

The 21-day integration *journal*

A RESOURCE BY
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*A page to guide you — then write it in your own
diary. Twenty-one days to begin the habit and start
meeting yourself.*

The story



For thirty years I answered to everyone — boards, deadlines, numbers — and almost never to myself. When someone asked how I was, I said “fine” and moved on.

It took a crisis to sit me still and ask my own questions: what do I actually want? What am I really feeling today?

*The day I began writing the answers down
was the day I began coming back to myself.*

*From Self-confidence is overrated. The questions were always
mine to ask — I'd just never made the time.*

Why do this



Putting the day into words pulls you out of the swirl: you can look at your life instead of being swept along by it.

The morning sets an intention; the evening integrates what happened. Done for 21 days, it stops being an effort and becomes a habit — and a quiet training in self-awareness and discovery.

**Don't journal to record your life.
Journal to meet the person living it.**

In the morning



- **The countdown.** Head each entry counting down from 21 to 1 — Day 21, Day 20... marking the journey to its close.
- **Birthing into...** what you are bringing into being today.
- **Title of the day** — name today, as if it were a chapter.
- **Decrees** — your declarations for the day, as already true.
- **Today's agenda** — the few things that matter.

In the evening



- What was significant, magical or special today?
- What did I learn from what didn't go as I wanted?
- What, or whom, did I benefit today?
- What gave me joy today?
- What did I make progress on today?
- **Sleep programming** — the thought I hand my mind before sleep.
- Today I am grateful for...

*Twenty-one days won't change your life.
Meeting yourself, every day, will.*

*Print it once, keep it by your diary, and let it guide
you from Day 21 down to Day 1.*

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