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90-DAY GUIDED JOURNAL

# How to Use This Journal

Rari Ascension is a 90-day practice in deliberate growth. Each day combines a focused lesson, guided reflection, one practical exercise, an observable action, and written review.

1. Read today's lesson.

2. Work through the reflection prompts.

3. Complete the daily practice.

4. Take one concrete real-world action.

5. Record what happened.

6. Choose one adjustment for tomorrow.

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Move at a pace that fits your life. You may pause, skip a prompt or return later. This journal offers reflection and practice, not a promise of a particular outcome.

DAY 1 / AWARENESS

# Starting with honesty

A MOMENT, WITHOUT THE PERFORMANCE

You do not have to arrive here with a polished version of yourself. Start with one ordinary moment you can describe honestly. Honesty is not a list of everything you did wrong; it is a willingness to notice what happened, what mattered to you and what you need. This first entry is a starting point you can return to, not a verdict on who you are.

DAY 1 / AWARENESS

# Reflect

What happened in one moment today? Describe it without explaining or defending it yet.

What did I feel, and what did I need in that moment?

What part of the story am I certain about? What am I assuming?

What have I been trying to make look easier than it feels?

What would being a little more honest with myself make possible this week?

DAY 1 / AWARENESS

# Practice & Action

## PRACTICE

Draw two short columns: What happened / What I told myself it meant. Place one sentence in each. Notice the difference without forcing yourself to resolve it.

## TODAY'S ACTION

Choose one small response to the need you named. It may be rest, asking a question, setting aside time or deciding not to act yet. Write what you chose and why.

## CARRY FORWARD

Keep this entry. On Day 90, return to it with curiosity rather than judgment.

## WHAT HAPPENED?

## WHAT WILL I ADJUST TOMORROW?

## COMPLETION

- [ ] I tried today's practice or chose an appropriate adaptation.