



7-day gentle reset

a journaling guide for easing back into writing

welcome back to yourself.

this isn't about perfection or productivity.
it's about creating a small, gentle space
for your thoughts—one page at a time.

there are no rules here.
write as much or as little as you need.
come back when you're ready.



@ria.dms

DAY ONE

arriving

What brought you here today? There's no wrong answer—just notice what's present.

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gentle reminder:

take three slow breaths before you begin.

DAY TWO

noticing

What emotion keeps visiting you lately? Describe it like weather—is it a drizzle, a storm, sunshine?

gentle reminder:

name the emotion without judging it.

DAY THREE

releasing

What are you carrying that isn't yours to hold? Write it down, then imagine letting it go.

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gentle reminder:

you can put it down, even just for today.

DAY FOUR

remembering

Recall a moment when you felt completely yourself. What were you doing? Who were you with?

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gentle reminder:

that version of you is still here.

DAY FIVE

softening

Where in your body do you feel tension? Write a gentle letter to that part of yourself.

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gentle reminder:

your body is trying to protect you.

DAY SIX

dreaming

If you woke up tomorrow and everything was exactly as you hoped—what would be different?

gentle reminder:

dreams don't have to be loud to matter.

DAY SEVEN

returning

Look back at this week. What surprised you? What do you want to remember?

gentle reminder:

you showed up. that's everything.



you did it.

seven days of showing up for yourself.
that's not nothing—that's everything.

keep going if it felt good.
rest if you need to.
either way, you know where to find us.

continue at nuuko.app



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