

RARI ASCENSION

90-DAY GUIDED JOURNAL

Awareness • Communication • Agency • Contribution

RARI

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.

PREVIEW

My 90-Day Commitment

What I want to strengthen:

Why this matters to me:

What I am willing to practice:

What success at Day 90 would look like:

PREVIEW

PHASE: AWARENESS

Awareness

Observe • Practice • Act • Record • Adjust

DAY 1 | AWARENESS

Starting with honesty

TODAY'S LESSON

Day 1 focuses on starting with honesty. In the Awareness phase, the purpose is to build accurate self-observation before attempting major change. This theme matters because repeated behavior is often driven by patterns that operate faster than deliberate thought. Today's work is to slow the pattern down enough to see its parts clearly. Use this lens: separate observation, interpretation, emotion, and action. Apply the theme specifically to work or responsibility. Do not judge the day by whether everything goes well. Judge it by whether you notice more accurately, make one more deliberate choice, and collect evidence about what actually happened. The goal is an observable improvement that can be repeated, adjusted, or rejected based on experience rather than assumption.

REFLECT

- Where did starting with honesty appear in a real situation today?
- What did I initially interpret, and what did I actually observe?
- What evidence supports or challenges my current interpretation?
- Which part of the situation was within my control?
- What one adjustment would make tomorrow's response more deliberate?

PREVIEW

Day 11 — Practice & Action

PRACTICE

Use today's theme to study one real event from the last 24 hours. Focus specifically on assumptions. Write down what happened, what you first assumed, what evidence was available, what choice you made, and what changed after the choice.

TODAY'S ACTION

Before the day ends, complete one behavior connected to 'Assumptions' in the area of work or responsibility. The action must be specific enough that another person could determine whether it happened.

WHAT HAPPENED?

WHAT WILL I ADJUST TOMORROW?

COMPLETION

- ☐ I identified one real situation.
- ☐ I separated observation from interpretation.
- ☐ I completed one concrete action.
- ☐ I recorded the outcome.
- ☐ I identified one adjustment for tomorrow.

Day 23 — Practice & Action

PRACTICE

Apply today's theme in one real conversation and record the outcome. Focus specifically on clear expression. Write down what happened, what you first assumed, what evidence was available, what choice you made, and what changed after the choice.

TODAY'S ACTION

Before the day ends, complete one behavior connected to 'Clear expression' in the area of personal habit. The action must be specific enough that another person could determine whether it happened.

WHAT HAPPENED?

WHAT WILL I ADJUST TOMORROW?

COMPLETION

- ☐ I identified one real situation.
- ☐ I separated observation from interpretation.
- ☐ I completed one concrete action.
- ☐ I recorded the outcome.
- ☐ I identified one adjustment for tomorrow.

Day 36 — Practice & Action

PRACTICE

Apply today's theme in one real conversation and record the outcome. Focus specifically on empathy without self-erasure. Write down what happened, what you first assumed, what evidence was available, what choice you made, and what changed after the choice.

TODAY'S ACTION

Before the day ends, complete one behavior connected to 'Empathy without self-erasure' in the area of time and attention. The action must be specific enough that another person could determine whether it happened.

WHAT HAPPENED?

WHAT WILL I ADJUST TOMORROW?

COMPLETION

- ☐ I identified one real situation.
- ☐ I separated observation from interpretation.
- ☐ I completed one concrete action.
- ☐ I recorded the outcome.
- ☐ I identified one adjustment for tomorrow.

Day 49 — Practice & Action

PRACTICE

Choose one bounded action that can be completed today without waiting for ideal conditions. Focus specifically on breaking avoidance. Write down what happened, what you first assumed, what evidence was available, what choice you made, and what changed after the choice.

TODAY'S ACTION

Before the day ends, complete one behavior connected to 'Breaking avoidance' in the area of leadership or influence. The action must be specific enough that another person could determine whether it happened.

WHAT HAPPENED?

WHAT WILL I ADJUST TOMORROW?

COMPLETION

- ☐ I identified one real situation.
- ☐ I separated observation from interpretation.
- ☐ I completed one concrete action.
- ☐ I recorded the outcome.
- ☐ I identified one adjustment for tomorrow.

Day 63 — Practice & Action

PRACTICE

Choose one bounded action that can be completed today without waiting for ideal conditions. Focus specifically on agency integration. Write down what happened, what you first assumed, what evidence was available, what choice you made, and what changed after the choice.

TODAY'S ACTION

Before the day ends, complete one behavior connected to 'Agency integration' in the area of personal habit. The action must be specific enough that another person could determine whether it happened.

WHAT HAPPENED?

WHAT WILL I ADJUST TOMORROW?

COMPLETION

- ☐ I identified one real situation.
- ☐ I separated observation from interpretation.
- ☐ I completed one concrete action.
- ☐ I recorded the outcome.
- ☐ I identified one adjustment for tomorrow.

Day 76 — Practice & Action

PRACTICE

Create one concrete form of value for another person, group, or future version of yourself. Focus specifically on healthy reciprocity. Write down what happened, what you first assumed, what evidence was available, what choice you made, and what changed after the choice.

TODAY'S ACTION

Before the day ends, complete one behavior connected to 'Healthy reciprocity' in the area of time and attention. The action must be specific enough that another person could determine whether it happened.

WHAT HAPPENED?

WHAT WILL I ADJUST TOMORROW?

COMPLETION

- ☐ I identified one real situation.
- ☐ I separated observation from interpretation.
- ☐ I completed one concrete action.
- ☐ I recorded the outcome.
- ☐ I identified one adjustment for tomorrow.

CONTINUE THE JOURNEY

The complete journal contains 194 pages.

90 days of lessons, reflection, practice,
action, and progress tracking across
Awareness, Communication, Agency,
and Contribution.

The complete digital journal is included
with the Rari Ascension System.

RARI ASCENSION - PREVIEW EDITION