SŌMA

A PRINTABLE JOURNAL

7 days of *self-reflection*

One prompt a day, five to ten minutes. Start with your body, write about hard moments as if you were watching from across the room, and end with one sentence for tomorrow.

How to use it

1. Pick a quiet moment, ideally not right before sleep.
2. Fill in the body check-in first.
3. Write until the timer ends, or until you start going in circles.
4. Finish with one sentence you want to carry into tomorrow.

Day 1

____ / ____

What's my energy from 0 to 10, and what is taking most of it?

Energy 0–10: ____ Where I feel today in my body: _____

One sentence for tomorrow _____

Day 2

____ / ____

When did my body last feel at ease today? Where was I?

Energy 0–10: ____ Where I feel today in my body: _____

One sentence for tomorrow _____

Day 3

____ / ____

What's the closest word for what I feel right now? What happened just before it showed up?

Energy 0–10: ____ Where I feel today in my body: _____

One sentence for tomorrow _____

Day 4

____ / ____

What would "good enough" look like today?

Energy 0–10: ____ Where I feel today in my body: _____

One sentence for tomorrow _____

Day 5

____ / ____

Which choices today felt like mine, and which felt borrowed?

Energy 0–10: ____ Where I feel today in my body: _____

One sentence for tomorrow _____

Day 6

____ / ____

What drained me today, and what gave energy back?

Energy 0–10: ____ Where I feel today in my body: _____

One sentence for tomorrow _____

Day 7

____ / ____

What am I ready to stop carrying?

Energy 0–10: ____ Where I feel today in my body: _____

One sentence for tomorrow _____

Notes from the week

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WEEKLY REVIEW

Read the week back

Read your seven entries first. Then answer what you can; skip what doesn't fit.

When did I feel most like myself this week?

What did I notice more than once?

What do I want less of next week?

What do I need to ask for, and from whom?

One sentence for next week

Reflection, not rumination. If writing leaves you feeling worse day after day, shorten it, switch to the body check-in only, or take a walk instead. If low mood or anxiety lasts for weeks, talk to a doctor or therapist. If you're having thoughts of harming yourself, contact local emergency services or a crisis line now.