



The Gentle Reset

A 7-Day Mindfulness Journal to Feel Safe Again





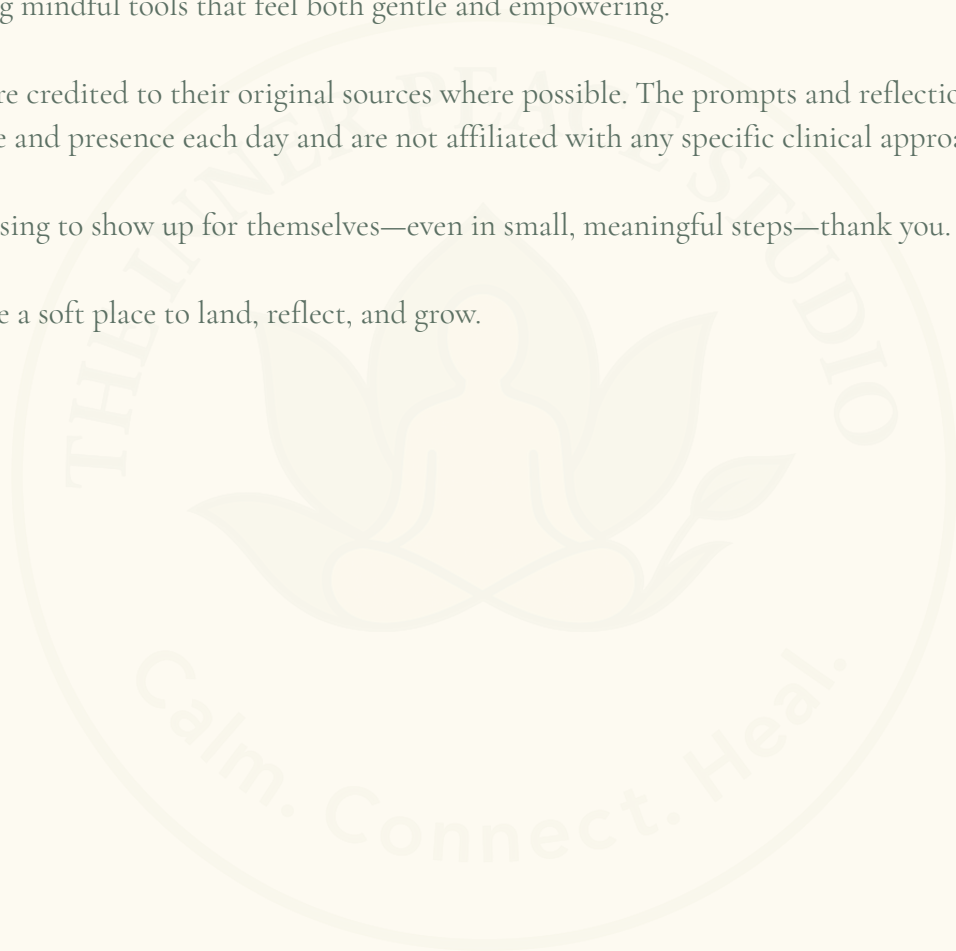
Acknowledgment

This journal is a heartfelt offering from The Inner Peace Studio, inspired by personal healing journeys and a passion for creating mindful tools that feel both gentle and empowering.

Any quotes used are credited to their original sources where possible. The prompts and reflections are designed to support your pause and presence each day and are not affiliated with any specific clinical approach or institution.

To every soul choosing to show up for themselves—even in small, meaningful steps—thank you.

May this journal be a soft place to land, reflect, and grow.





Disclaimer

This journal is intended for general wellness, mindfulness, and educational purposes only. It is not designed to diagnose, treat, cure, or prevent any medical or psychological condition.

The Inner Peace Studio does not provide medical, psychological, therapeutic, or crisis intervention services. Always consult a qualified healthcare provider or licensed mental health professional for personalised advice and support.

If you are experiencing emotional distress or a mental health crisis, please seek immediate help from a local support line, crisis center, or emergency service.

Your emotional safety matters. Please move through this journal at your own pace, and feel free to skip any prompts that feel overwhelming.

Your well-being comes first.



Introduction

Welcome to **The Gentle Reset Journal**.

This journal is a gentle companion designed to help you become more present, centered, and self-aware through daily reflection.

Whether you're just beginning or deepening your mindfulness practice, these prompts will invite you to slow down, breathe, and reconnect with your inner calm.

Each day includes:



Quote



Gentle Journal Prompt

Take your time with each day, and allow yourself to fully arrive in the moment.



DATE: / /

Day 1

QUOTE:

You don't have to be productive to be enough.

— UNKNOWN

PROMPT:

WHAT DOES 'ENOUGH' FEEL LIKE IN MY BODY?

Notice any sensations—like tightness, warmth, or calm—without judgment.





DATE: / /

Day 2

QUOTE:

You are not behind. You are exactly where you need to be.

— UNKNOWN

PROMPT:

WHERE AM I RUSHING IN LIFE?





DATE: / /

Day 3

QUOTE:

Rest is not a reward. It's a right.

— TRICIA HERSEY, THE NAP MINISTRY

PROMPT:

WHAT TYPE OF REST DOES MY BODY CRAVE RIGHT NOW?





DATE: / /

Day 4

QUOTE:

Healing isn't linear. It's layered.

— UNKNOWN

PROMPT:

WHAT'S ONE THING I'M BEING TOO HARD ON MYSELF FOR?





DATE: / /

Day 5

QUOTE:

Softness is not weakness. It's resilience without the armor.

— UNKNOWN

PROMPT:

HOW CAN I BE GENTLER WITH MYSELF TODAY?





DATE: / /

Day 6

QUOTE:

You're allowed to take up space.

— UNKNOWN

PROMPT:

WHERE IN LIFE DO I MAKE MYSELF SMALLER?





DATE: / /

Day 7

QUOTE:

This moment is your home. Come back to it.

— UNKNOWN

PROMPT:

WHAT HELPS ME RETURN TO PRESENCE?





Reflection





Closing Note

You've taken a beautiful step toward peace and gifted yourself 7 days of presence. Remember, mindfulness isn't a destination—it's a way of being.

Carry the insights and compassion you've cultivated here into your daily life. Return to these pages anytime you need gentle reset or reflection.

Your gentle steps forward matter, and so does your kindness to yourself.

— With warmth and presence,

The 
Inner Peace Studio
CALM. CONNECT. HEAL.



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