



# **5-DAY PURPOSE RESET JOURNAL**

**Greater Transformational  
Coaching**

# DAY 1: REMEMBER WHO YOU ARE

## Reflection Prompt

What past challenges have you overcome that prove your strength and resilience? How did God carry you through?

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## Affirmation

*"I am fearfully and wonderfully made, equipped with everything I need to walk in my God-given purpose."*



# Gratitude Space

Today, I am grateful that I can...

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# Action Step

Write down 3 strengths you have that make you uniquely you.

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# DAY 2: RELEASE WHAT NO LONGER SERVES YOU

## Reflection Prompt

What thoughts, fears, or habits are holding you back from walking fully in your purpose?

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## Affirmation

*"I let go of fear, doubt, and comparison. I embrace freedom, peace, and clarity."*



## Gratitude Space

Today, I am releasing... But I am grateful for....

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## Action Step

Write a “release list” of 3 things you are no longer carrying into your future.

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## DAY 3: REDEFINE YOUR WHY

### Reflection Prompt

Why do you want to live in purpose? What kind of impact do you want to have on others?

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### Affirmation

*"My life has meaning, and my purpose is bigger than me. I am a vessel of hope, love, and transformation."*



# Gratitude Space

Today, I am grateful that I can...

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# Action Step

Write your personal purpose statement in 1-2 sentences.

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## DAY 4: RENEW YOUR MIND

### Reflection Prompt

What scripture or truth can you hold onto when doubt tries to creep in?

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### Affirmation

*"My mind is aligned with truth. I choose faith over fear, peace over anxiety, and purpose over distraction."*



## Gratitude Space

Today, I am reminded that...

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## Action Step

Choose one scripture or empowering phrase, and write it on a sticky note to place somewhere visible.

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# DAY 5: RISE & REBUILD

## Reflection Prompt

What one small step can you take today toward your purpose?

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## Affirmation

*"I rise with boldness. I walk in alignment with God's plan, knowing I am equipped to win."*



# Gratitude Space

Today, I celebrate...

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## Action Step

Commit to one concrete action this week (a call, journaling, signing up, creating, etc.) that moves you toward your purpose.

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✨ By the end of these 5 days, you'll have released what's holding you back, reset your mindset, and reignited your clarity and purpose. ✨

