8

Learning

Learning slows down when we only consume. Making something small teaches more than reading three more articles.

REFLECTION QUESTION

What have I been learning about but never practising?

Weekend activity: Spend an hour making a rough version of something.

DAY 50 · WEEK 8: LEARNING

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 51 · WEEK 8: LEARNING

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 52 · WEEK 8: LEARNING

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 53 · WEEK 8: LEARNING

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 54 · WEEK 8: LEARNING

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 55 · WEEK 8: LEARNING

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 56 · WEEK 8: LEARNING

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 9

Boundaries

A boundary is a sentence, not a fight. Most of them are one line long and said once.

REFLECTION QUESTION

Where am I saying yes and meaning no?

Weekend activity: Say no to one thing this week, kindly and without explaining twice.

DAY 57 · WEEK 9: BOUNDARIES

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 58 · WEEK 9: BOUNDARIES

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 59 · WEEK 9: BOUNDARIES

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 60 · WEEK 9: BOUNDARIES

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

MONTH 2

Reflection spread

WHAT PATTERN SHOWED UP THIS MONTH?

WHICH MORNINGS FELT BEST? WHAT WAS DIFFERENT?

WHAT GOT IN THE WAY?

ONE ADJUSTMENT FOR NEXT MONTH

THREE SMALL WINS

DAY 61 · WEEK 9: BOUNDARIES

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 62 · WEEK 9: BOUNDARIES

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 63 · WEEK 9: BOUNDARIES

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 10

Patience

Patience is what growth looks like from the inside: slow, unremarkable, and easy to mistake for nothing happening.

REFLECTION QUESTION

What am I judging myself for that simply needs more time?

Weekend activity: Revisit something you started and abandoned.

DAY 64 · WEEK 10: PATIENCE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

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Ten minutes is enough to change the tone of a day.

DAY 65 · WEEK 10: PATIENCE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 66 · WEEK 10: PATIENCE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

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Attention is the most generous thing you own.

DAY 67 · WEEK 10: PATIENCE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 68 · WEEK 10: PATIENCE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 69 · WEEK 10: PATIENCE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 70 · WEEK 10: PATIENCE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 11

Purpose

Purpose is less a discovery than an accumulation. It shows up in what you keep choosing when nobody is watching.

REFLECTION QUESTION

What do I keep coming back to, year after year?

Weekend activity: Write a page about what you would do with an unhurried year.

DAY 71 · WEEK 11: PURPOSE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 72 · WEEK 11: PURPOSE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 73 · WEEK 11: PURPOSE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 74 · WEEK 11: PURPOSE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 75 · WEEK 11: PURPOSE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 76 · WEEK 11: PURPOSE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 77 · WEEK 11: PURPOSE

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 12

Integration

Integration is when the practice stops being a project. Fewer new ideas, more of the ones that already work.

REFLECTION QUESTION

Which habit from the last twelve weeks is worth keeping?

Weekend activity: Remove one commitment that no longer fits.

DAY 78 · WEEK 12: INTEGRATION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 79 · WEEK 12: INTEGRATION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 80 · WEEK 12: INTEGRATION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 81 · WEEK 12: INTEGRATION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 82 · WEEK 12: INTEGRATION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 83 · WEEK 12: INTEGRATION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

DAY 84 · WEEK 12: INTEGRATION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Start small. The whole day opens from here.

WEEK 13

Reflection

Looking back is not nostalgia. It is the only way to see the pattern you were too close to notice.

REFLECTION QUESTION

What is different about me than ninety days ago?

Weekend activity: Reread your first ten pages in this journal.

DAY 85 · WEEK 13: REFLECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Ten minutes is enough to change the tone of a day.

DAY 86 · WEEK 13: REFLECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

You are not behind. You are here.

DAY 87 · WEEK 13: REFLECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Attention is the most generous thing you own.

DAY 88 · WEEK 13: REFLECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Do the small version. It counts.

DAY 89 · WEEK 13: REFLECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

Notice what is already working.

DAY 90 · WEEK 13: REFLECTION

Date: _____

Mood check-in: calm · tired · excited · anxious · neutral

1. CLEAR — What is on my mind right now?

2. CHOOSE — The one thing I want to focus on today is…

3. NOTICE — Something already working in my life is…

☐ I gave this morning ten quiet minutes.

The page does not judge you. It waits.

MONTH 3

Reflection spread

WHAT PATTERN SHOWED UP THIS MONTH?

WHICH MORNINGS FELT BEST? WHAT WAS DIFFERENT?

WHAT GOT IN THE WAY?

ONE ADJUSTMENT FOR NEXT MONTH

THREE SMALL WINS

Ninety days later

Turn back to your first week and read it slowly. Most people find the same two or three concerns repeating — and that repetition is the useful part. Choose one to work on for the next ninety days, and start again on a fresh page.