

SEVEN-DAY JOURNAL

# Seven Days of Emotional Alchemy

One small practice each day. The aim is not emotional perfection; it is a more honest, supportive relationship with what you feel.

DAY 1

## Notice

Name the strongest feeling present today without explaining or judging it.

**What is true now?**

**What is one supportive response?**

**One sentence I want to remember:**

DAY 2

# Welcome

What might this feeling be protecting or communicating?

**What is true now?**

**What is one supportive response?**

**One sentence I want to remember:**

DAY 3

# Body

Where is the emotion felt physically? What changes with one slower breath?

**What is true now?**

**What is one supportive response?**

**One sentence I want to remember:**

DAY 4

# Bridge

Choose one bridge feeling: relief, curiosity, acceptance, hope or self-compassion.

**What is true now?**

**What is one supportive response?**

**One sentence I want to remember:**

DAY 5

# Cultivate

Spend five minutes practising the quality you want to strengthen.

**What is true now?**

**What is one supportive response?**

**One sentence I want to remember:**

DAY 6

# Embodiment

Choose one real action that expresses this quality.

**What is true now?**

**What is one supportive response?**

**One sentence I want to remember:**

DAY 7

# Integrate

What changed this week? What deserves to continue?

**What is true now?**

**What is one supportive response?**

**One sentence I want to remember:**