

# THE FREE JOURNAL

7 Days to Replenish Your Power



by  
*Inner Balance Daily*





## Founder's Statement:

*Inner Balance Daily* was created as a sanctuary for the soul — a place to rest, breathe & reconnect with what's real.

My own journey has taken me from the dark depths of depression to the vibrant radiance of spiritual awakening. Along the way, I learned that peace isn't something we chase; it's something we remember.

Here, I share some of the insights & practices that help me maintain joy & balance — so that you, too, can return to your calm, your clarity & your light.

With love,  
Amber





## Day One: Awaken

Congratulations.

You've successfully transitioned from the allure of the sleep state into the endless possibilities of wakeful consciousness.

Welcome.

Take a slow breath. You're not here to fix anything. Believe it or not, there's nothing wrong with you. You don't need a plan or a "perfect" mindset. You've shown up, you're breathing & that's enough. When we consistently show up for ourselves, we remember our hidden power.

Grounding Practice:

Place one hand over your heart & one over your belly.

Notice the rise & fall beneath your palms. Breathe in for six... hold for two... breathe out for three. Repeat twice more.

Gently remember that you're far more than just your body or ego.

Feel free to write by hand, type into this PDF or even use a voice recorder.

## Day One Prompts

(No minimum or maximum time limit)

1. What do I perceive as my virtues? What do these “assets” afford me?

2. What are my seeming “flaws & shortcomings?” What do they cost me?

3. For a moment, imagine you have no past, no history, no burdens limiting you.

Pause.

Notice how this feels. What difference does this make within you?

Declaration: I am not flawed, bad or incomplete. I shed that false identity now.





## Day Two: Soften

Today, let's loosen the tight places left inside you — not by force, but by kindness. There's nothing to push through or to conquer right now. Wherever you feel bracing, holding, or trying to be strong... allow yourself to soften instead. Fully let go. Just for now.

### Grounding Practice:

Close your eyes a moment. Notice one area in your body that feels tense or guarded — your jaw, shoulders, chest, belly. Gently hold or stroke this part of your body. Whisper to yourself: we don't have to hold this right now. We can let it go. Then exhale slowly & soften that rigid place by 10%. Just 10% — real power doesn't rush.

You're doing beautifully. This journal isn't about becoming someone else — it's about gently coming home to your true self, beyond the roles you've learned to play. Today, writing your feelings is optional. You may prefer to just relax & feel them. Whichever is most comfortable.

## Day Two Prompts

1. Where in my life am I trying too hard to stay in control? (A thought, a fear, a relationship, an expectation — anything.)
2. What would it look like to soften here, even slightly? (A small shift counts: loosening a muscle, relaxing a timeline, asking for help.)
3. Set a timer. Turn your worries off for 3 minutes. You have the power to do so.

Declaration: I let go of the need to hold things together.  
Just as my lungs breathe for me, my inner wisdom handles all outcomes without needing my conscious effort.





## Day Three: Listen

We're not listening to noise, advice, or the world's urgency—but listening inward. There is a place inside you that always knows. Sometimes it whispers through your intuition, your heartbeat, your rumbling tummy, your quiet “no,” your gentle “yes.” Today, we practice listening — not to fix anything, but simply to hear the wisdom beneath the noise. We'll start with your body.

### Grounding Practice:

Lay still a moment. Place one hand on your chest. Notice the thump of your heart, the sound of your breath, the feeling of your limbs & muscles. Is any part of you clenched? Hurting? Tingling? Numb? Ask yourself:  
What does my body want to tell me? Remain quiet & let the answer arise.  
Your inner wisdom will respond.



## Day Three Prompts

1. What inner truth or feeling has been trying to get my attention lately? (It may be faint — an urge, desire, boundary, craving, an ache.)

2. Feelings sometimes arise to warn or protect us against perceived harm, even if there's no real threat. What good intention does this inner feeling have?

3. What do I want to do with this feeling? Change it? Express it? Share it with someone safe? Take action? Investigate it? Embrace it? Move on?

Declaration: I honor the wise voice within me.





## Day Four: Restore

Rest is not a pause from life — it's the quiet where life gathers strength again. We don't bloom by effort alone. We bloom by replenishing what we've poured out, by letting the nervous system exhale. Today, you soften into nourishment. Not because you've earned it but simply because you exist & you need it. Just receive.

### Grounding Practice:

Place your feet on the floor. Feel the earth holding you without asking anything in return. Slow inhale, slow exhale. Imagine your breath filling the places inside you that feel tired, stretched thin, or quietly aching. Say softly inside,

“It is safe for me to rest. It is safe for me to rest.”

Let that truth sink in.

## Day Four Prompts

1. Which parts of me feel tired or depleted right now? (Emotionally, mentally, physically, spiritually — name them as honestly as you can.)
2. What would nourishment look like for me today? (A moment of quiet? A nap? Time off? A boundary? Asking for help? Warm food? Fresh air? Permission to do less?) Answer without judgment — restoration is personal & essential.

Declaration: I honor my need for rest. Renewal is a sacred part of my growth.





## Day Five: Root

Strength doesn't always look like motion. Sometimes, it's standing still in what's true. There's a power in you — not loud, not performative but rather a quiet center the world can't disturb. Today, we root into that place — not by forcing confidence, but by remembering who you are. You are the source that assigns meaning to all you see, hear, think & do. You don't need to touch earth to be grounded or hold another body to be connected. You can simply return to what is true about you.

### Grounding Practice:

Sit tall.

Imagine a cord of warm light running from the top of your head down your spine & into the core of the earth.

Relax your shoulders. Breathe. Wrap your arms around your torso & hold yourself.

Feel the life force running through your hands & body.

Silently whisper: I am the one I've been waiting for. I've been here all along.

## Day Five Prompts

1. Think back to the moments when life asked more of you than you thought you could give — but you gave it anyway. Moments when you surprised yourself, when you held steady through uncertainty, spoke up when it mattered, or chose love over fear. What was happening then? Why did you rise to meet that moment?

2. Now, recall your proudest moments — not the ones that earned applause, but the ones that made you quietly say to yourself, “I did that. I made it through.” What do these memories reveal about who you truly are when everything else falls away?

Declaration: I am the hero of my life story. I’m also the author.





## Day Six: Receive

You require support, rest, kindness & care — simply because you are. So many of us learned to be strong by carrying everything. But life expands when we let nourishment in — breath, care, food, rest, love.

Today, we practice receiving — not as a weakness, but as a sacred balancing.

### Grounding Practice:

Close your eyes & imagine someone who loves you profoundly (or perhaps the future version of you who is proud & at peace). Feel their love wash over you like warm sunlight. With each inhale, breathe their love in. On your exhale, relax into a feeling of total safety. Take your time here. Enjoy.





## Day Seven: Clarity

Clarity doesn't always strike like lightning. More often, it arrives gently — a soft knowing, a deep exhale, a truth you finally feel ready to trust. Living in balance isn't about having every answer. It's about noticing what feels true & honoring that truth.

By now, you've softened, listened, rooted & risen.  
You've learned to come back to yourself again & again.  
Now you simply see — not with force, but with peace.

### Grounding Practice:

Sit comfortably & rest your hands on your lap, palms open. Take a slow breath.  
Ask quietly: What is clear to me now?  
Let your answer arrive in its own time. You know better than to rush yourself.



## Day Seven Prompts

1. What is truly good for me right now — not what “should” be, but what is?

2. What gentle next step feels aligned with that truth?

Declaration: I’m a sober-minded decision maker. I operate from peace.

You did it.

Seven days of showing up & reconnecting with the person who matters most — you. That's no small thing in a world full of empty distractions. Clarity is not an ending. It's a beginning — a sign that you've come home to yourself.

Keep Your Calm Going: [[Visit Inner Balance Daily](#)] to explore spiritual wisdom, wellness practices & stories that help center you through life's twists & turns.

May the calm you've cultivated here follow you into every moment that awaits.

With love & light,  
Amber

