



ENERGY CLEANSING

JOURNAL

Refreshing My Spirit

What feels energetically heavy in your life
right now? How can you release it?

A series of horizontal dotted lines for writing.

Write about a time when you felt completely refreshed and renewed.

A series of horizontal dotted lines for writing.

How does your body feel when your energy is aligned?

A series of horizontal dotted lines for writing.

Reflect on a practice or ritual that helps you
cleanse negative energy.

A series of horizontal dotted lines for writing.

What physical spaces in your life need an energetic refresh?

A series of horizontal dotted lines for writing.

Write about a time when you set a boundary to protect your energy.

A series of horizontal dotted lines for writing.

What activities drain your energy, and how can you minimize their impact?

A series of horizontal dotted lines for writing.

Describe a person or place that uplifts your spirit.

A series of horizontal dotted lines for writing.

Reflect on the last time you prioritized rest.
How did it affect your energy?

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What role does gratitude play in cleansing
your energy?

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Write about how movement or exercise helps
you release stagnant energy.

A series of horizontal dotted lines for writing.

What is one habit you can adopt to maintain positive energy throughout the day?

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Reflect on how nature helps you recharge
your spirit.

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Write about a mantra or affirmation that helps you feel lighter.

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What emotions do you need to release to feel more at peace?

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How do you notice when your energy feels unbalanced?

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Write about a small act of kindness that
filled your spirit recently.

A series of horizontal dotted lines for writing.

What role does forgiveness play in clearing your emotional energy?

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Reflect on how deep breathing helps you
refresh your spirit.

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What is one item in your life that carries emotional weight you're ready to let go of?

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Write about a self-care activity that feels truly cleansing for your spirit.

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How do you protect your energy when you're around negativity?

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Write about a morning ritual that sets a positive tone for your day.

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How do you nurture your energy at the end of
a long day?

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Reflect on how music or sound helps you shift your energy.

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Write about a time when you felt energetically drained. What helped you recover?

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What physical objects or clutter could you remove to improve the energy of your space?

A series of horizontal dotted lines for writing.

Write about how your energy shifts when you spend time alone.

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What is one energetic boundary you can set to protect your peace?

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Reflect on how connecting with your breath helps you feel refreshed.

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Write about a moment of pure joy and how it affected your energy.

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What scents or essential oils bring you a sense of renewal?

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Reflect on how your energy changes when you focus on what you can control.

A series of horizontal dotted lines for writing.

Write about how you feel when you spend
time in water—whether a bath, the ocean, or
a lake.

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What is one simple way you can cleanse your energy today?

A series of horizontal dotted lines for writing.

Reflect on how letting go of grudges has
lightened your spirit in the past.

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Write about the connection between your energy and your physical health.

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What foods or drinks make you feel refreshed
and energized?

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Reflect on the role of laughter in cleansing
your energy.

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What role does sleep play in helping you
refresh your spirit?

A series of horizontal dotted lines for writing.

Reflect on how you feel after spending time
in the sun.

A series of horizontal dotted lines for writing.

Write about how you can use visualization to imagine your energy clearing and renewing.

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What is one energetic block you want to release?

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Reflect on the power of grounding exercises
to help you feel balanced.

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Write about how creative expression helps
you refresh your energy.

A series of horizontal dotted lines for writing.

What role does meditation play in cleansing
your spirit?

A series of horizontal dotted lines for writing.

Write about a recent moment of gratitude
that energized you.

A series of horizontal dotted lines for writing.

How do you feel when you intentionally take
a break to rest or reflect?

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End today's entry with one intention for how
you will protect or refresh your energy
tomorrow.

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