

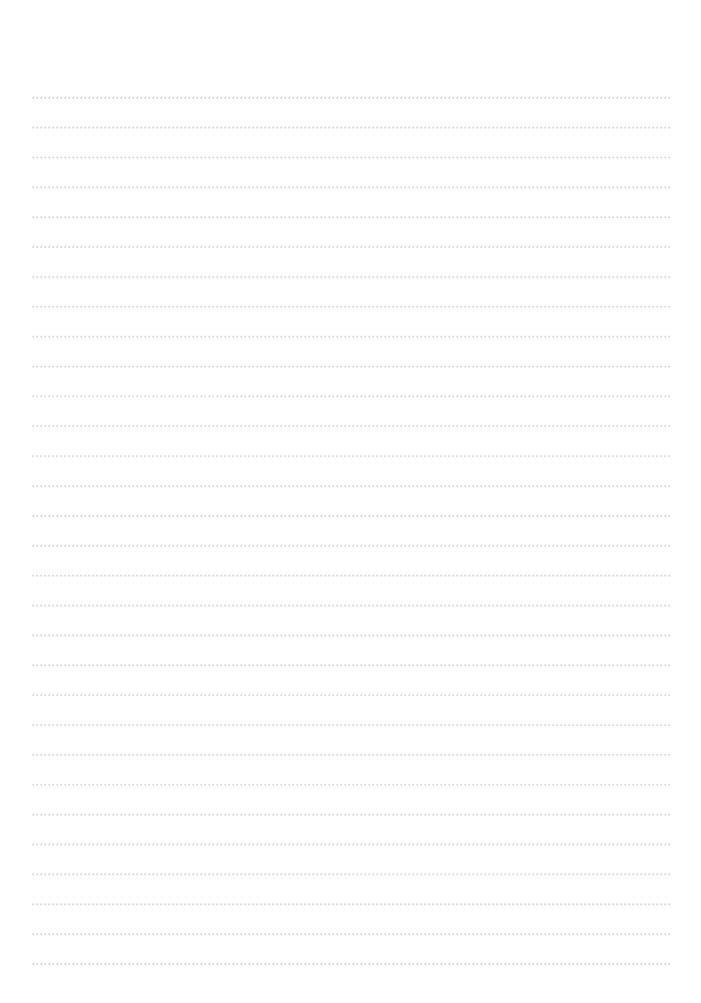
ERERGY CLEANSING

Refreshing My Spirit

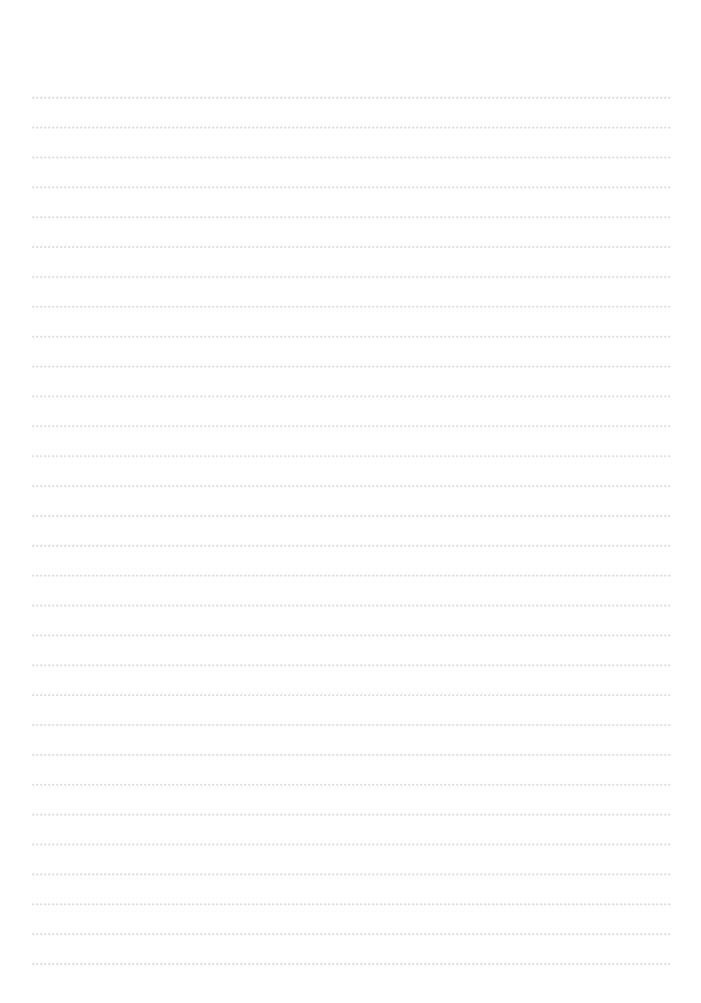
What feels energetically heavy in your life right now? How can you release it?



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How does your body feel when your energy is aligned?



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

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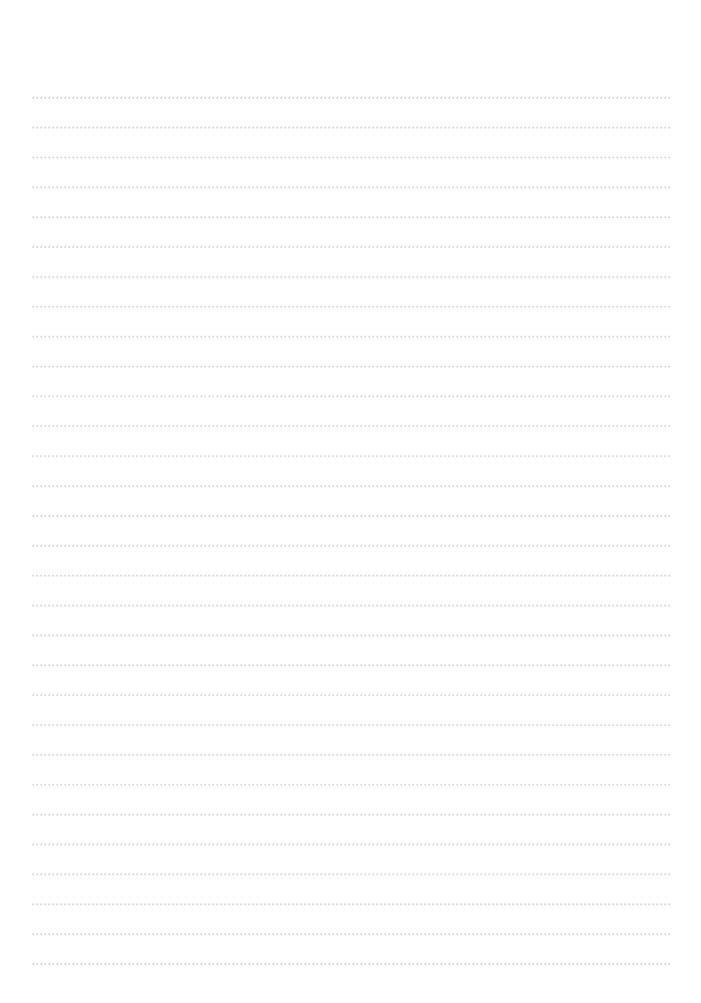
What physical spaces in your life need an energetic refresh?



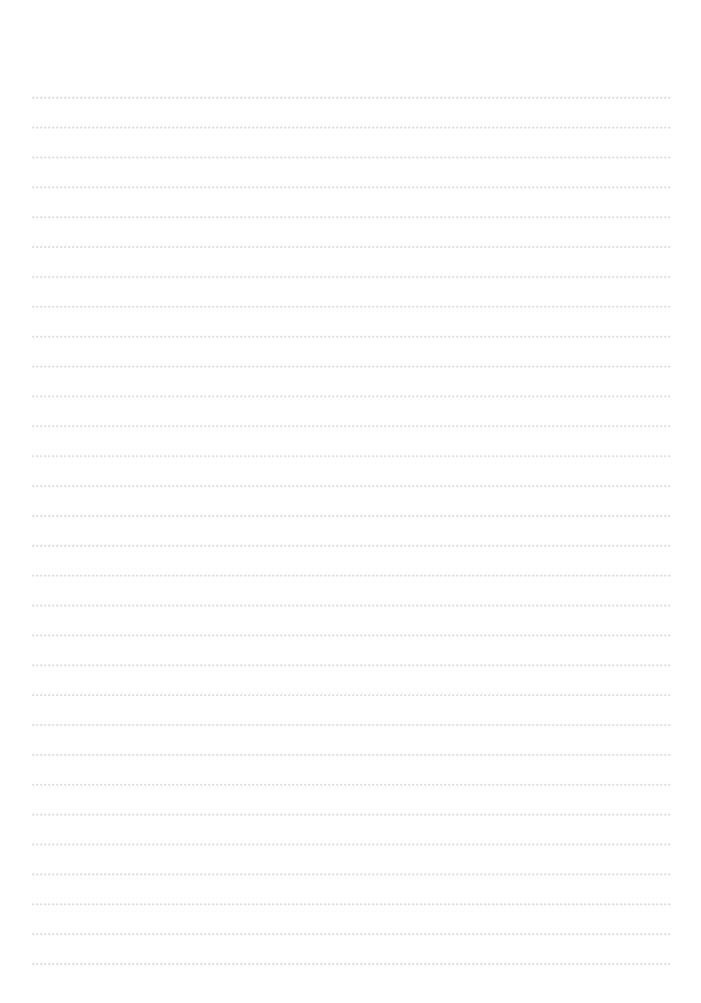
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What activities drain your energy, and how can you minimize their impact?



Describe a person or place that uplifts your spirit.



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



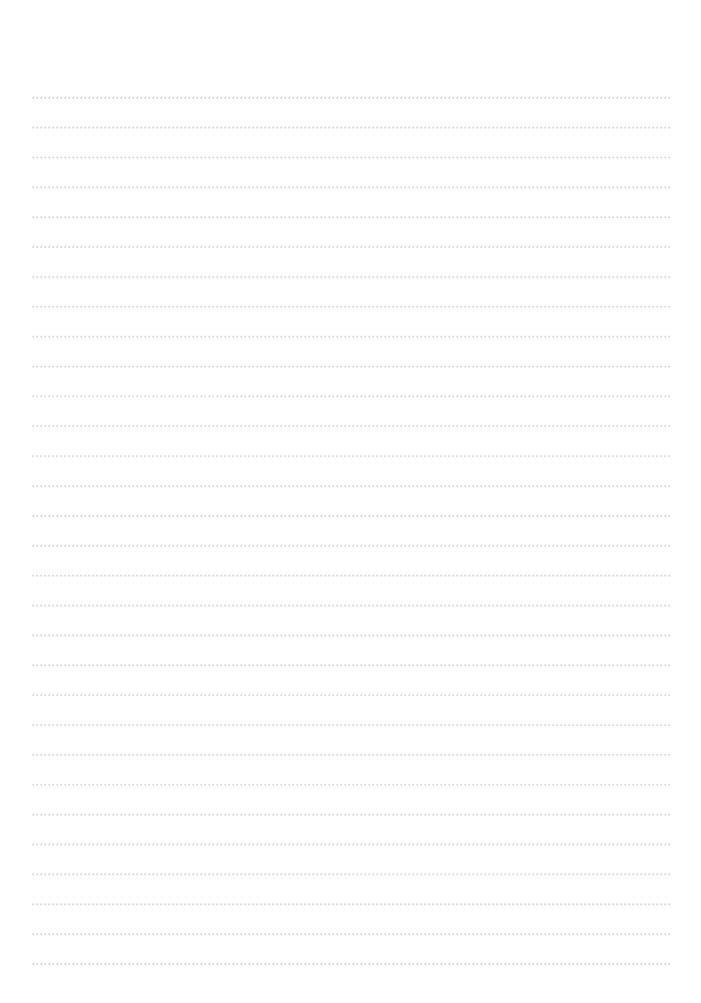
What role does gratitude play in cleansing your energy?



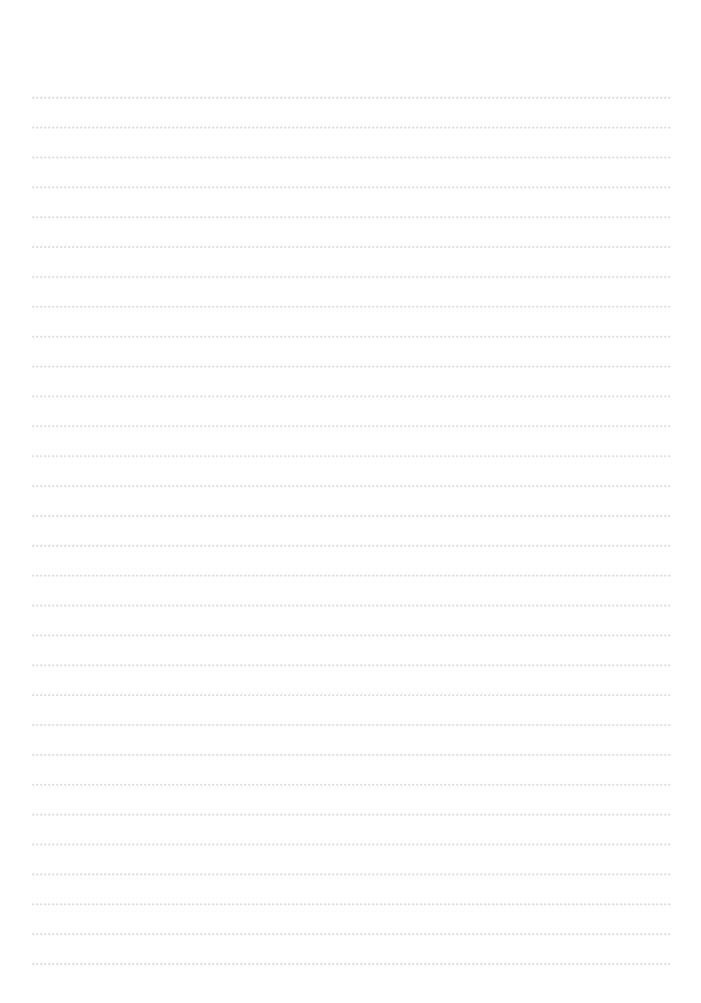
Write about how movement or exercise helps you release stagnant energy.



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



Reflect on how nature helps you recharge your spirit.



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



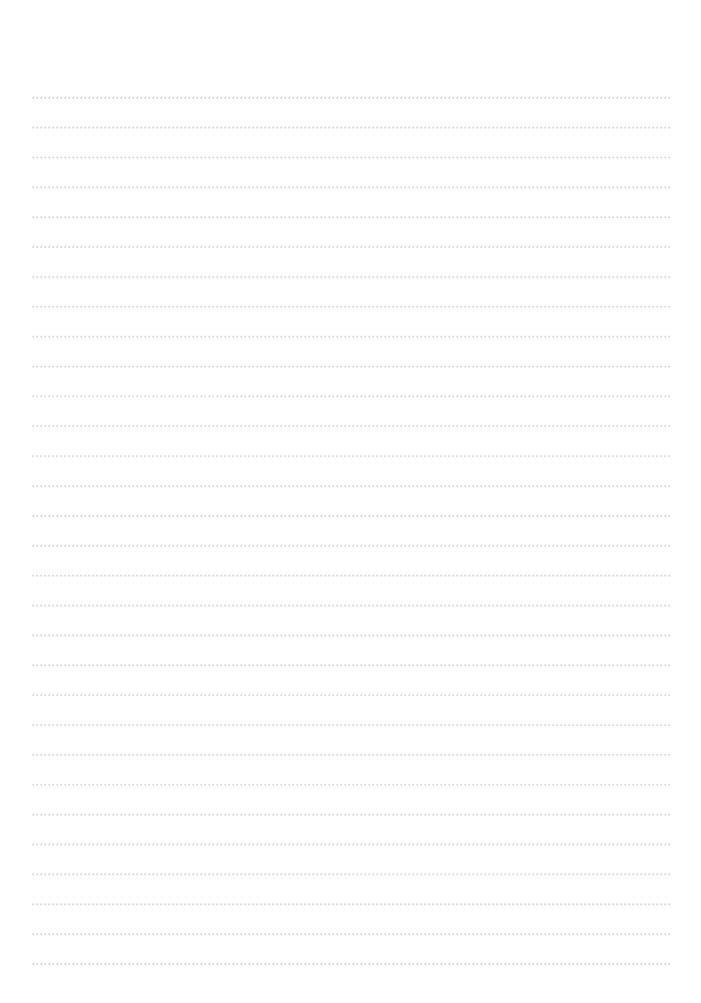
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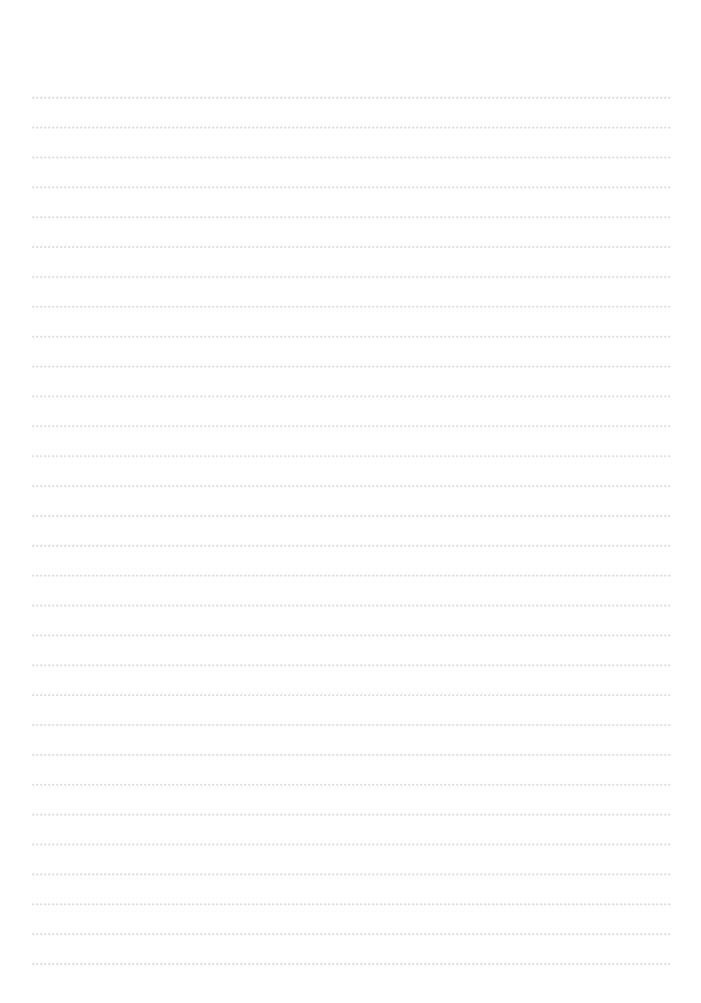
How do you notice when your energy feels unbalanced?



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



What role does forgiveness play in clearing your emotional energy?



Reflect on how deep breathing helps you refresh your spirit.



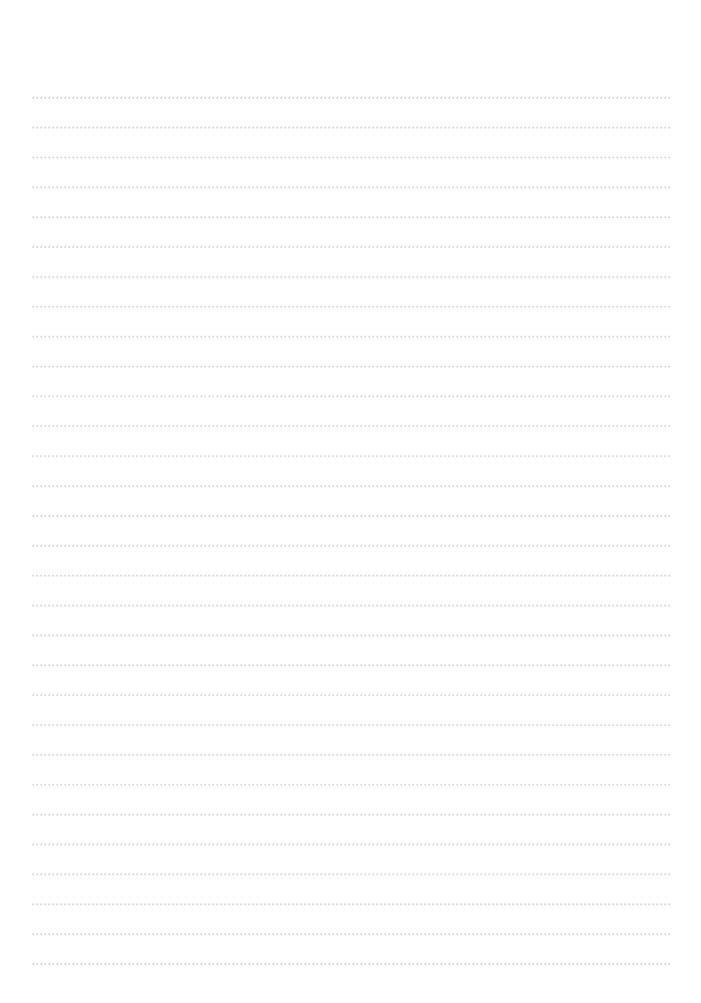
What is one item in your life that carries emotional weight you're ready to let go of?



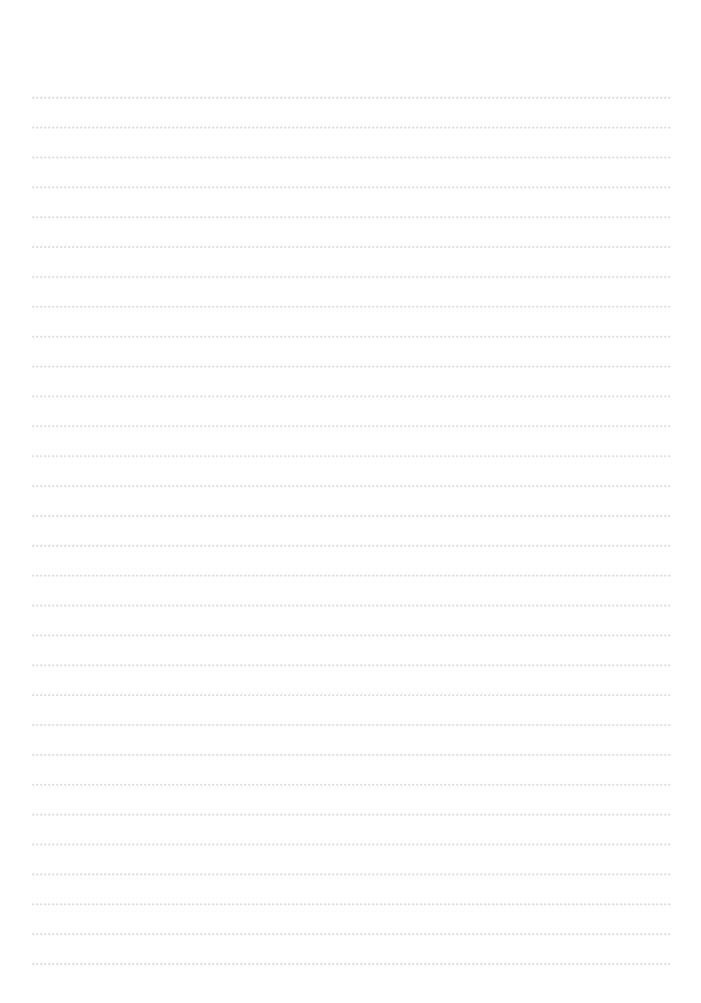
Write about a self-care activity that feels truly cleansing for your spirit.



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



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



How do you nurt	ure your along		at the	end of
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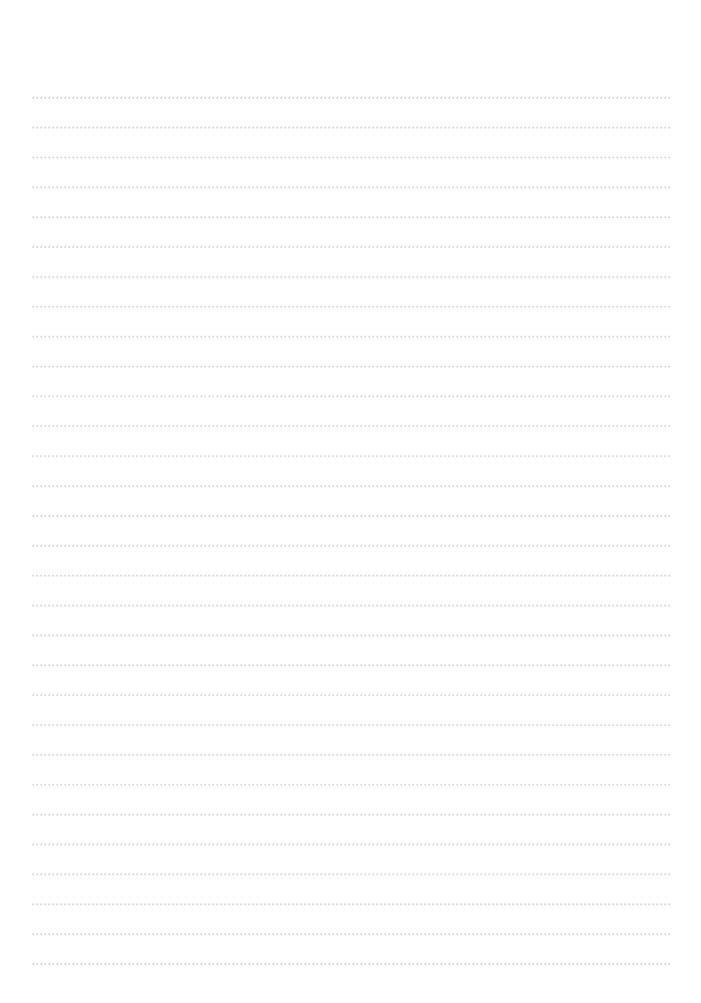
Reflect	o n	how		soun ergy.	elps	you	shift
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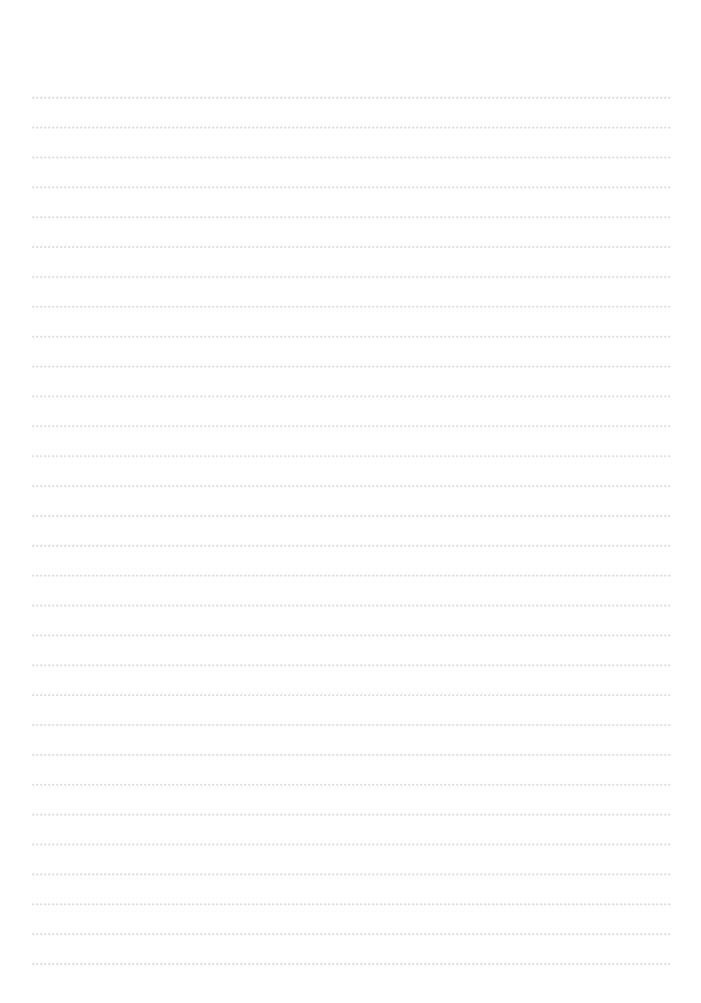
Write about a time when you felt energetically drained. What helped you recover?



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



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



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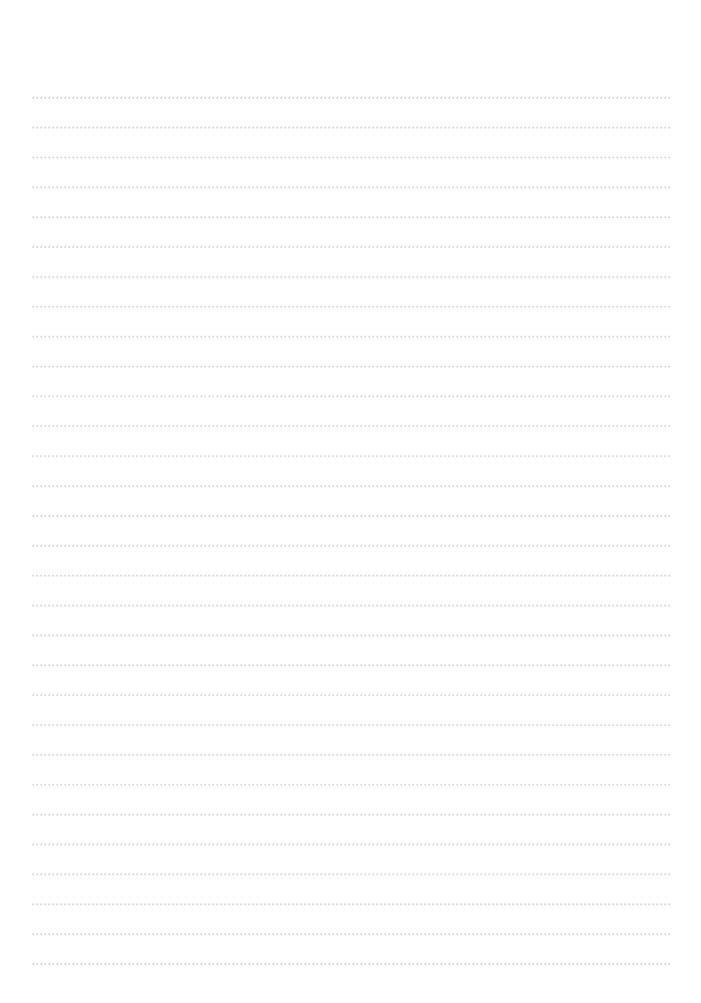
Reflect on how connecting with your breath helps you feel refreshed.



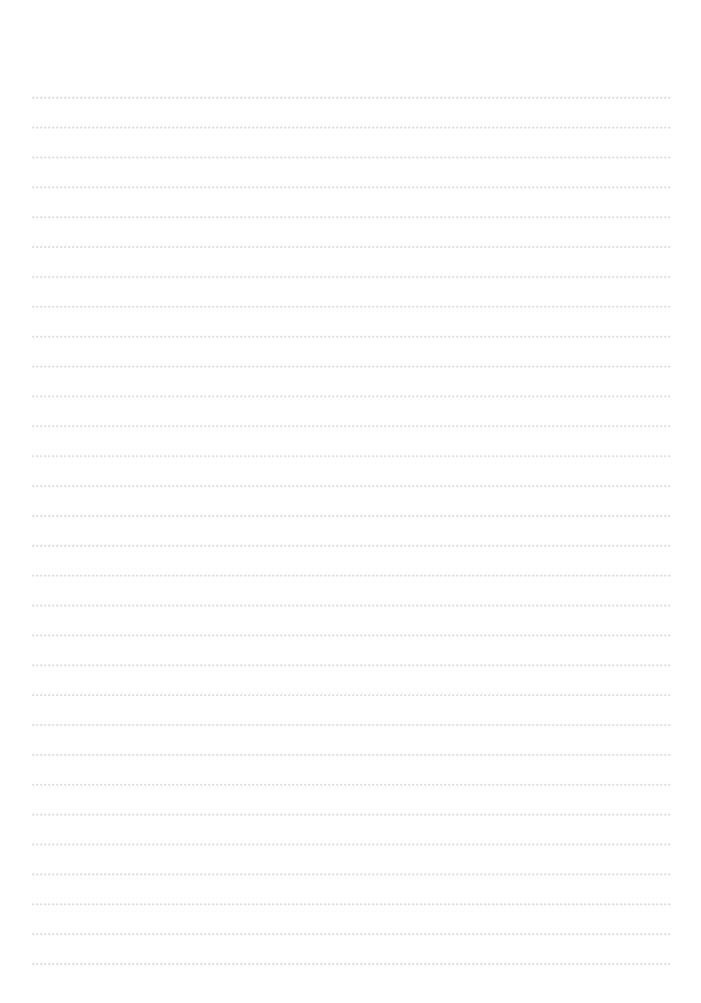
Write about	a mome affected		how it



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



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



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



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

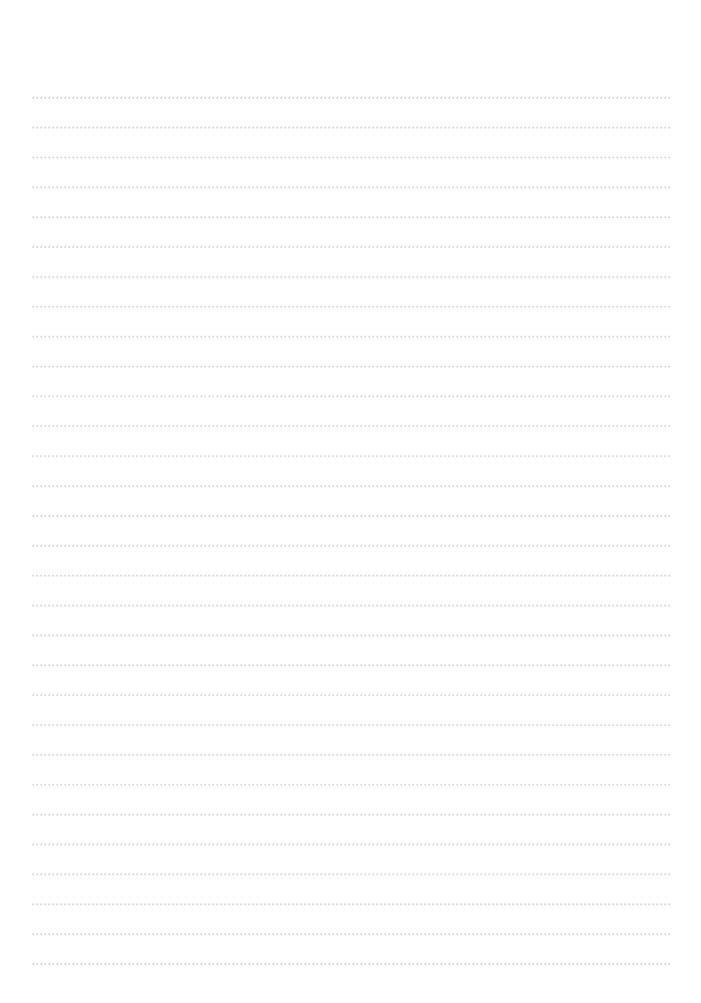


Reflect on how letting go of grudges has lightened your spirit in the past.

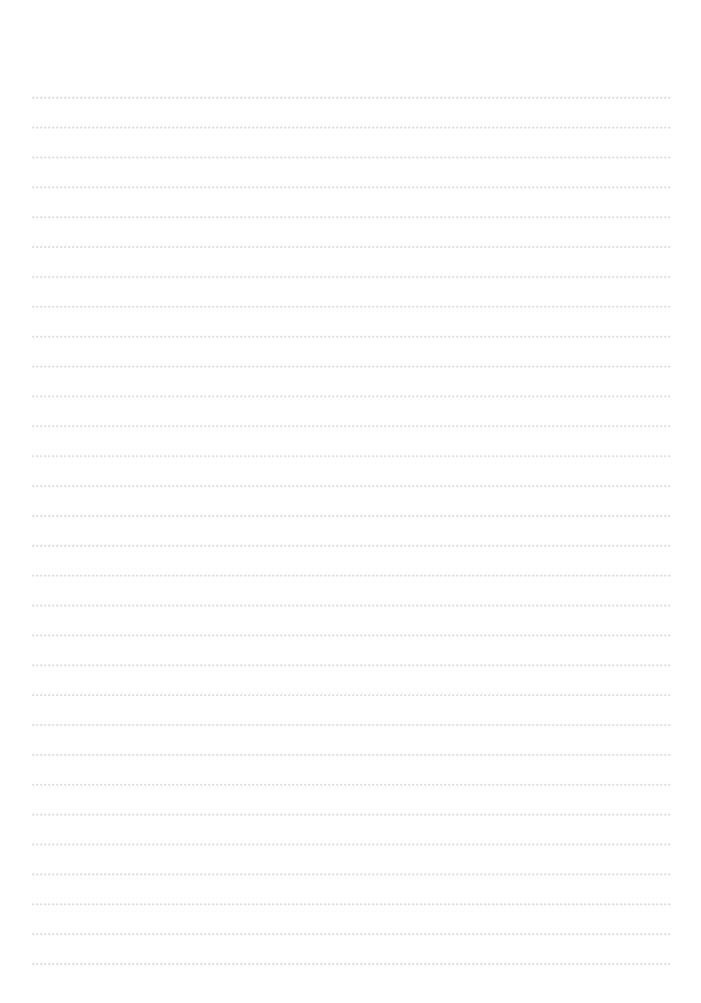
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Write about the connection between your energy and your physical health.



What foods or drinks make you feel refreshed and energized?



Reflect on the role of laughter in cleansing your energy.



Write about a moment when you felt energetically aligned and vibrant.

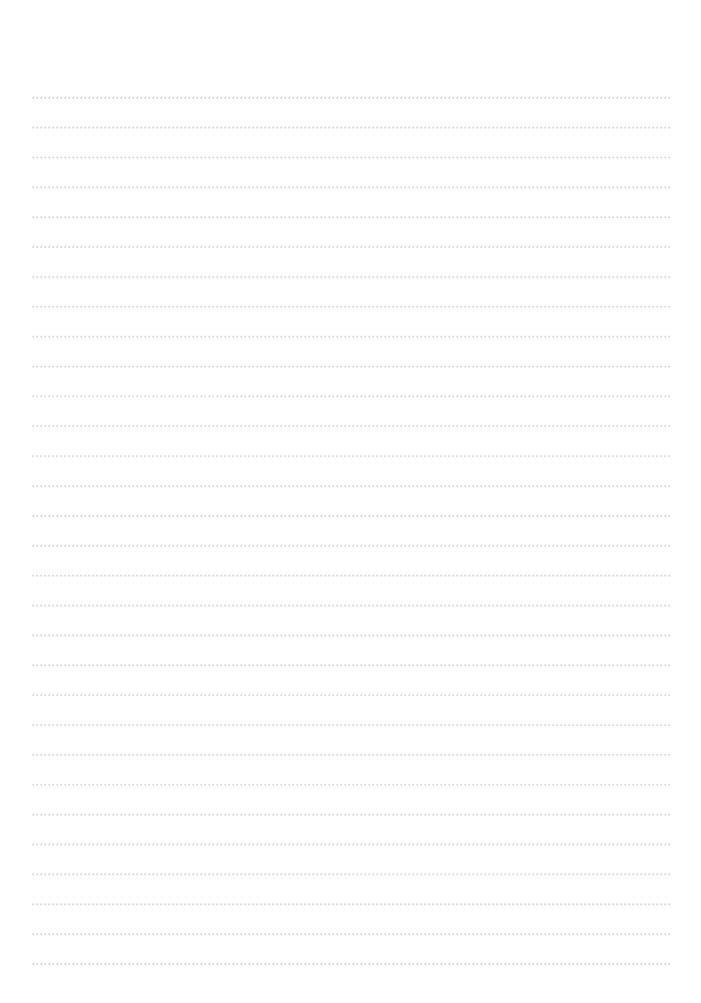


What role does sleep play in helping you refresh your spirit?

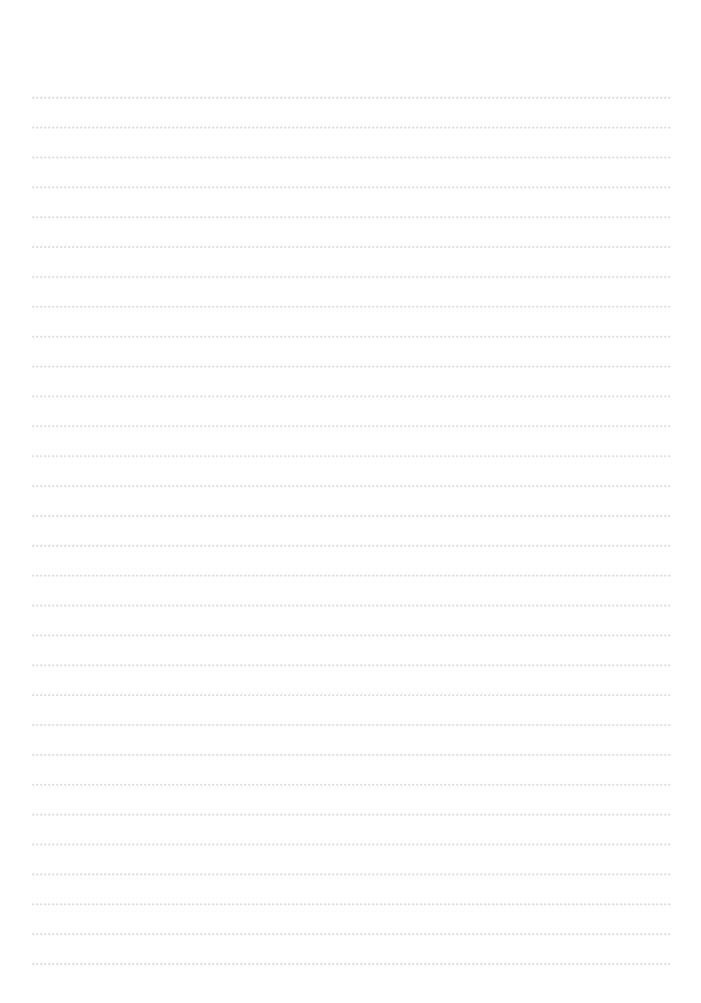
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Reflect on how you feel after spending time in the sun.



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What is one energetic block you want to release?



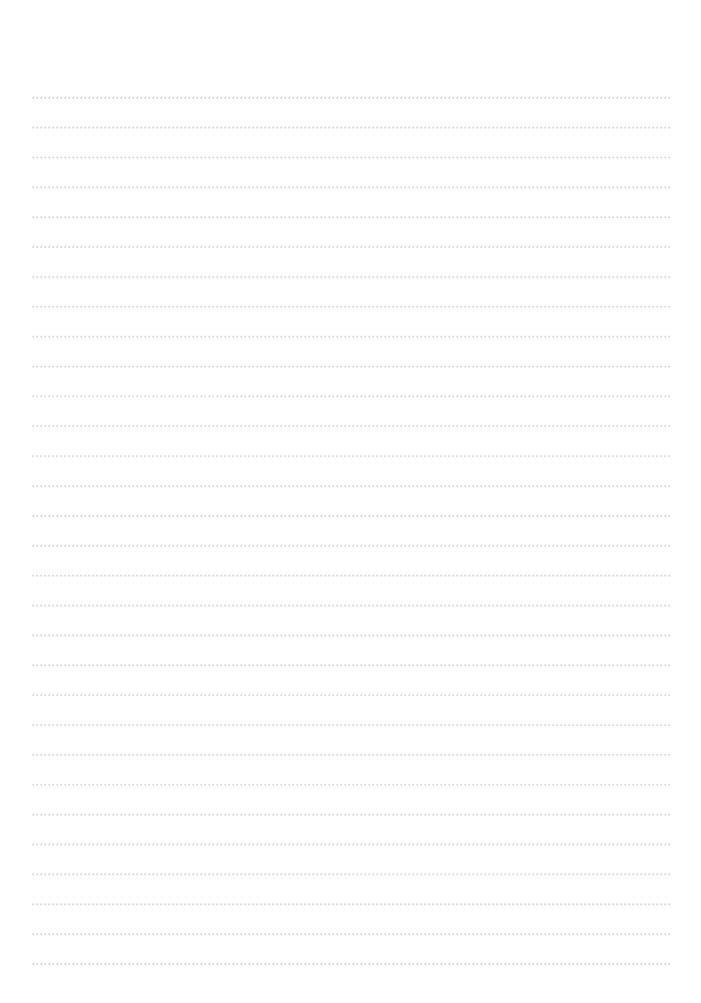
Reflect on the power of grounding exercises to help you feel balanced.



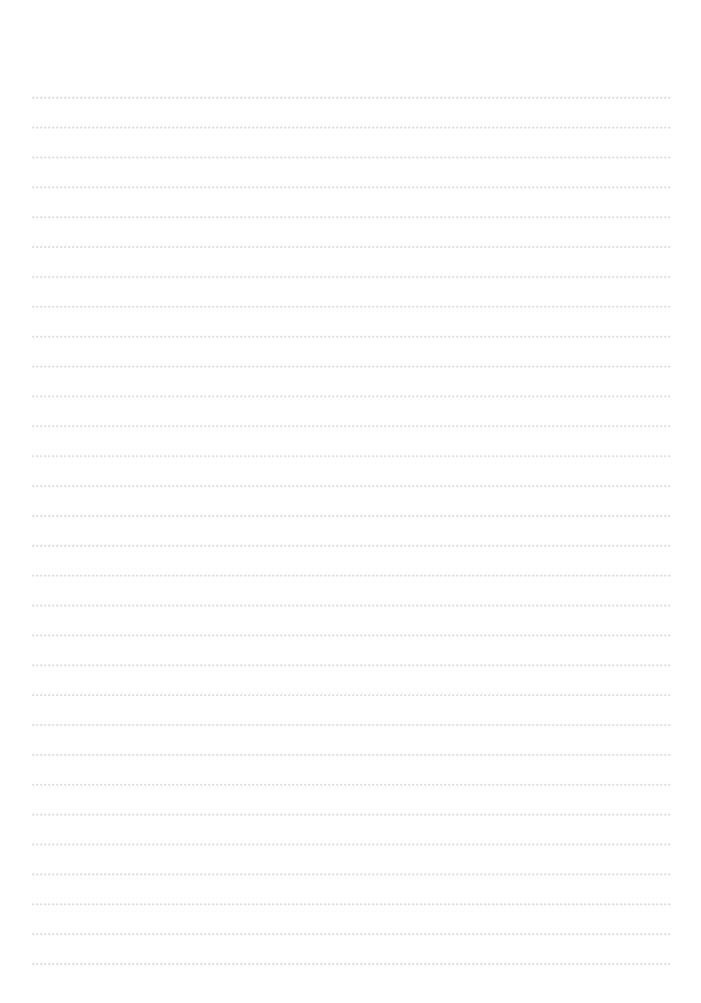
Write about how creative expression helps you refresh your energy.



What role does meditation play in cleansing your spirit?



Write about a recent moment of gratitude that energized you.



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



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

