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25

VOL. I

The *Reflection*

THE COLYFE JOURNAL: **111** PROMPTS FOR CLARITY

Welcome to Your Journal

This journal is a tool—not a test.
It's built for clarity, not perfection.
For rhythm, not pressure.
For emotional safety, not performance.

Inside, you'll find 111 prompts—organized into four sections:

Reset, Overflow, Alignment, and Legacy.

Each one is designed to help you name what's true, track what's working, and move forward with more intention.

Use it daily, weekly, or whenever you need a check-in.

Write a few words or fill the page.
There's no wrong way to reflect—only honest ways.

Answer what resonates.

Skip what doesn't.

Some prompts may meet you where you are.

Others might not—today, or ever.

That's okay. This journal is here to support your rhythm,
not dictate it.

This is your space.

To pause.

To process.

To practice clarity.

Welcome to the Colyfe Journal.

A Note Before You Begin

This journal is fillable.

You can type directly into the lines.

Your reflections are safe here.

There's no right way to use this—just your way.
Take your time. Let it change shape as you grow.

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Section I

RESET

Interrupt patterns. Regain clarity. Rebuild safety.

This section is for moments when you feel stuck, overwhelmed, or off-rhythm.

Each prompt is designed to help you pause, name what's true, and reset with intention.

Use them when you need clarity—not control.

RESET

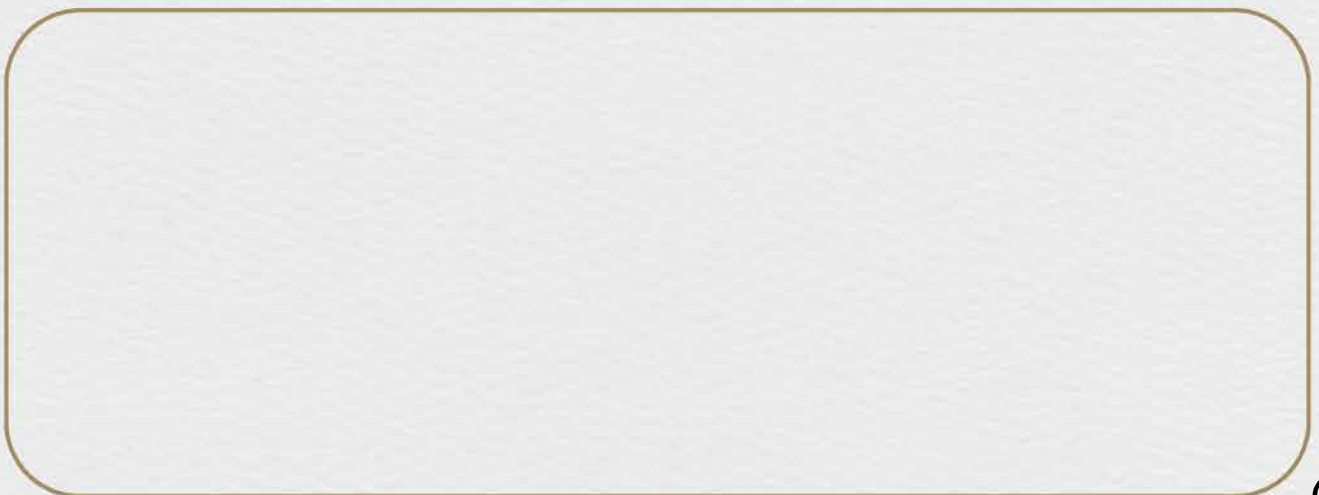
What's one thing I'm avoiding today—and why?

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What emotion feels strongest right now?

A large, empty rounded rectangular box with a thin brown border, intended for writing a response to the question above.

What's one habit I'm ready to change?

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RESET

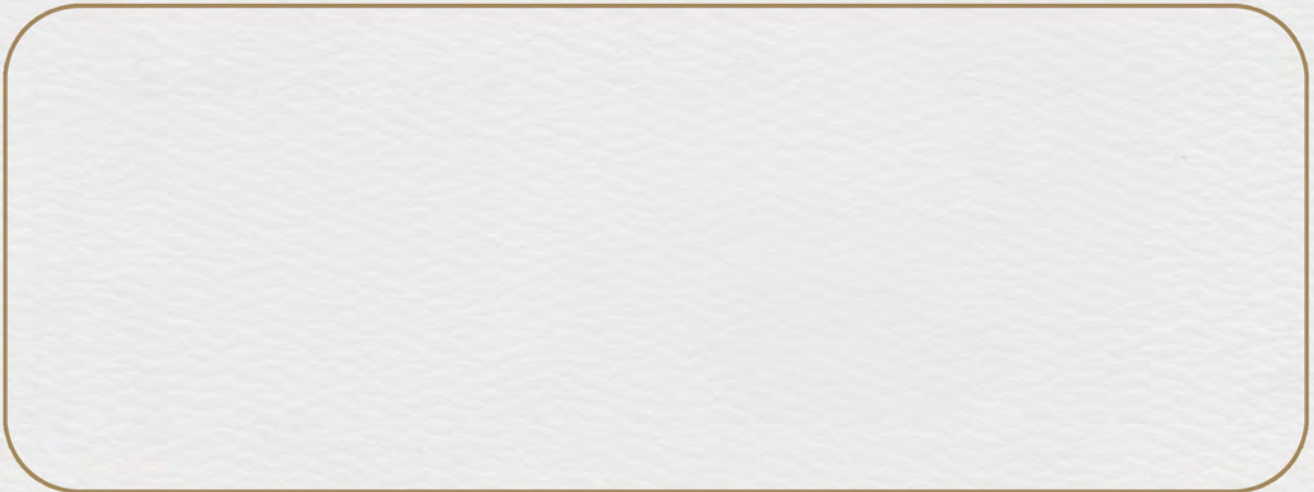
Expand. Reflect. Rewrite. Wander.

RESET

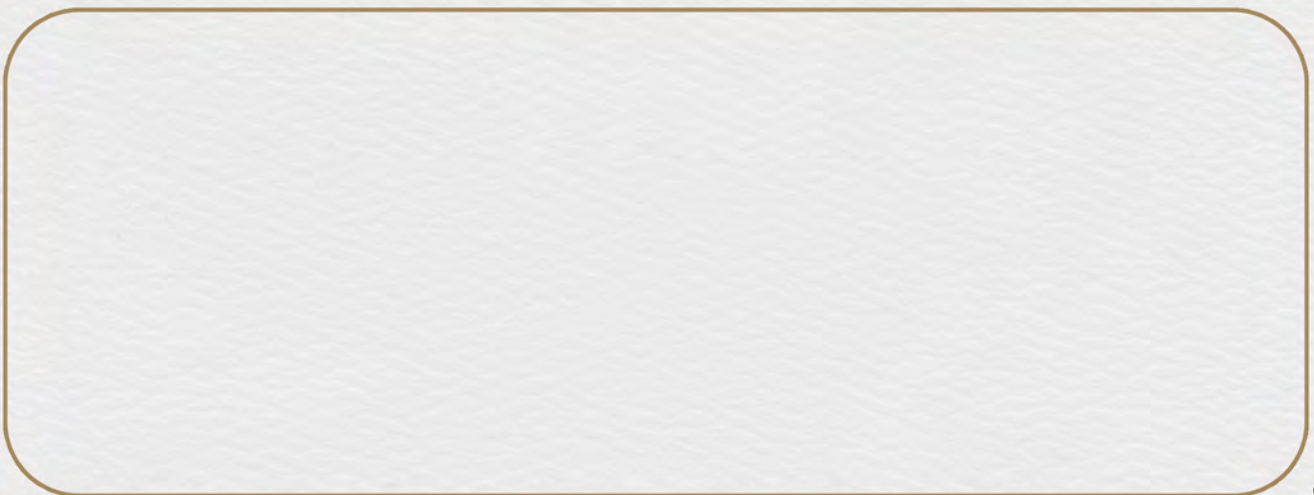
What's one choice I made today that didn't feel aligned?



What's one boundary I need to reinforce?



What's one thing I can let go of today?



RESET

Expand. Reflect. Rewrite. Wander.

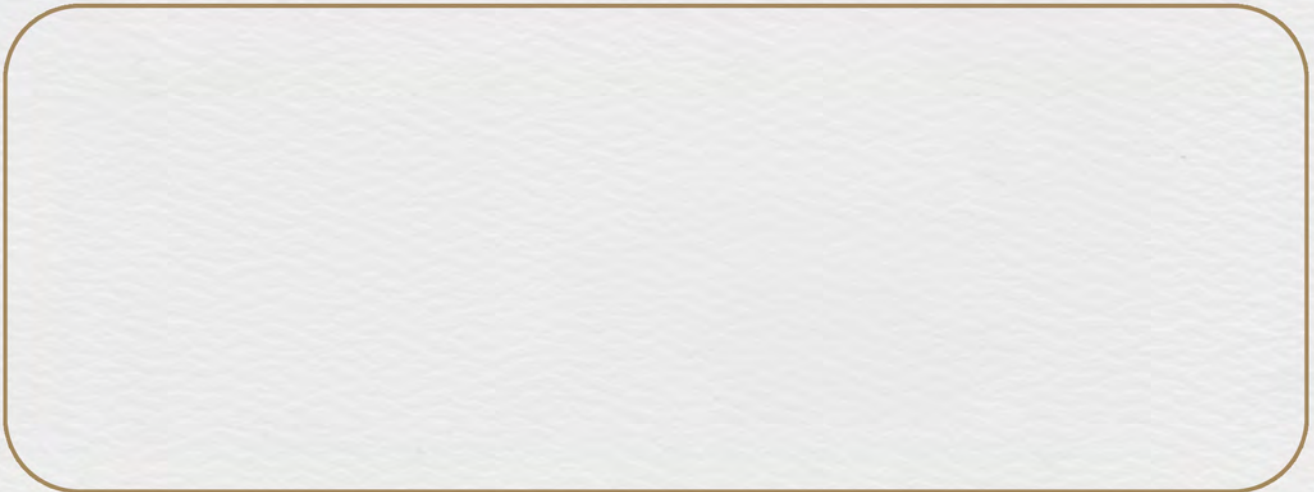
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RESET

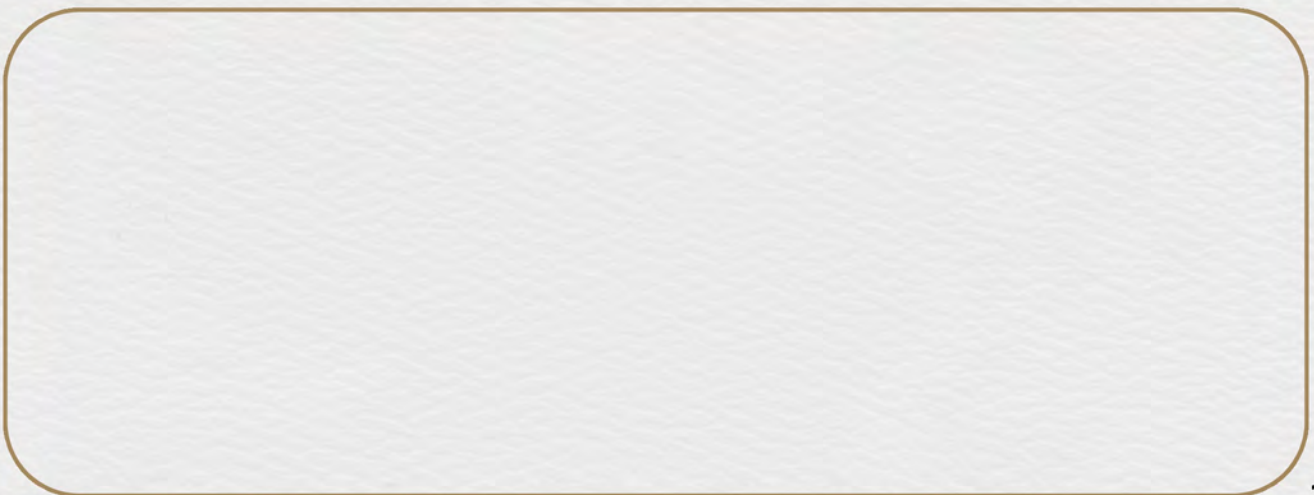
What does “*enough*” look like for me right now?

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What’s one thing I can do to feel more calm?

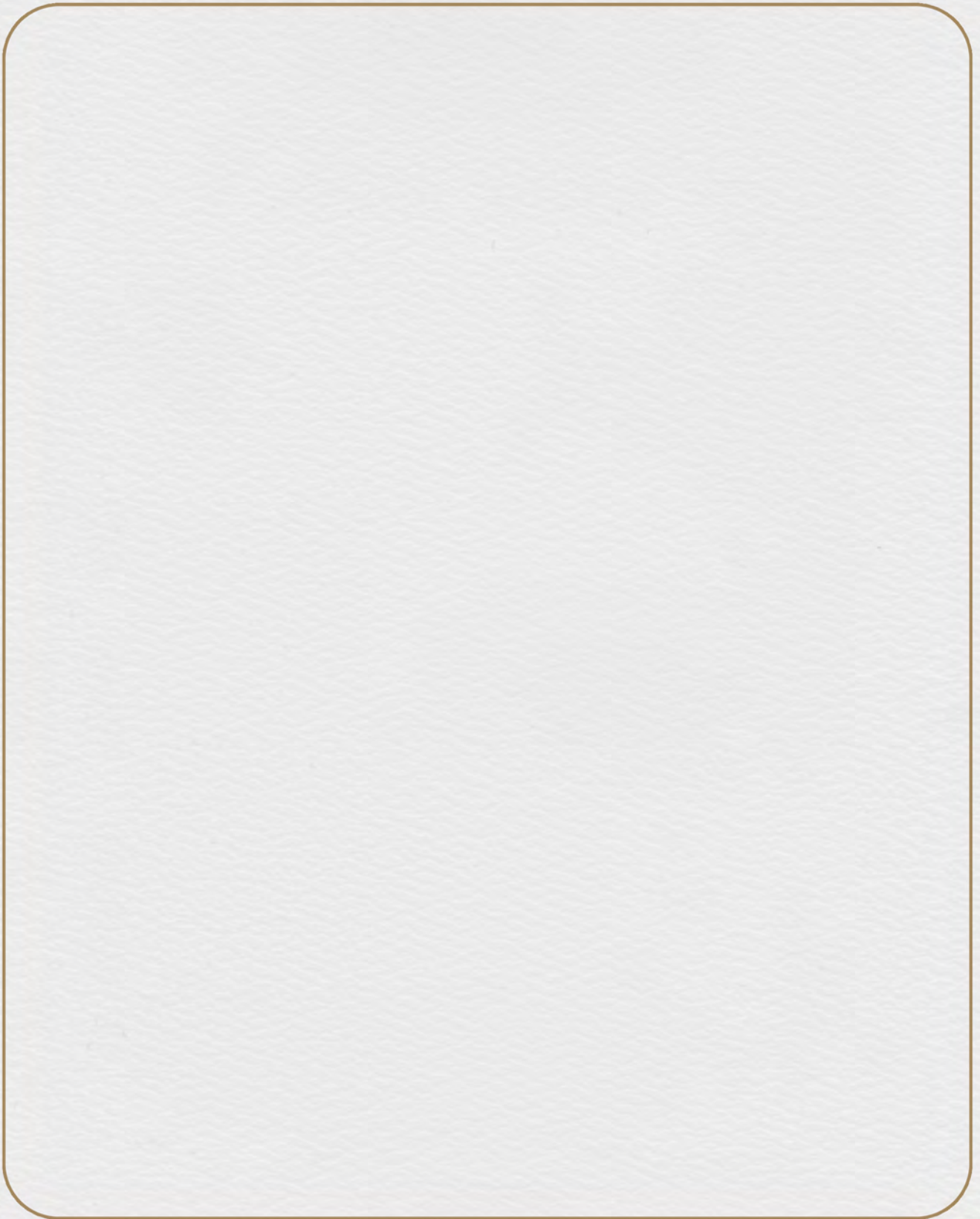
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What’s one situation I need to step back from?

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RESET

Expand. Reflect. Rewrite. Wander.

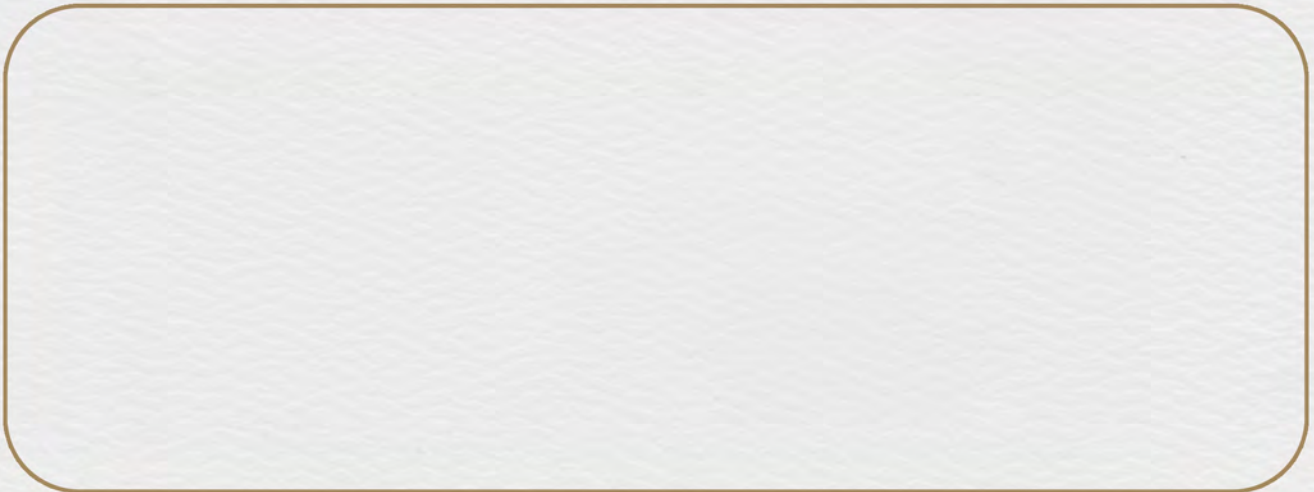


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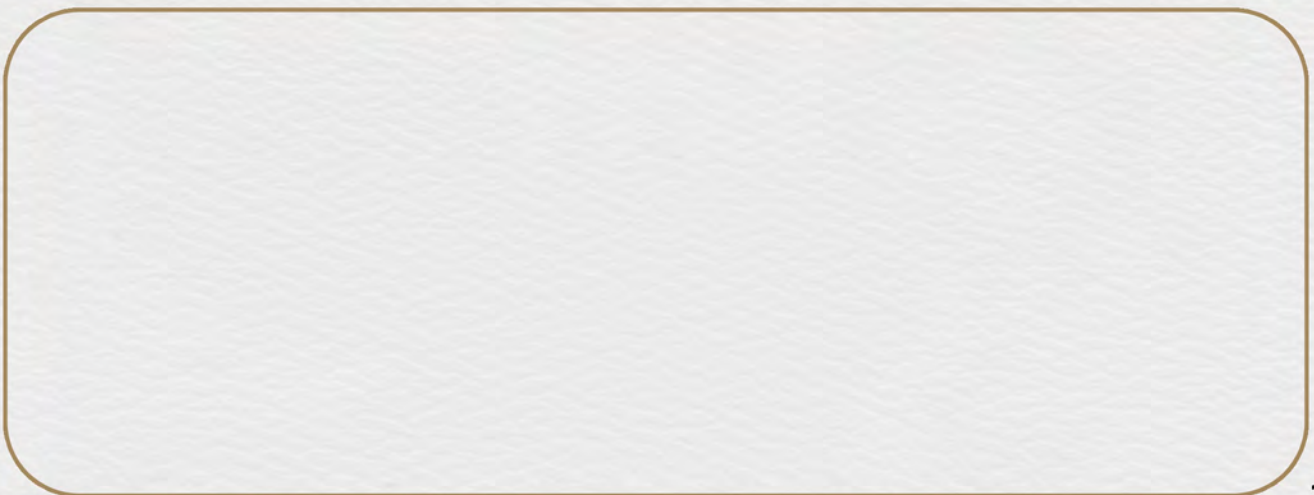
What's one things I can do to feel more in control?



What's one thought I need to challenge today?

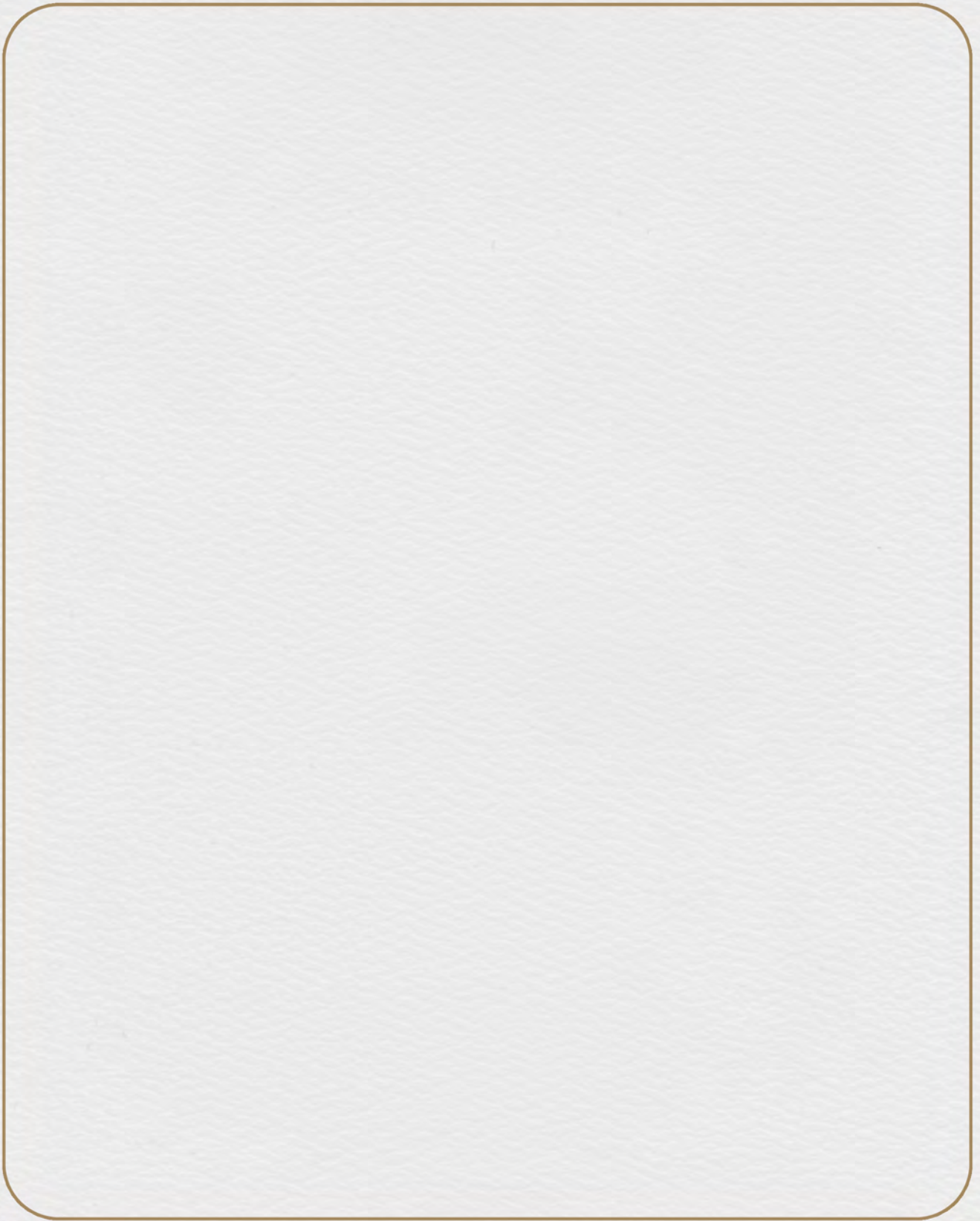


What's one thing I can do to reset my energy?



RESET

Expand. Reflect. Rewrite. Wander.

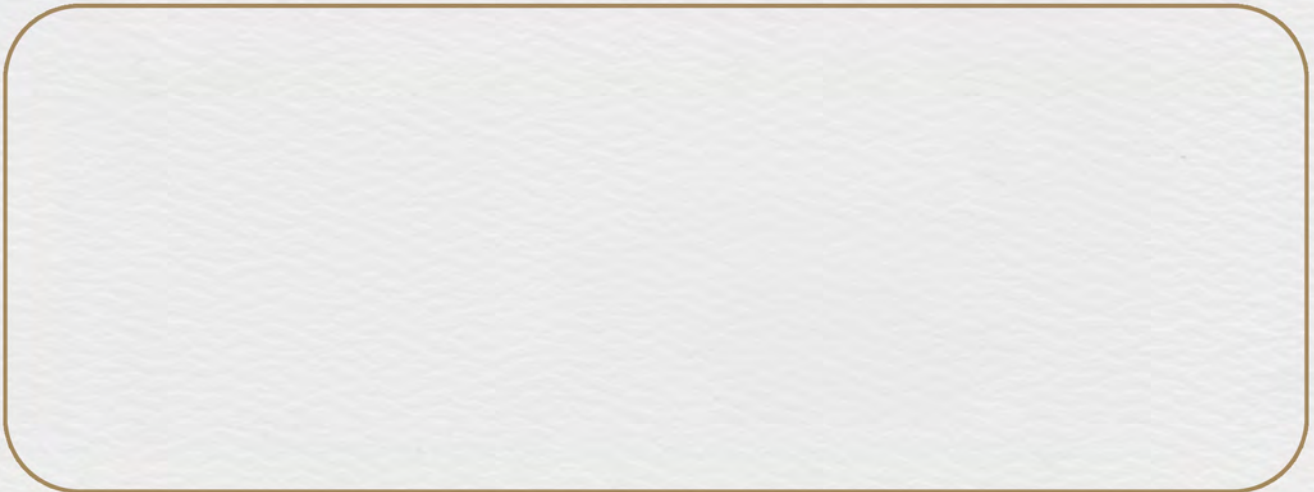


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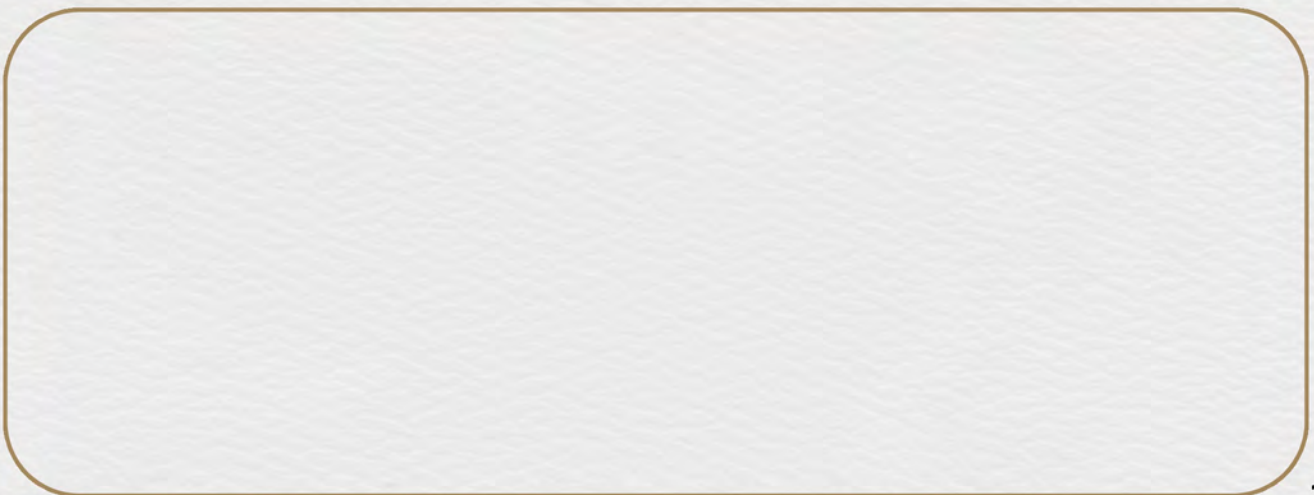
What's one thing I can do more slowly today?



What's one thing I can say no to without guilt?

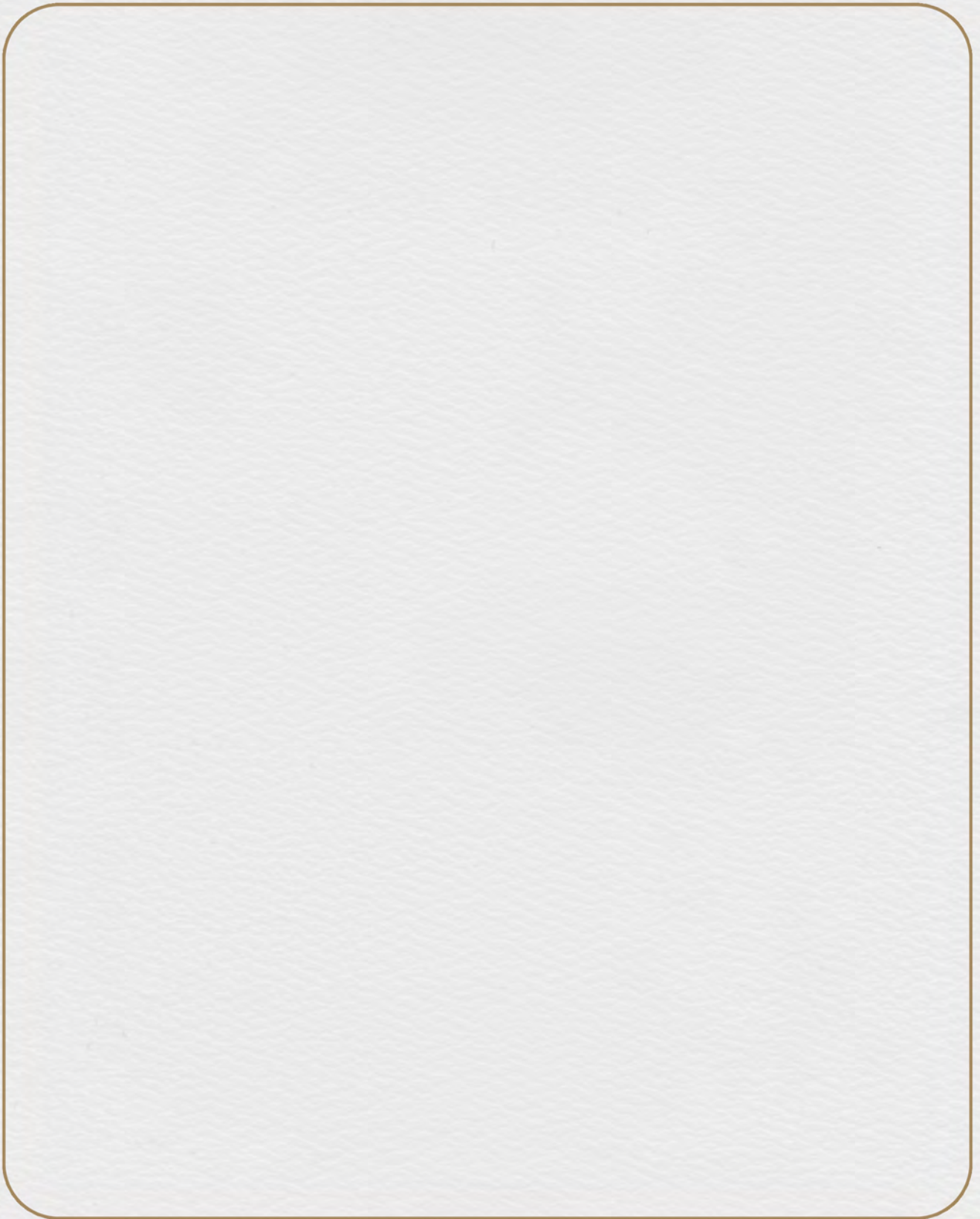


What's one thing I can say yes to without pressure?



RESET

Expand. Reflect. Rewrite. Wander.

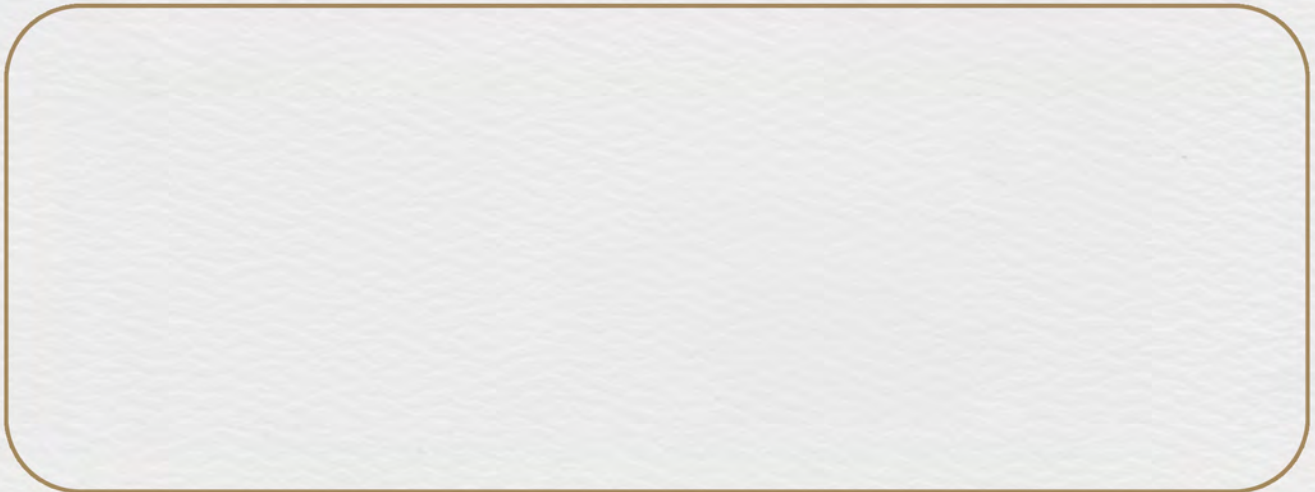


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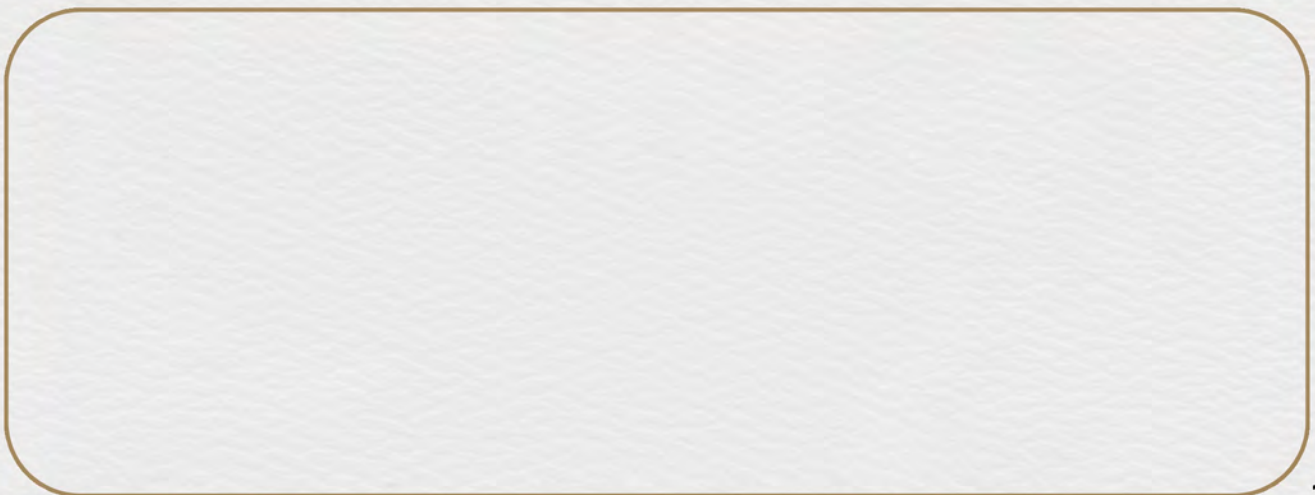
What's one thing I can do to feel more like myself?



What's one thing I can do to feel less overwhelmed?

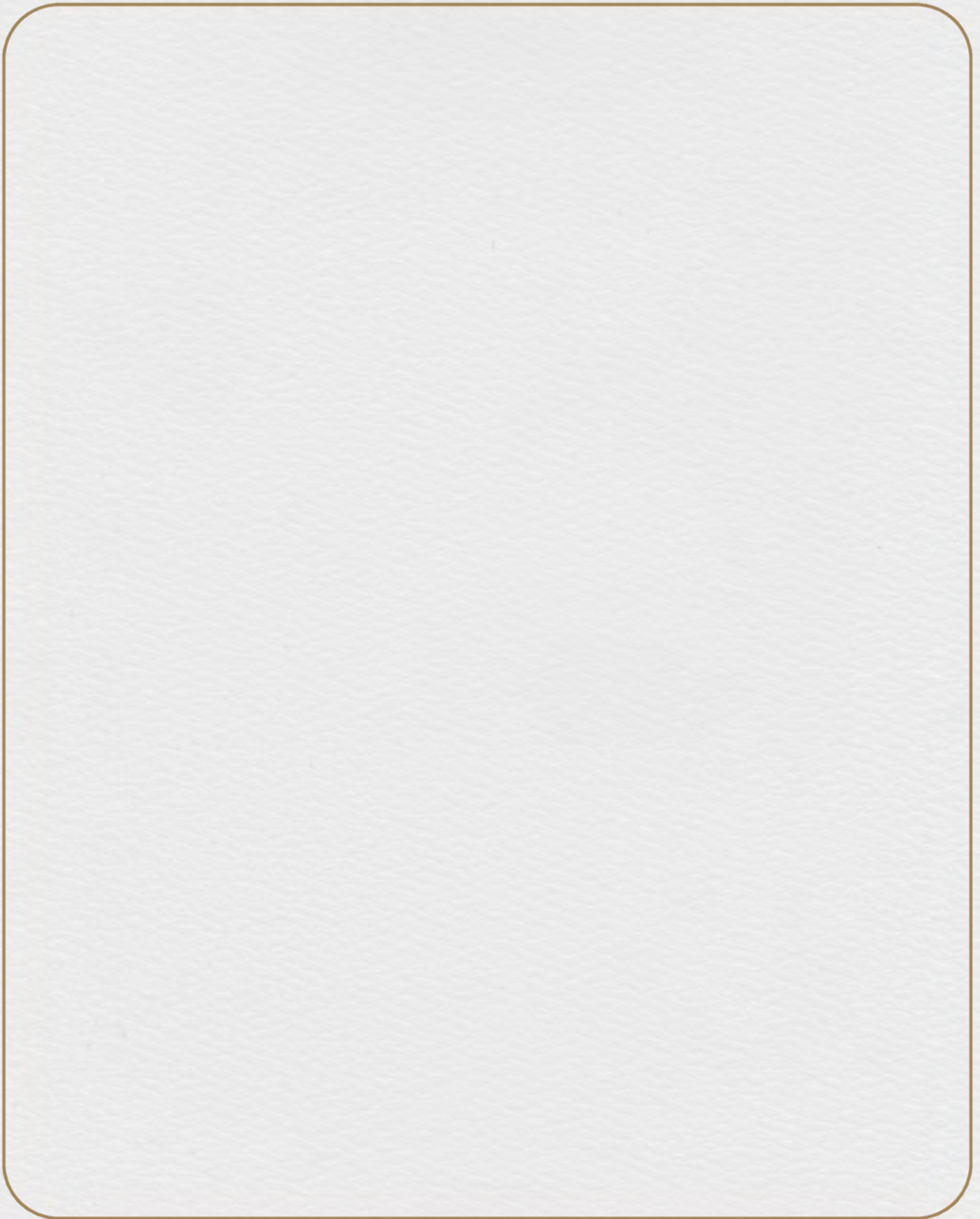


What's one thing I can do to feel more focused?



RESET

Expand. Reflect. Rewrite. Wander.



RESET

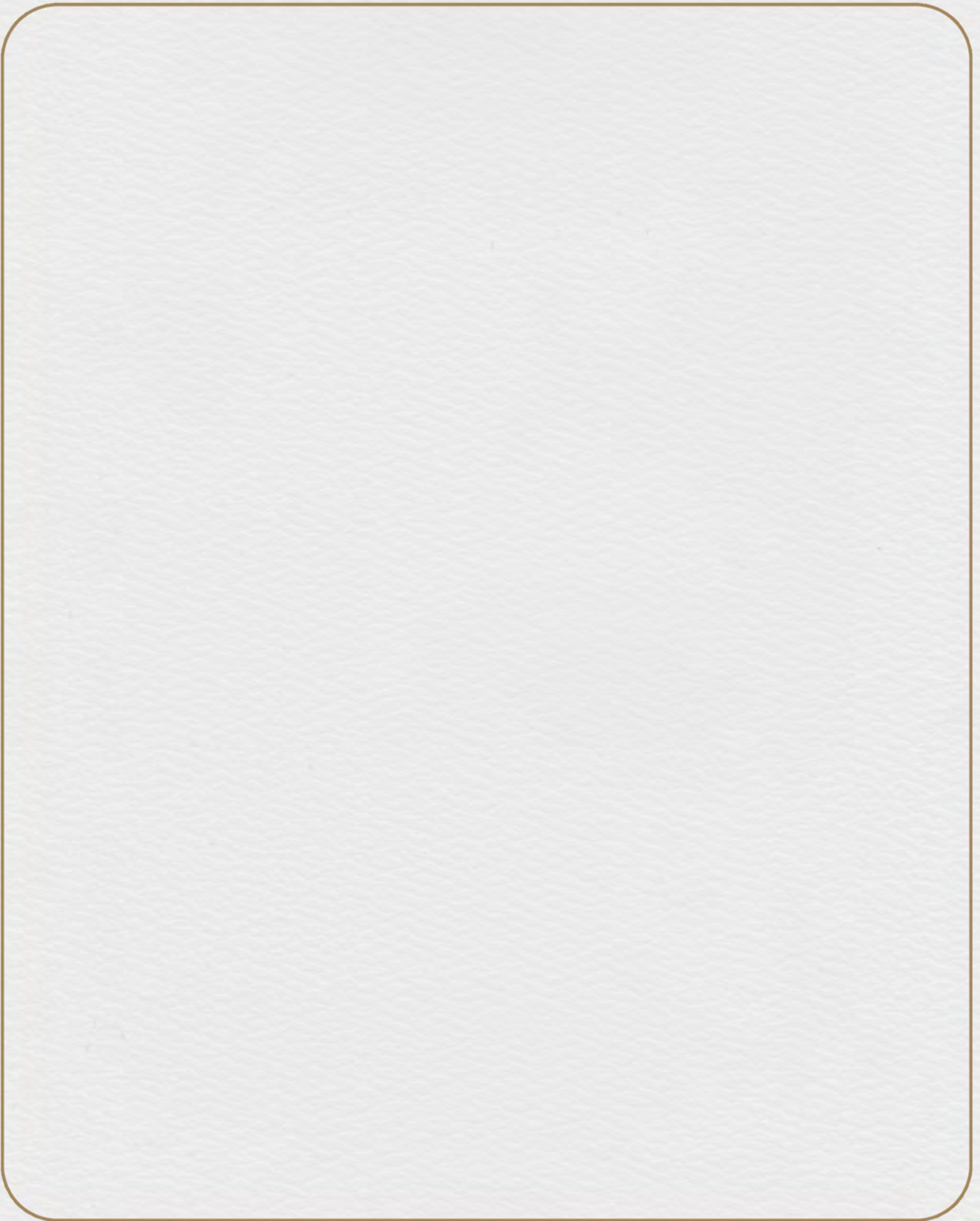
What's one thing I can do to feel more grounded?

What's one thing I can do to feel more clear-headed?

What's one thing I can do to feel more emotionally steady?

RESET

Expand. Reflect. Rewrite. Wander.

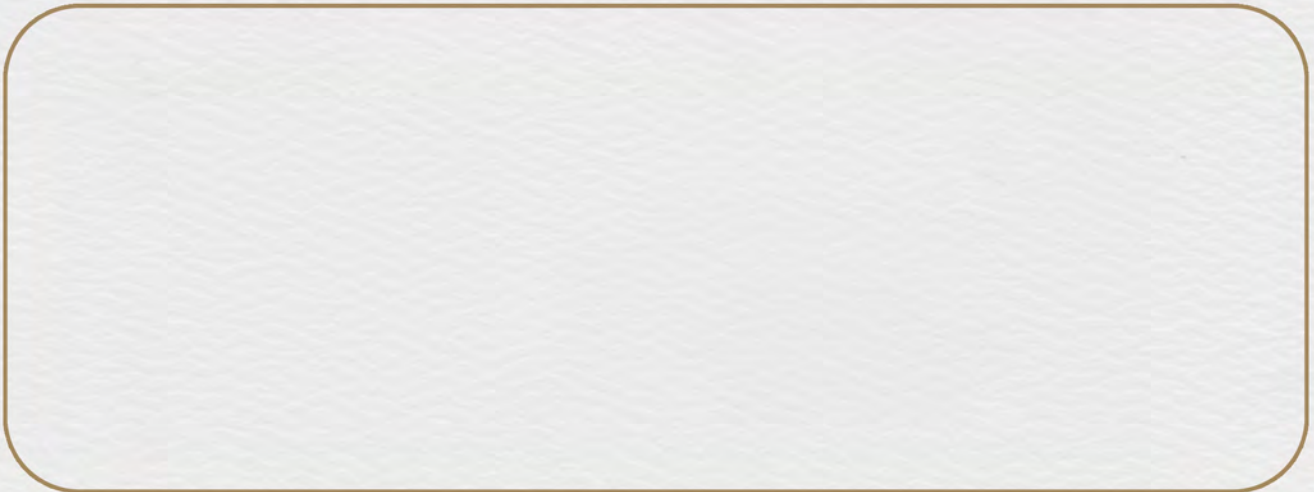


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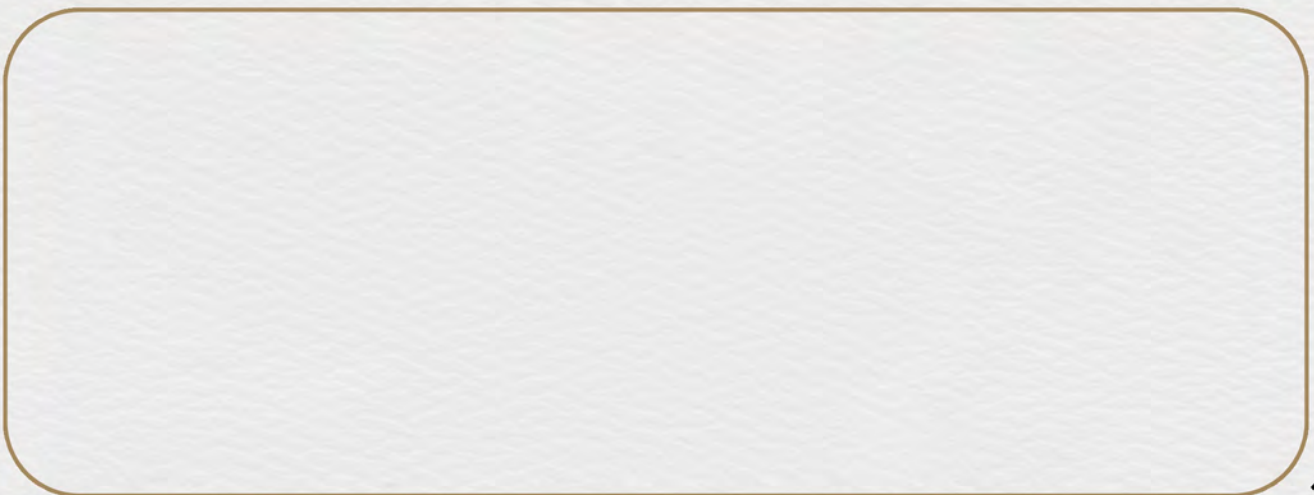
What's one thing I can do to feel more at ease in my body?



What helps me feel mentally steady when things feel chaotic?



What helps me feel socially supported—even in quiet seasons?



RESET

Expand. Reflect. Rewrite. Wander.

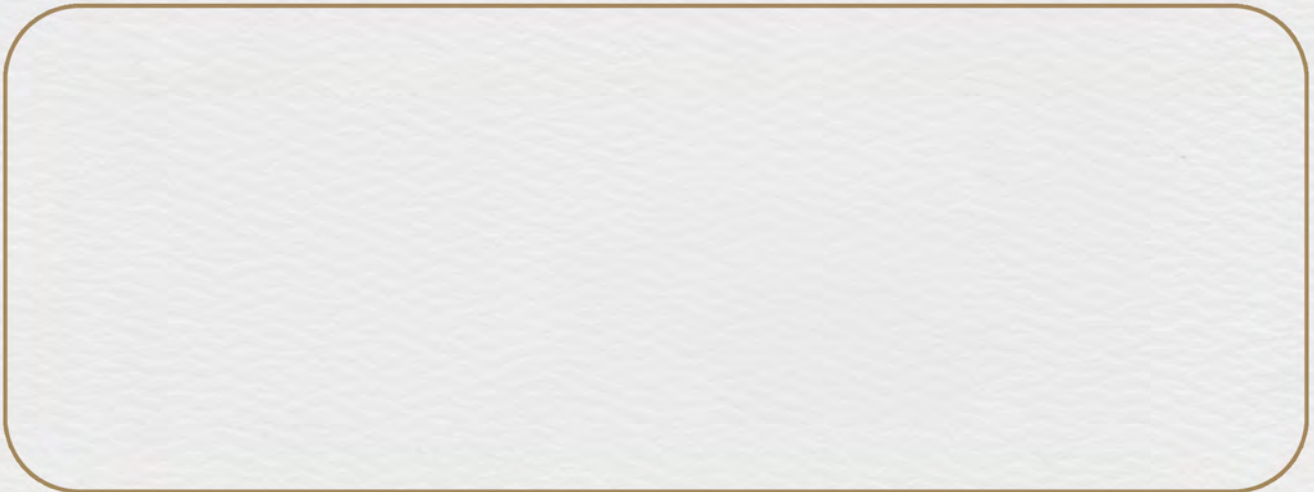
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RESET

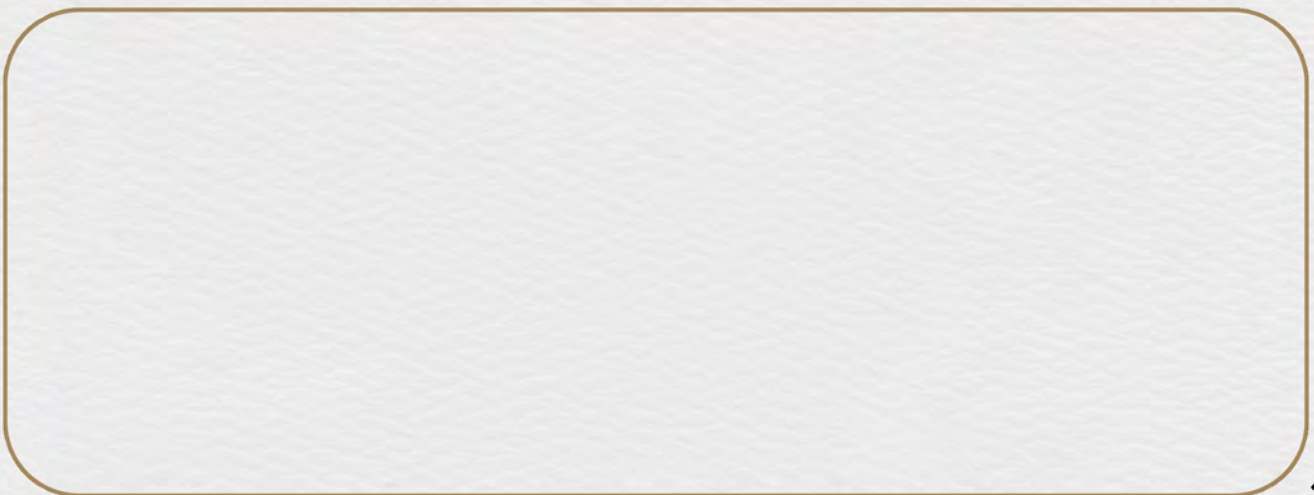
What's one financial habit that would help me feel more secure?



What part of my routine feels safe—and what part feels rigid?

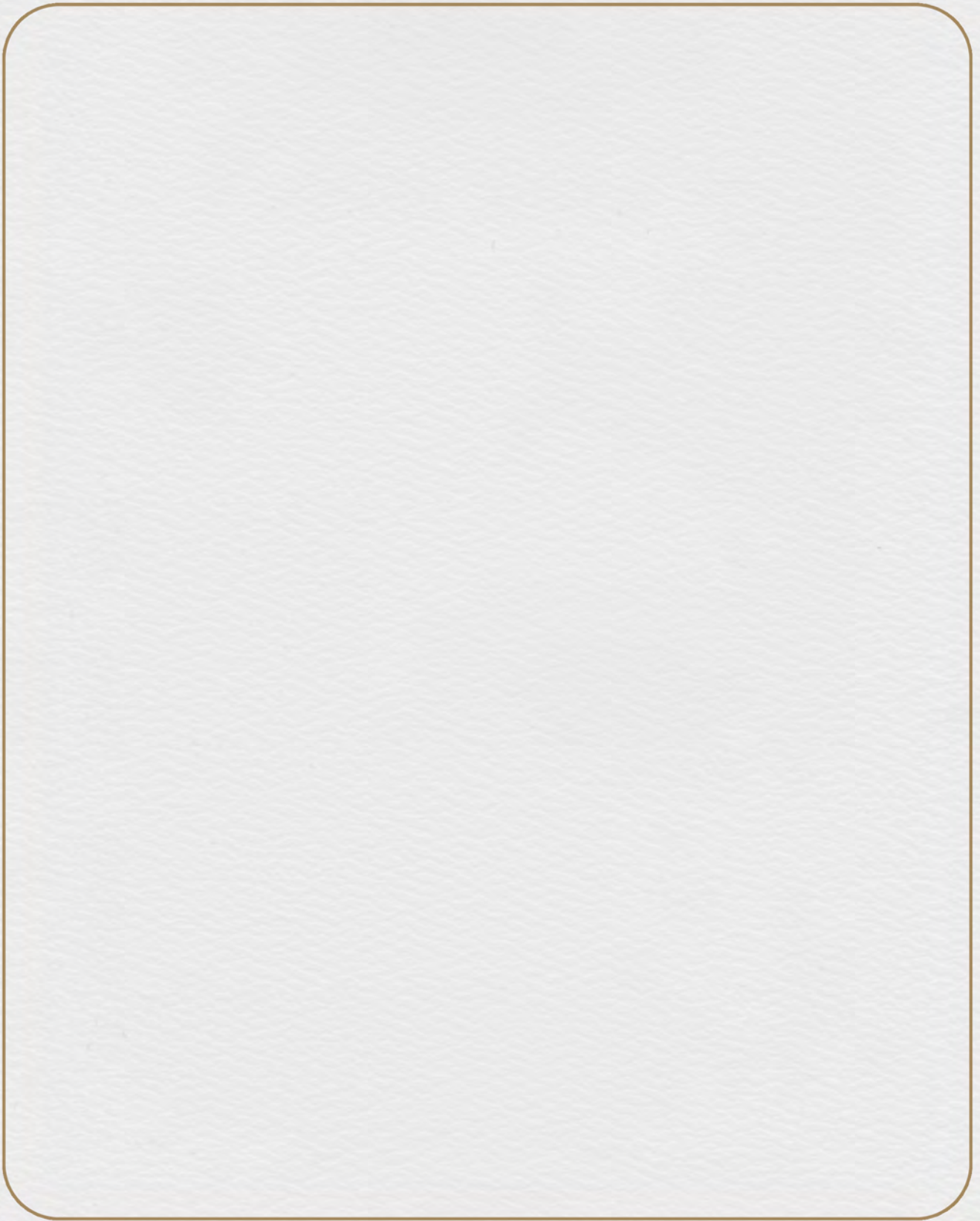


What's one decision I've made recently that felt congruent?



RESET

Expand. Reflect. Rewrite. Wander.

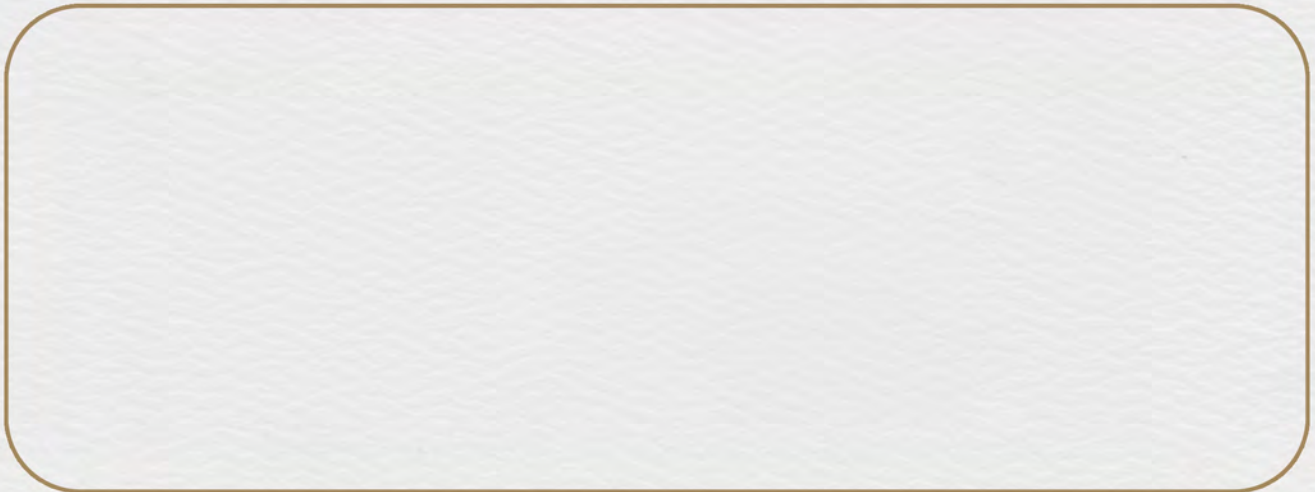


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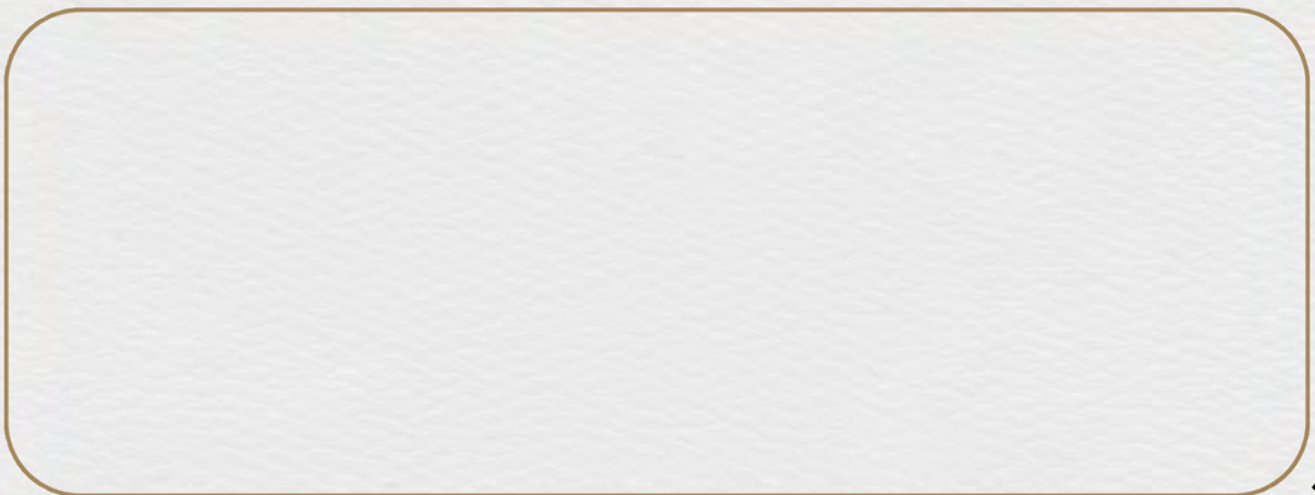
What's one way I can strengthen trust in my relationships?



What's one space I feel safe in—and how can I protect it?

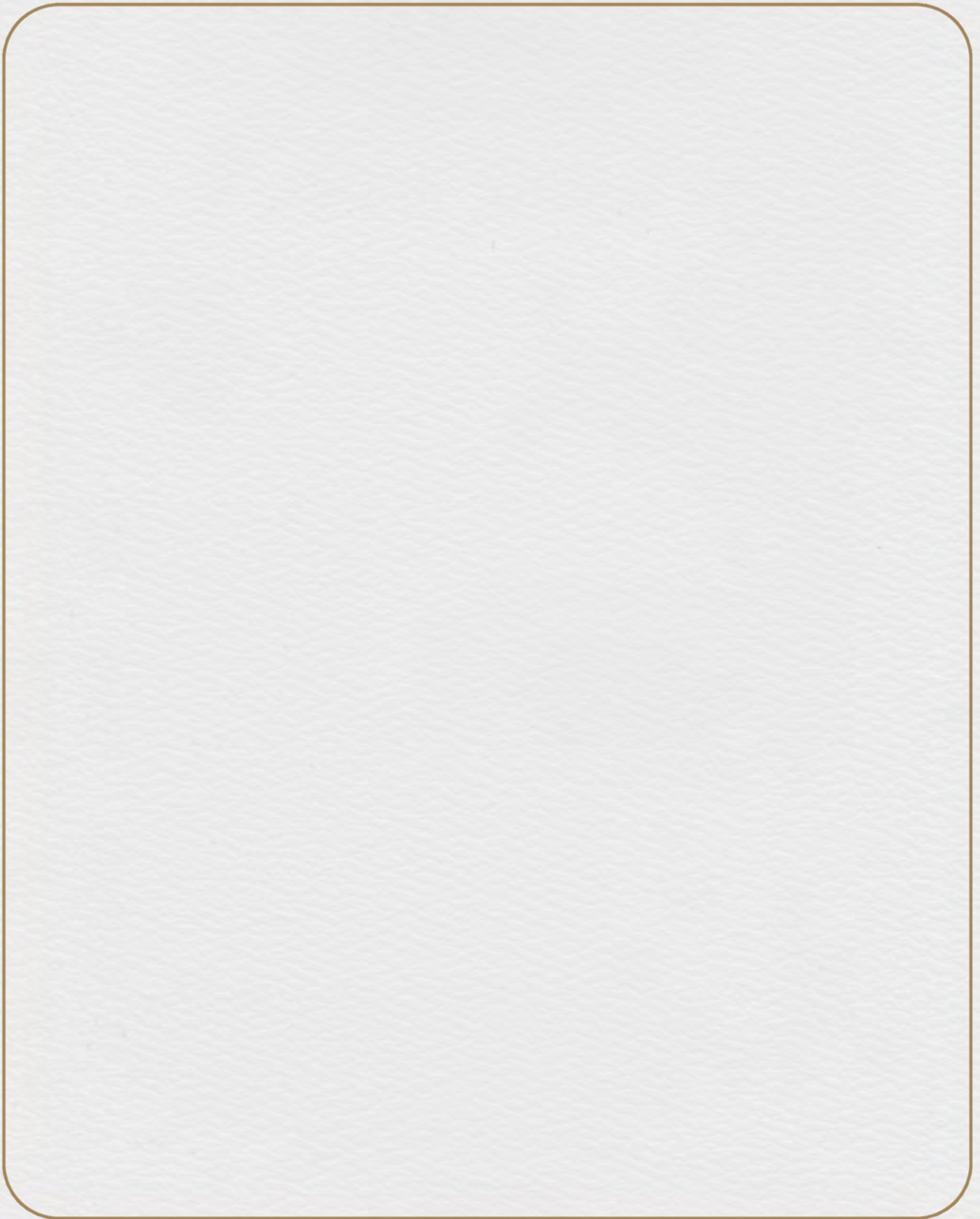


What's one way I can make my work feel more emotionally safe?



RESET

Expand. Reflect. Rewrite. Wander.

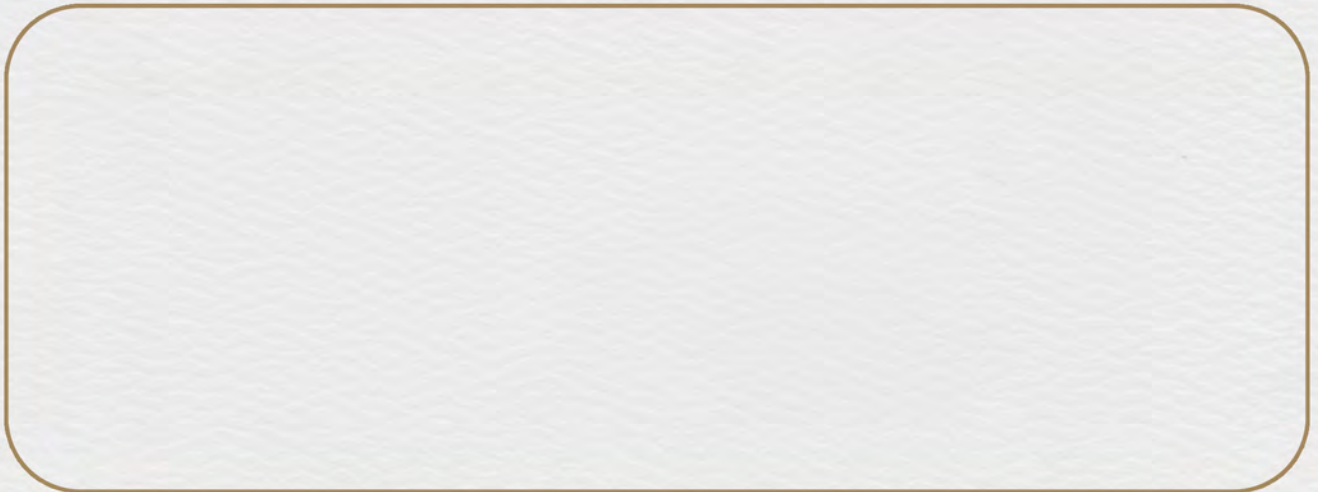


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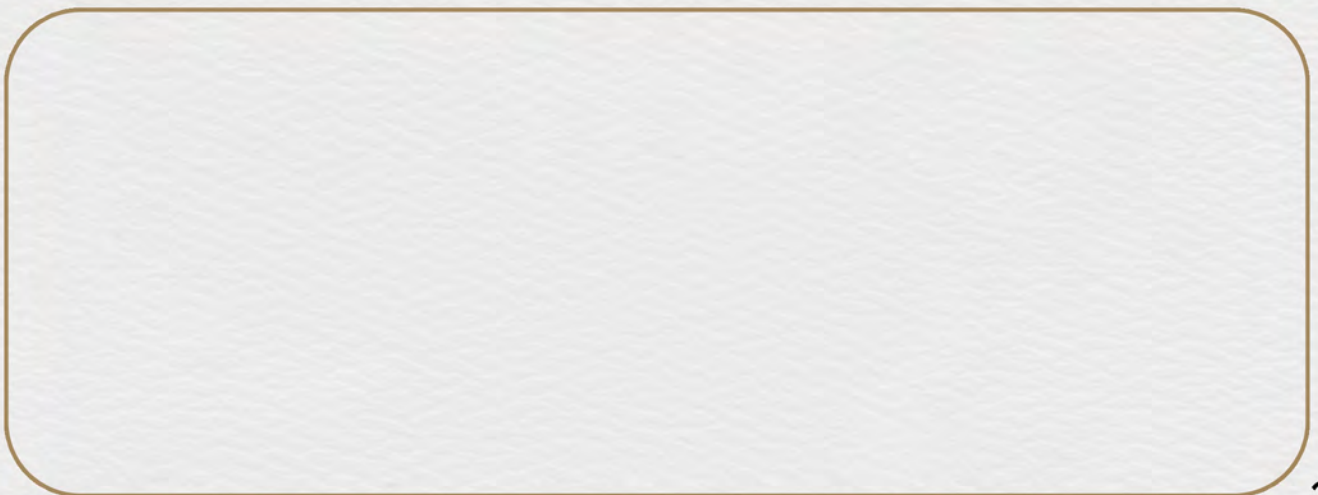
What's one thing I can do to feel more confident about the future?



What's one way I can use my voice without fear or pressure?

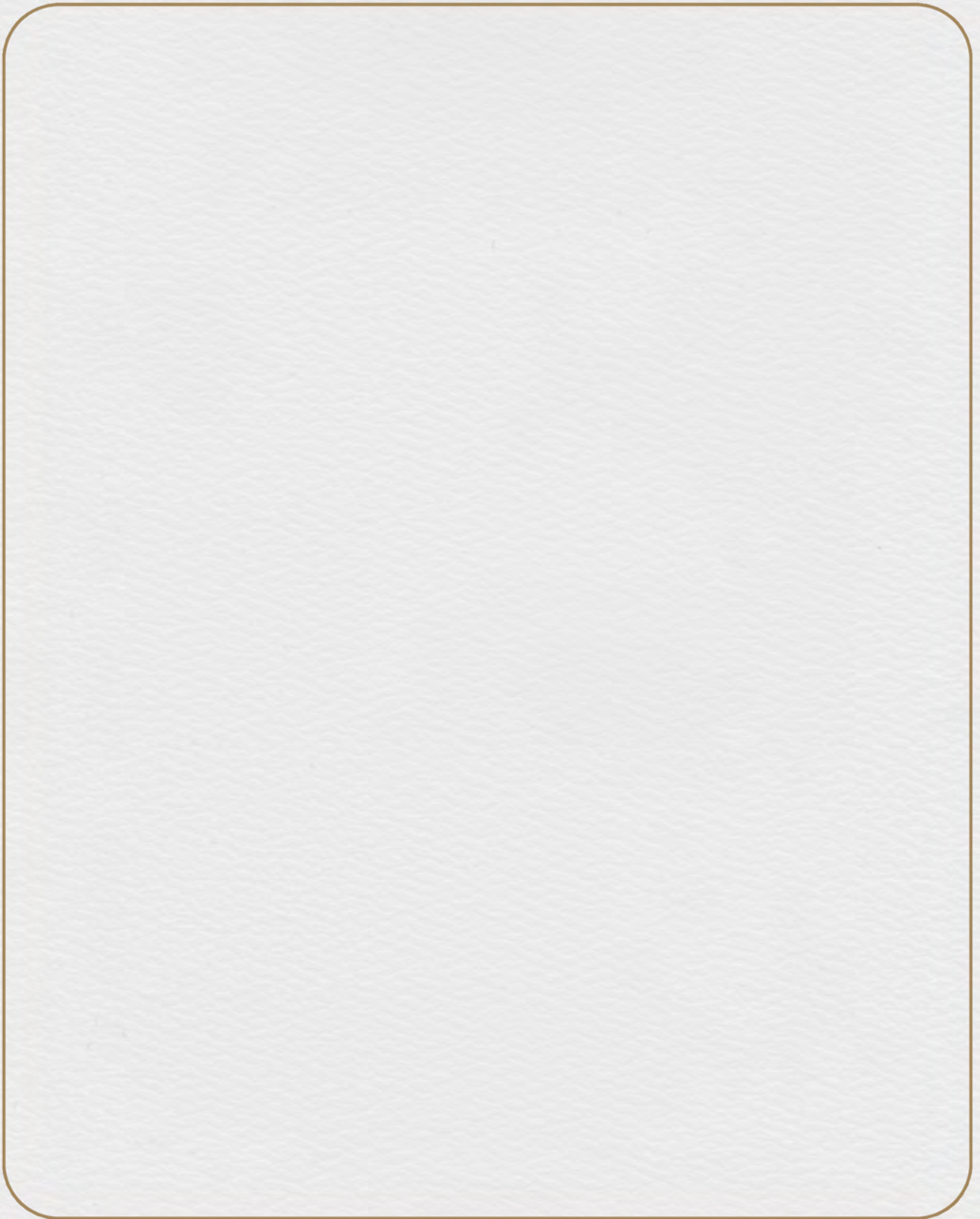


What's one thing I can do to feel more present today?



RESET

Expand. Reflect. Rewrite. Wander.



Section 2

OVERFLOW

Track progress. Celebrate growth. Honor what's working.

This section is for noticing what's already improving.

Each prompt helps you name wins, track shifts, and build emotional momentum.

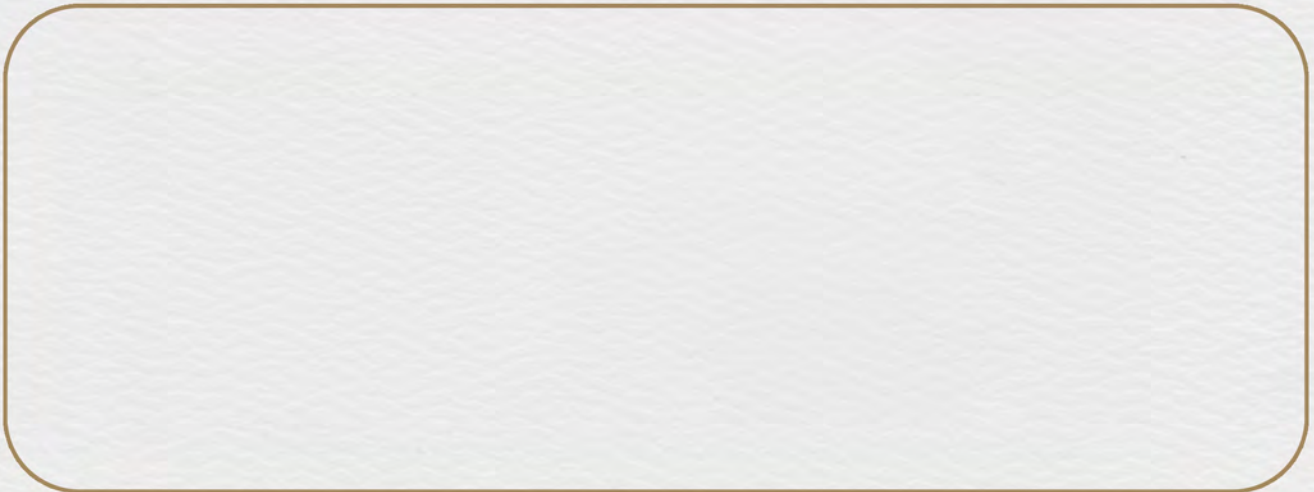
Use it when you feel steady—or when you need a reminder that progress is happening.

OVERFLOW

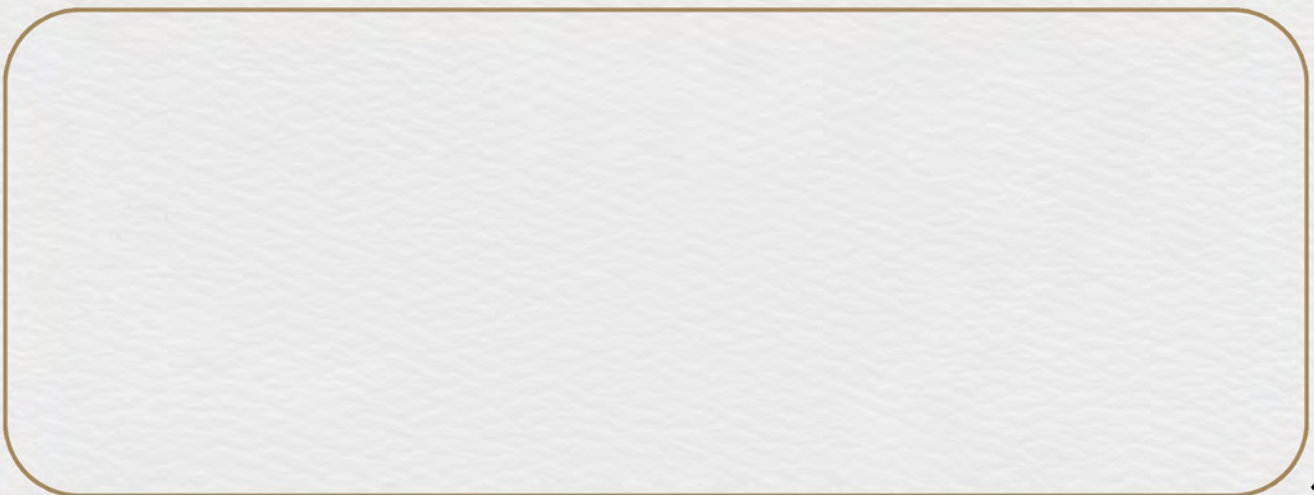
What's something I handled well today?

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What am I proud of this week?

A large, empty rounded rectangular box with a thin brown border, intended for writing a response to the question above.

What's something I've improved lately?

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OVERFLOW

Expand. Reflect. Rewrite. Wander.

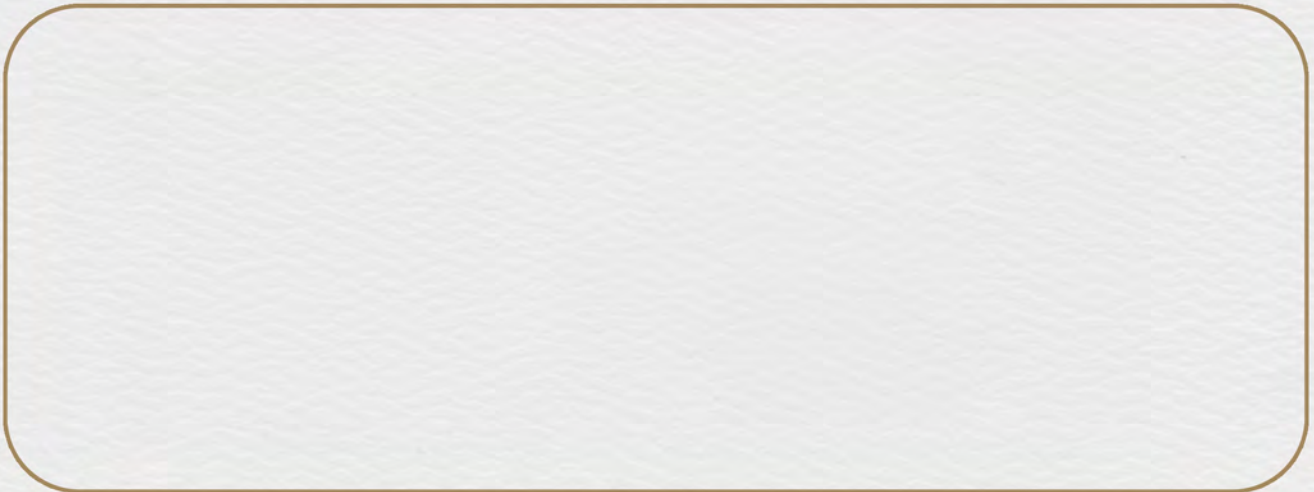
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OVERFLOW

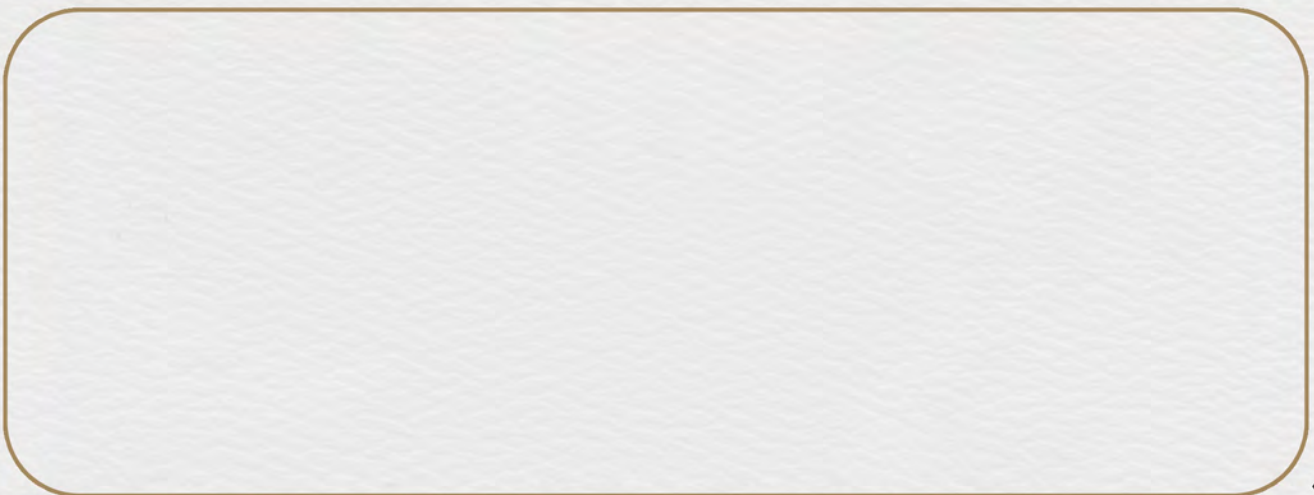
What helped me grow this month?

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What used to feel hard that's now easier?

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What have I made simpler for myself?

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OVERFLOW

Expand. Reflect. Rewrite. Wander.

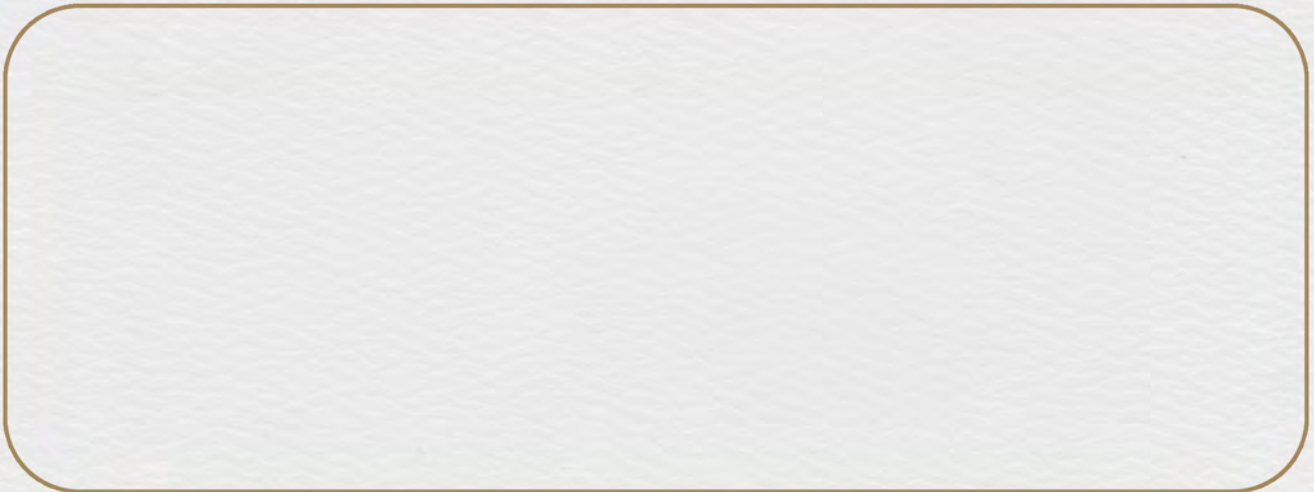
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OVERFLOW

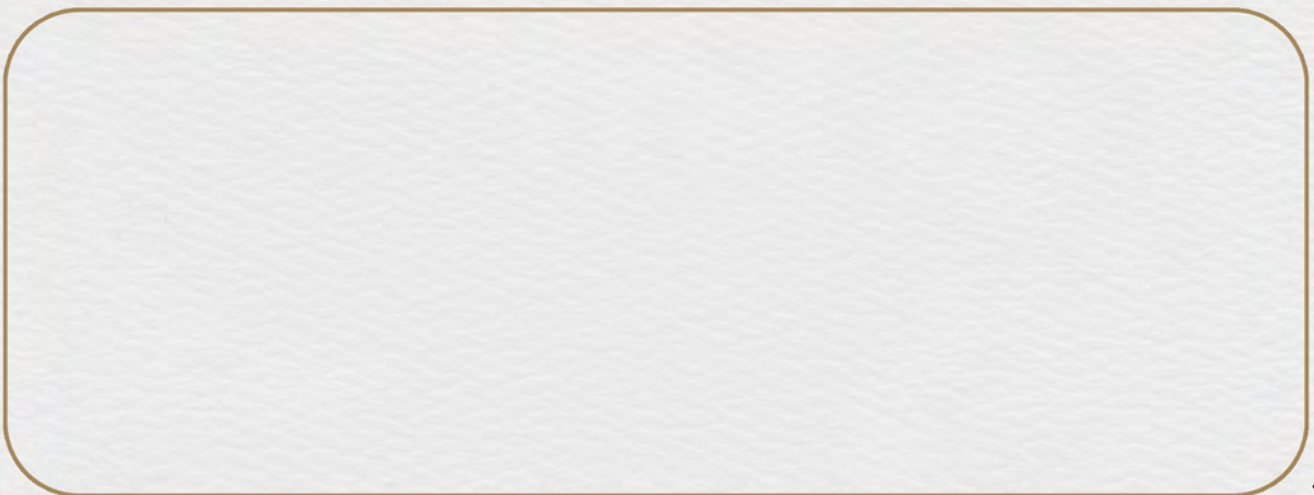
What have I made easier for someone else?



What did I create that felt meaningful?



What have I healed or moved through?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

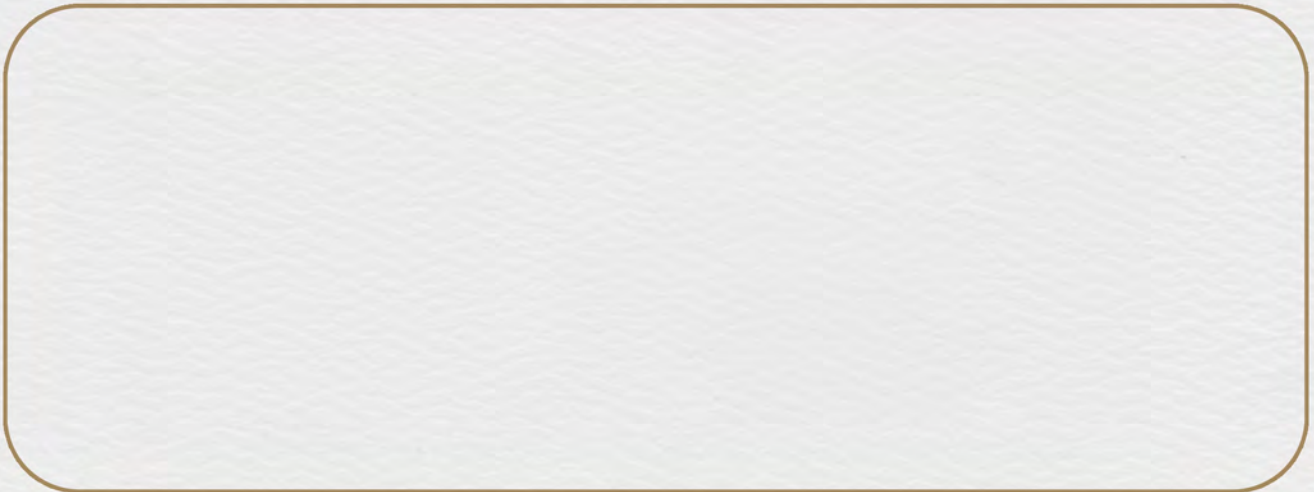
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OVERFLOW

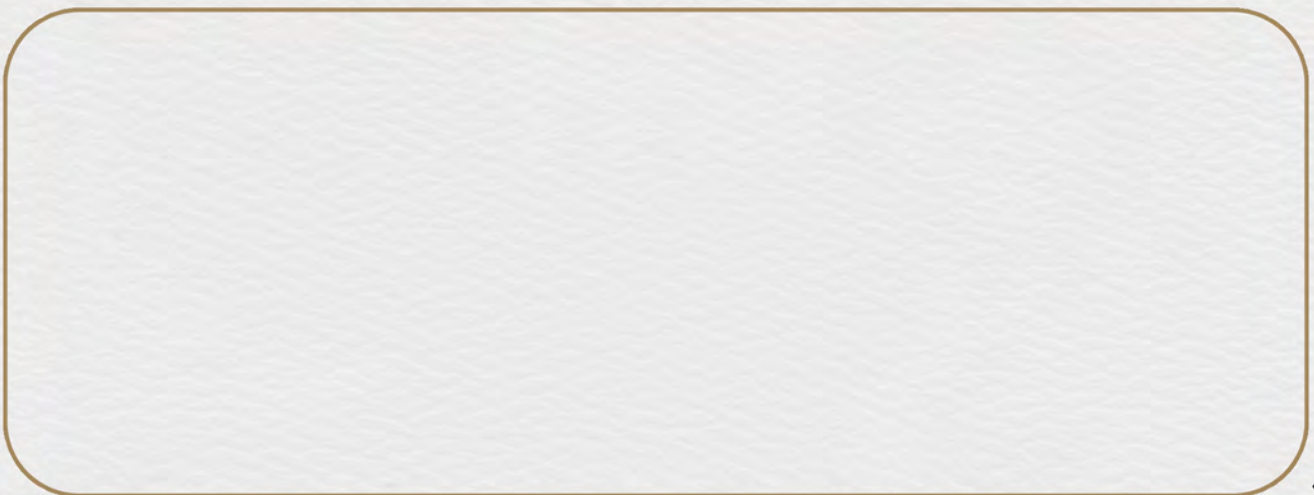
What did I stop doing that helped me feel better?



What did I start doing that helped me feel better?



What's been more consistent in my routine?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

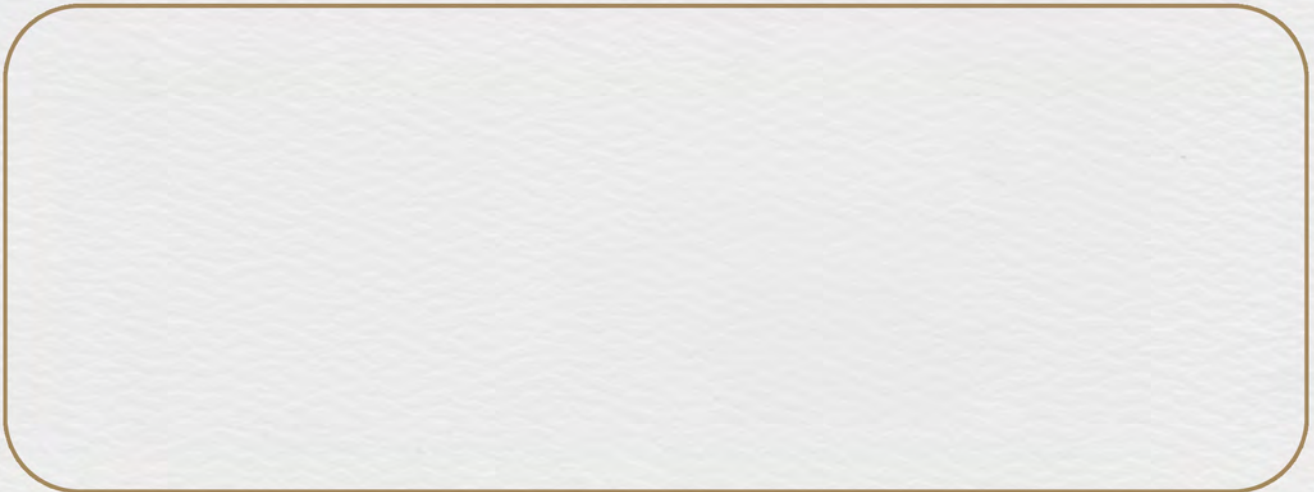
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OVERFLOW

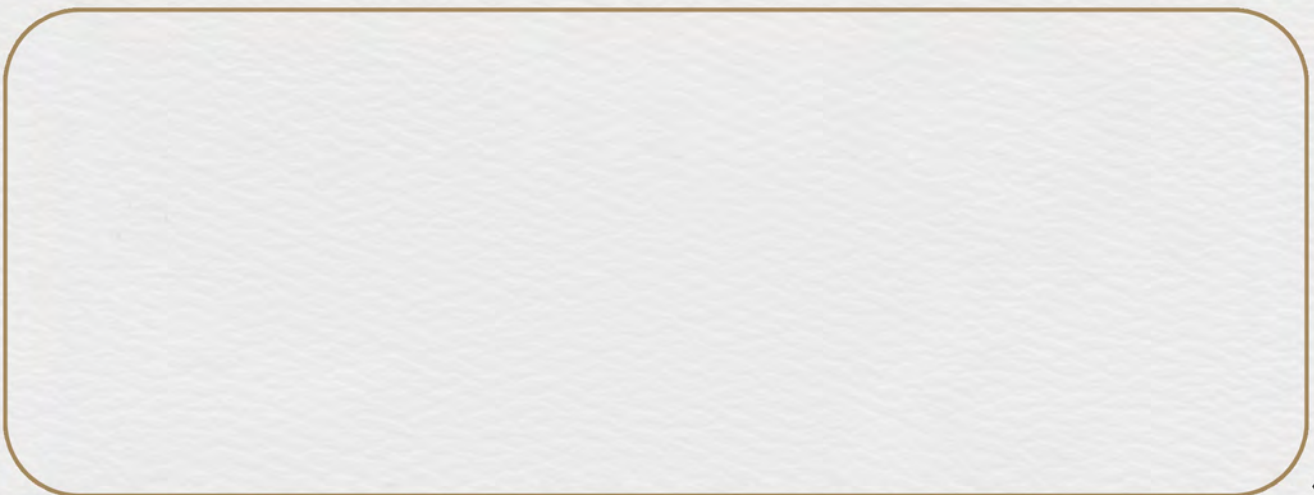
What's felt more intentional lately?



What's felt more enjoyable than it used to?

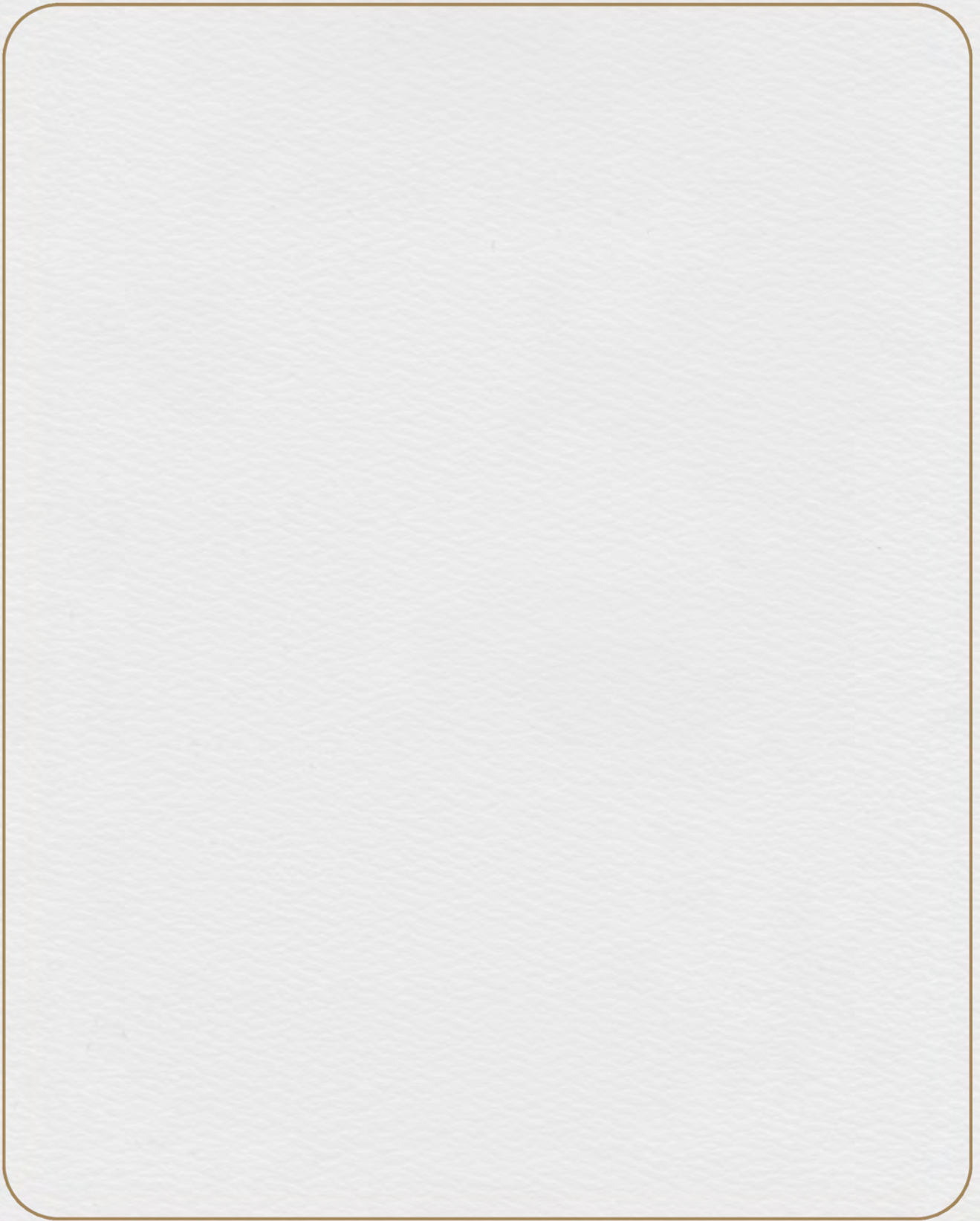


What's working more efficiently now?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

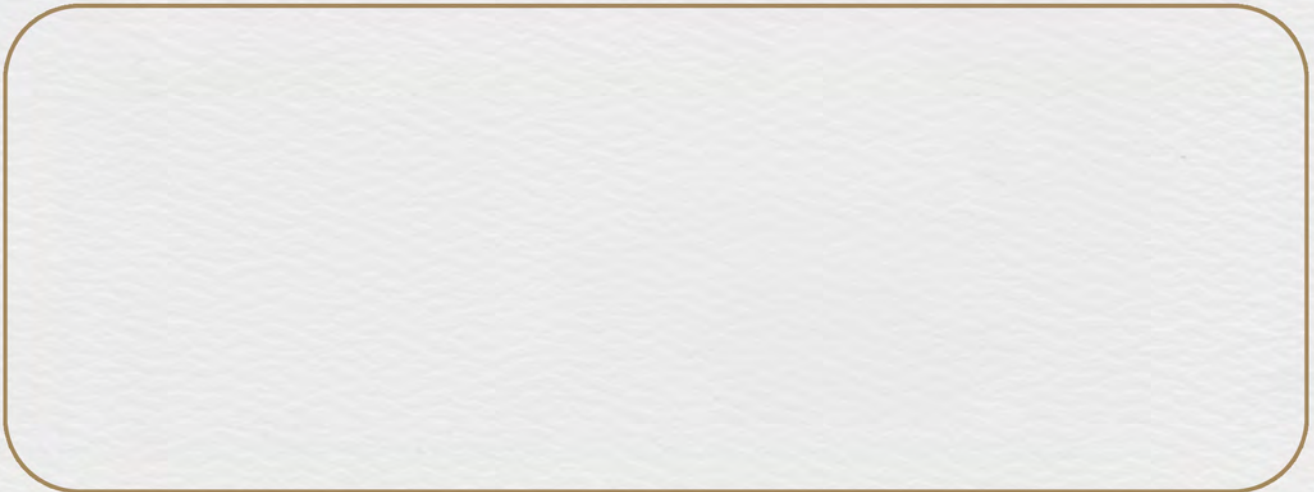


OVERFLOW

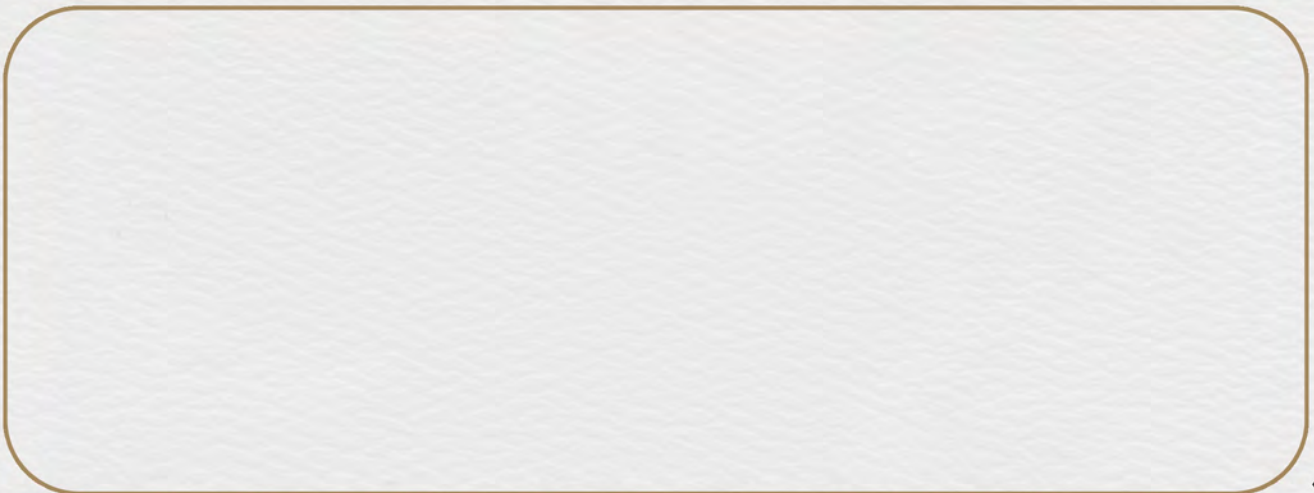
What's clearer than it was before?



What feels more honest in how I show up?



What boundary felt respectful and firm?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

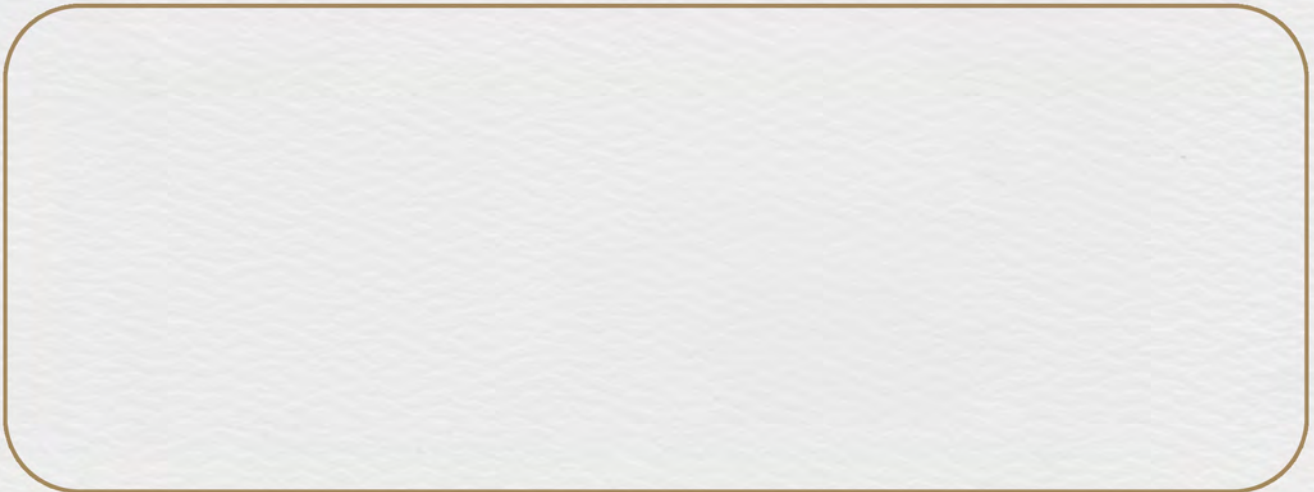
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OVERFLOW

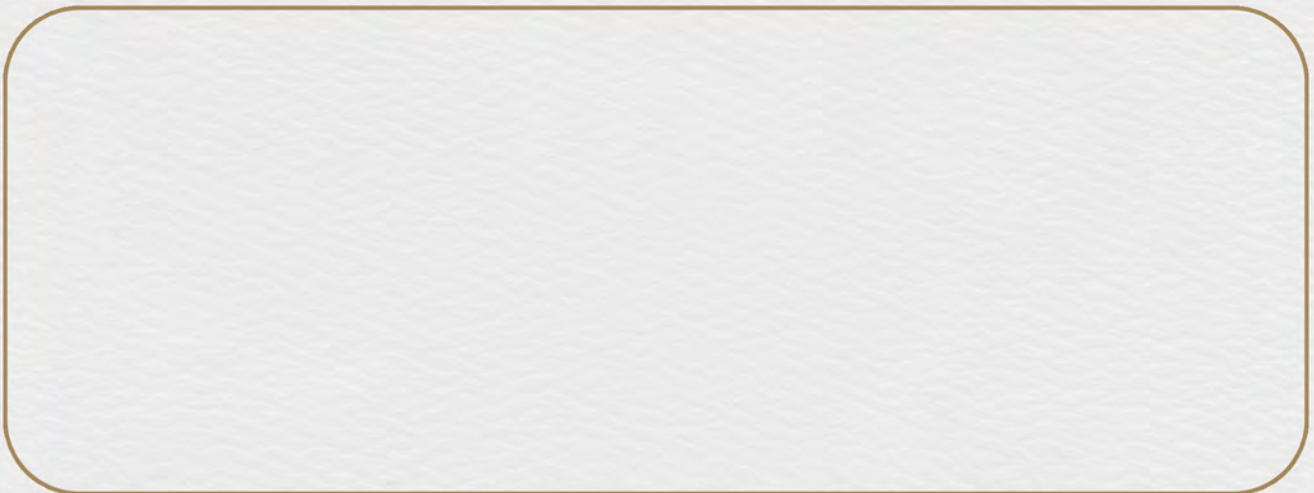
What's one way I supported someone this week?



What habit feels more reliable now?



What's felt more flexible without losing structure?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

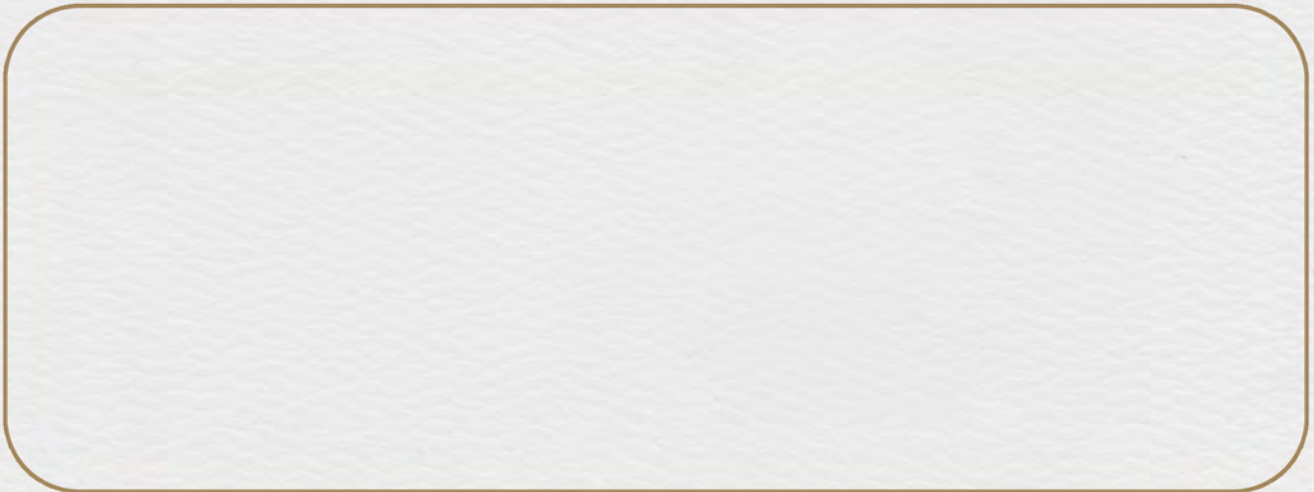
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OVERFLOW

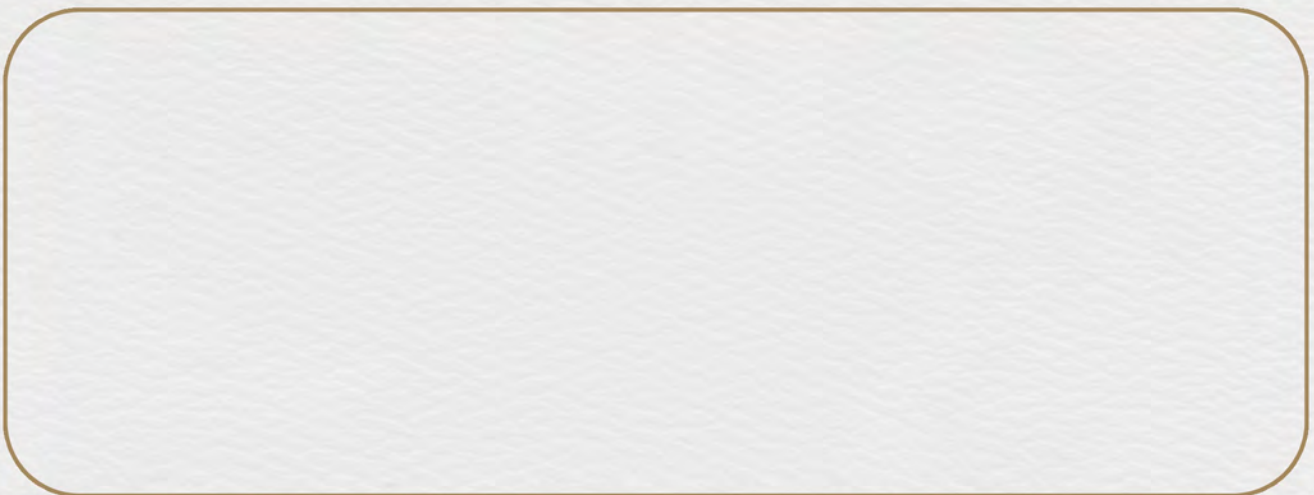
What's felt more balanced in my energy or schedule?



What decision felt thoughtful and aligned?



What felt aligned with my values today?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

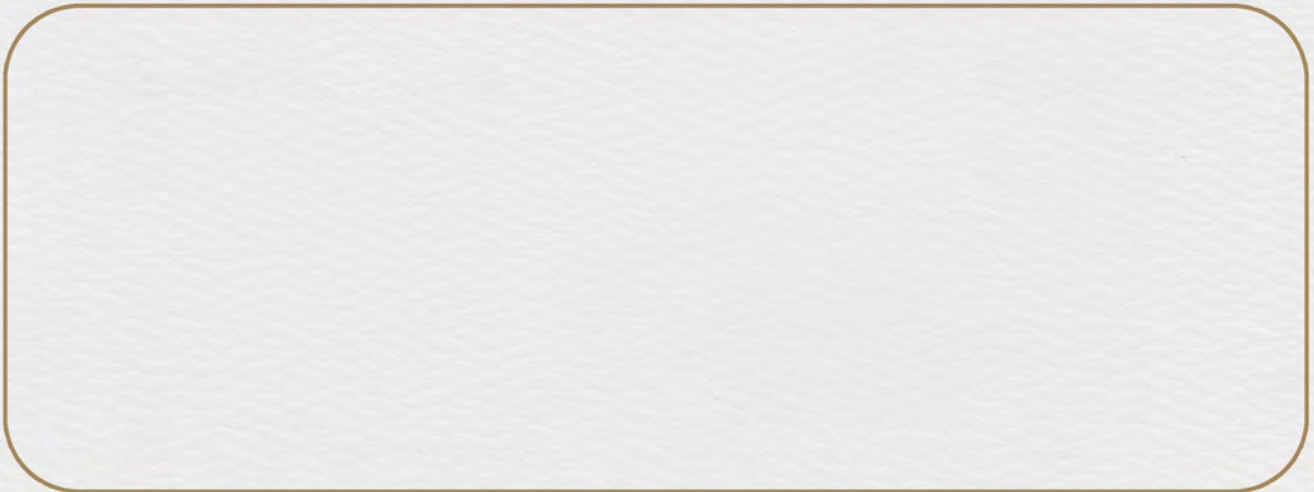
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OVERFLOW

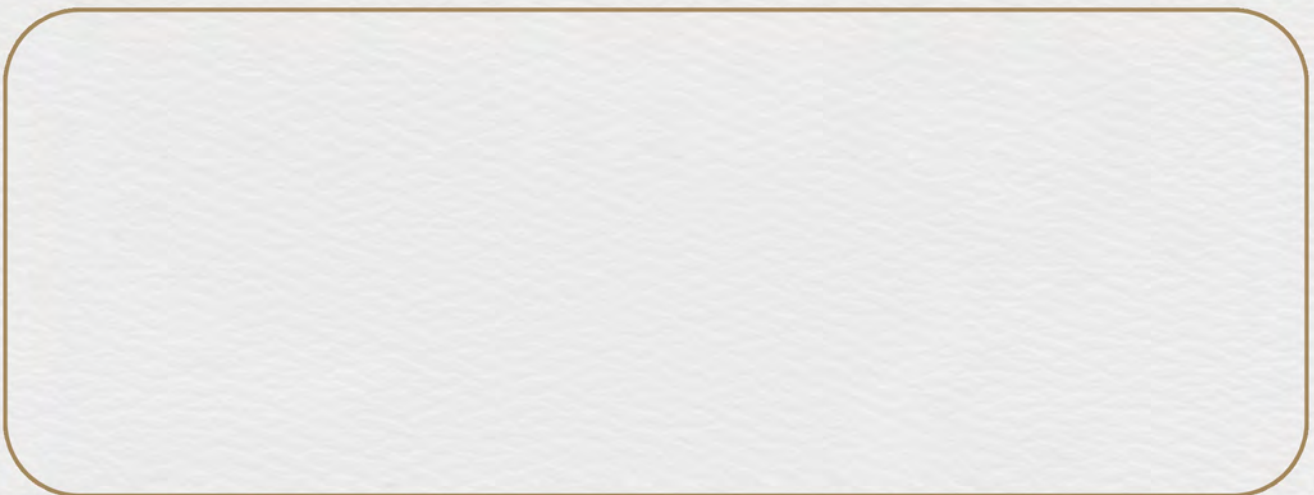
When did my goals shape how I showed up?



How did I honor my energy without overextending?



What helped me protect what matters most right now?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

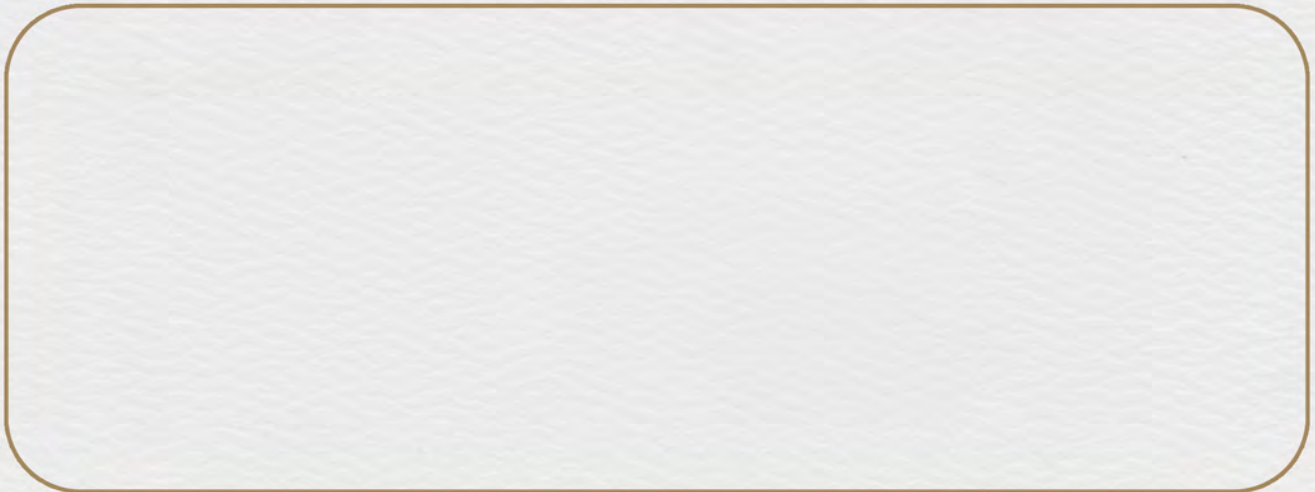
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OVERFLOW

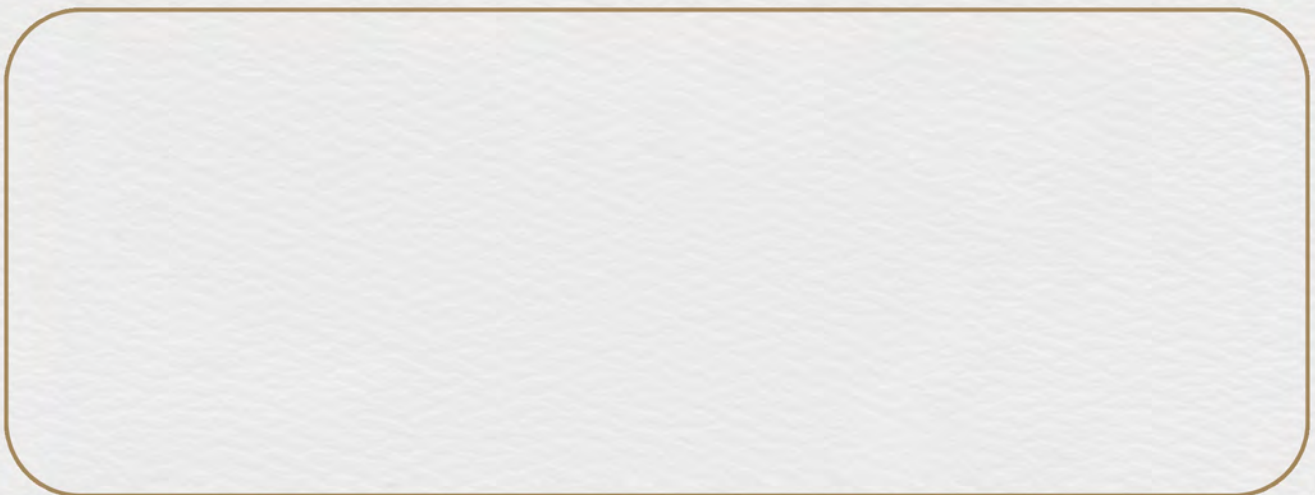
How did I adjust my schedule to support my needs?



What felt different in how I showed up in relationships?

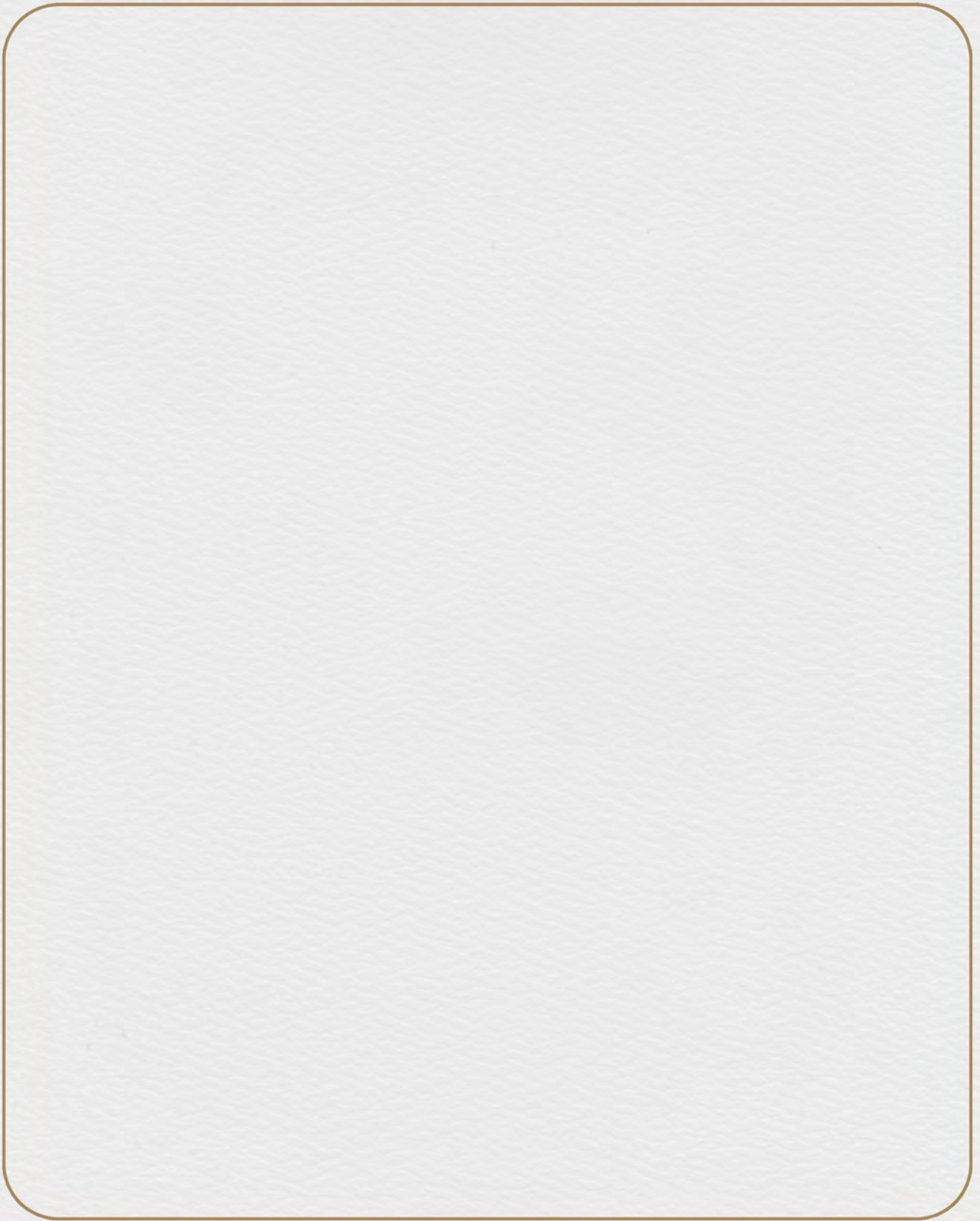


What decision supported my health in a meaningful way?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

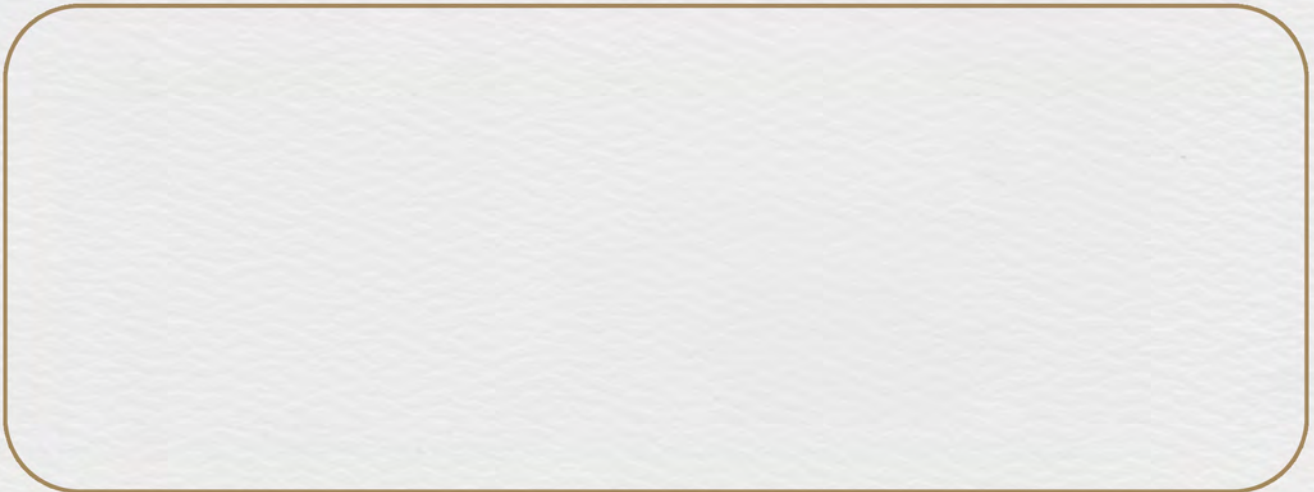


OVERFLOW

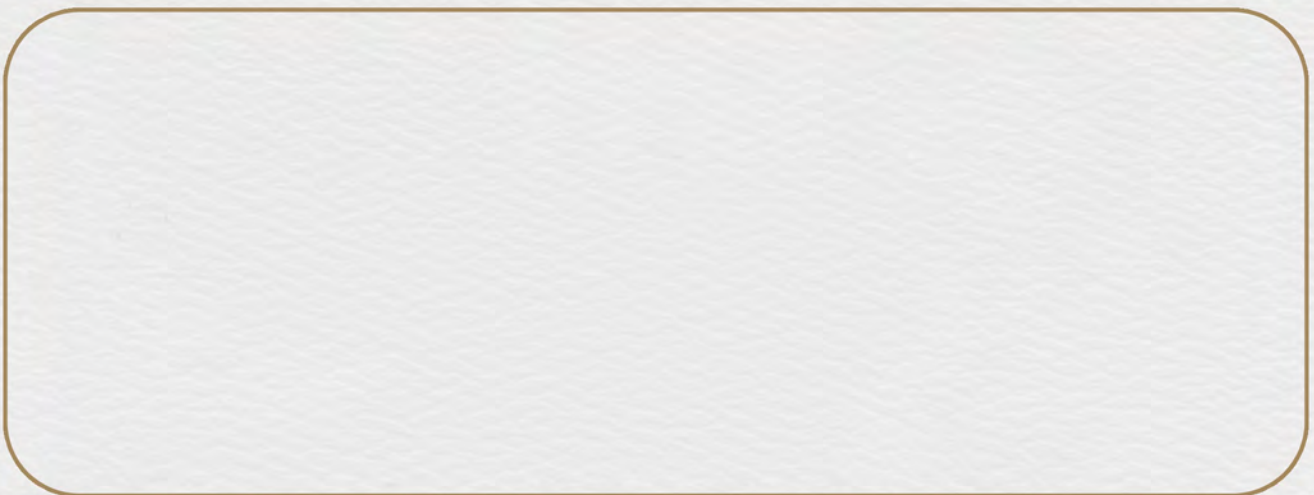
How did I move forward in a way that supports my future?



What reminded me I've grown?



What felt like a quiet win?



OVERFLOW

Expand. Reflect. Rewrite. Wander.

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Section 3

ALIGNMENT

Make decisions. Map rhythm. Move forward with clarity.

This section is for organizing your thoughts and refining your direction.

Each prompt helps you clarify what matters, simplify what's next, and align your actions with your values.

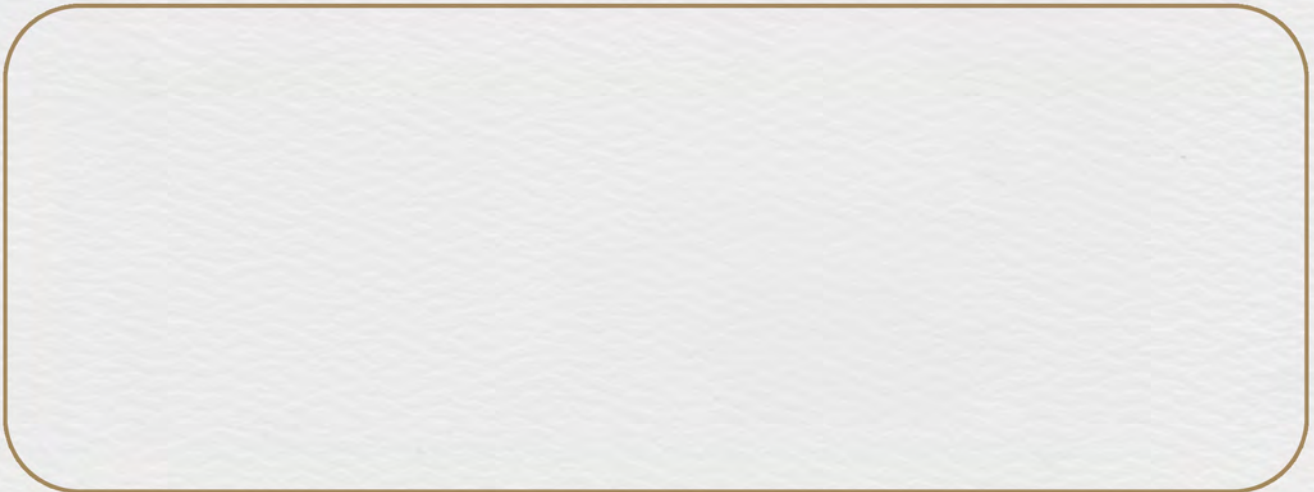
Use it when you're planning, pivoting, or preparing to commit.

ALIGNMENT

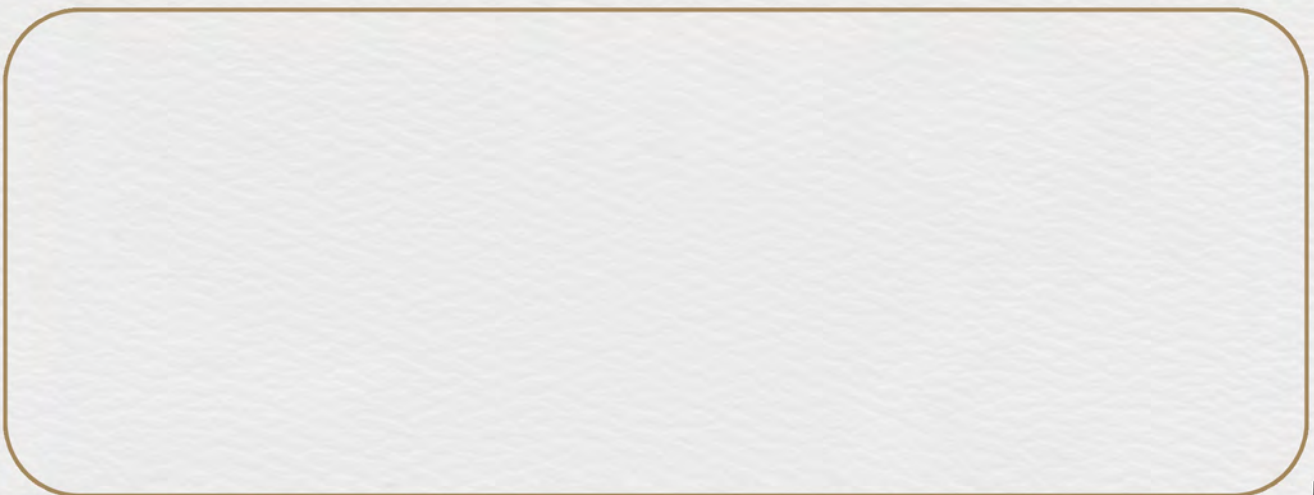
What decision feels important this week?



What needs clarity before I move forward?

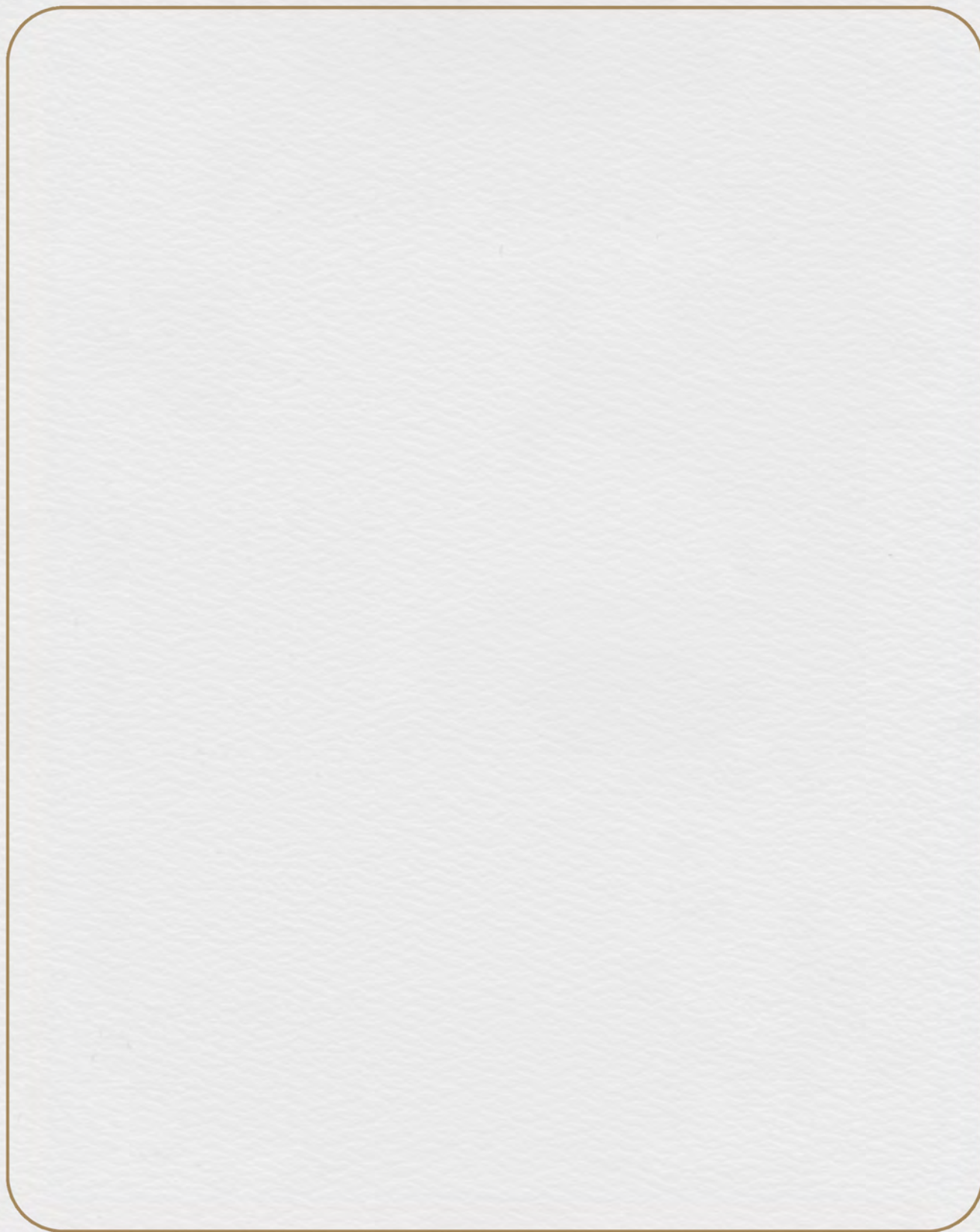


What unfinished task is holding space I need?



ALIGNMENT

Expand. Reflect. Rewrite. Wander.

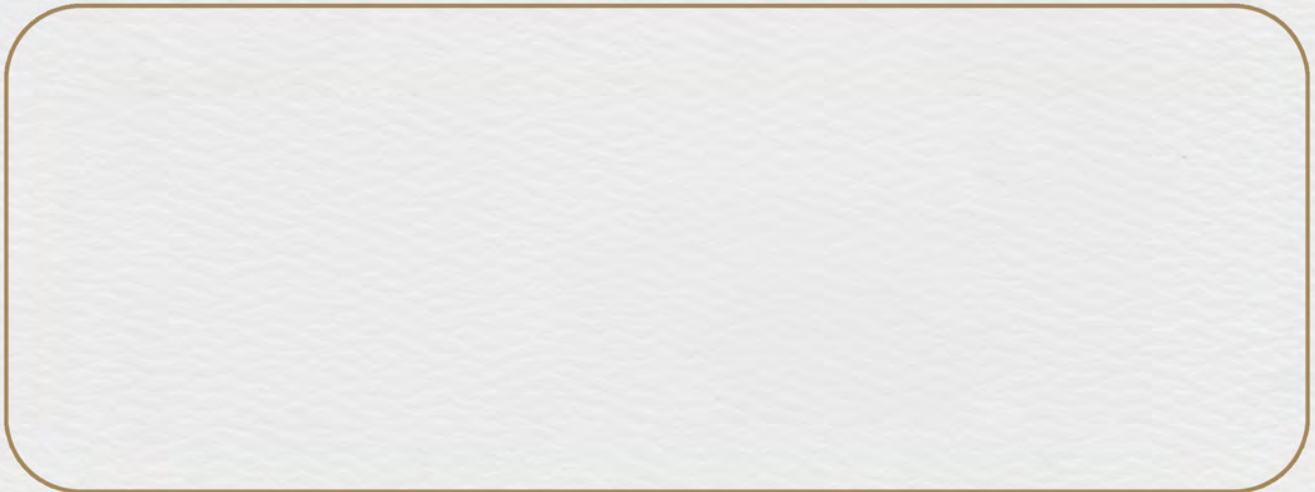


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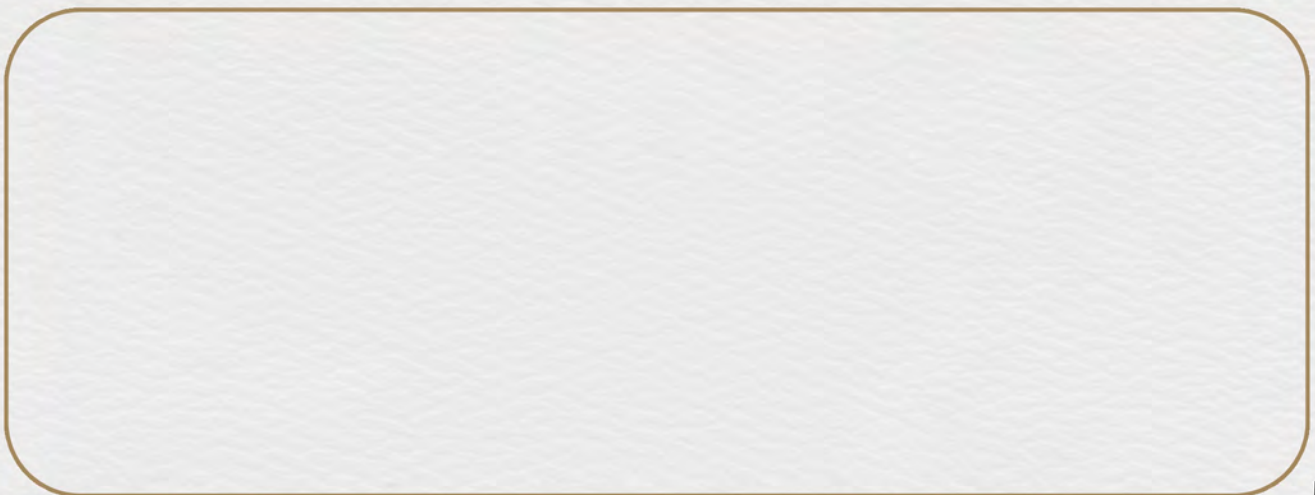
What would help me feel more organized today?



What clutter is making it harder to focus?

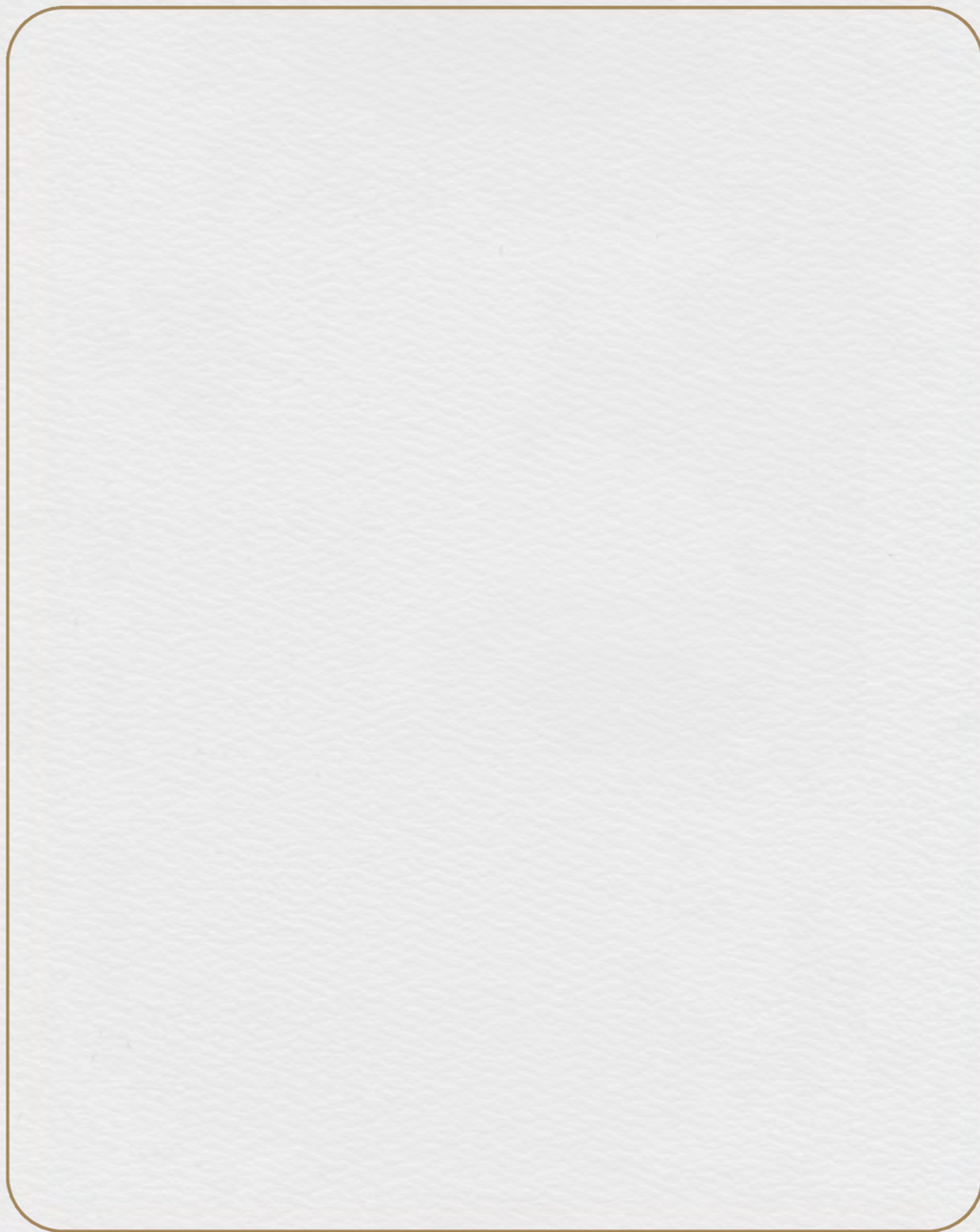


What could I simplify to make progress easier?



ALIGNMENT

Expand. Reflect. Rewrite. Wander.

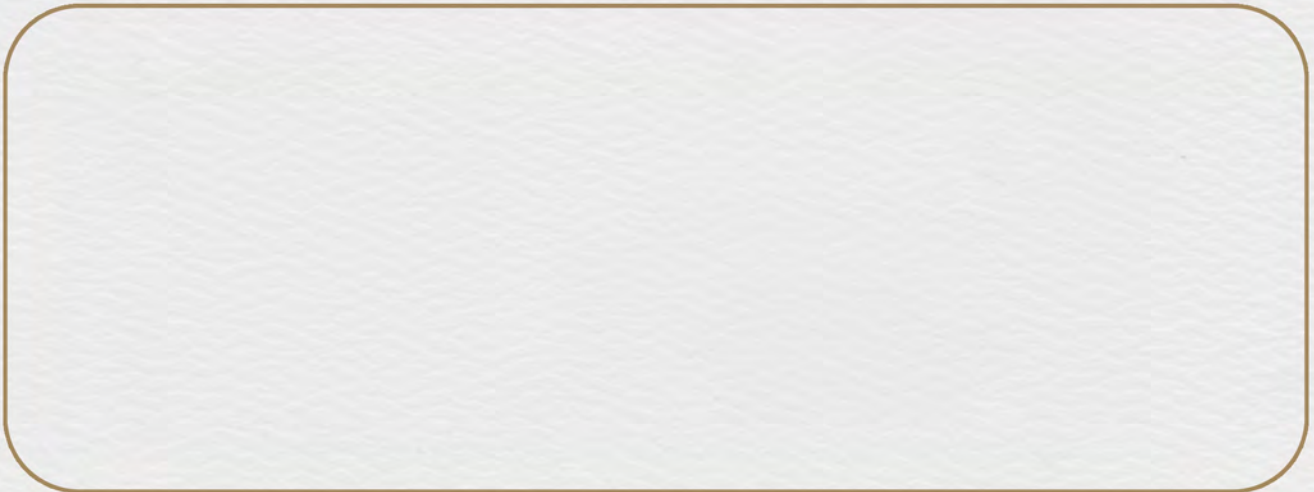


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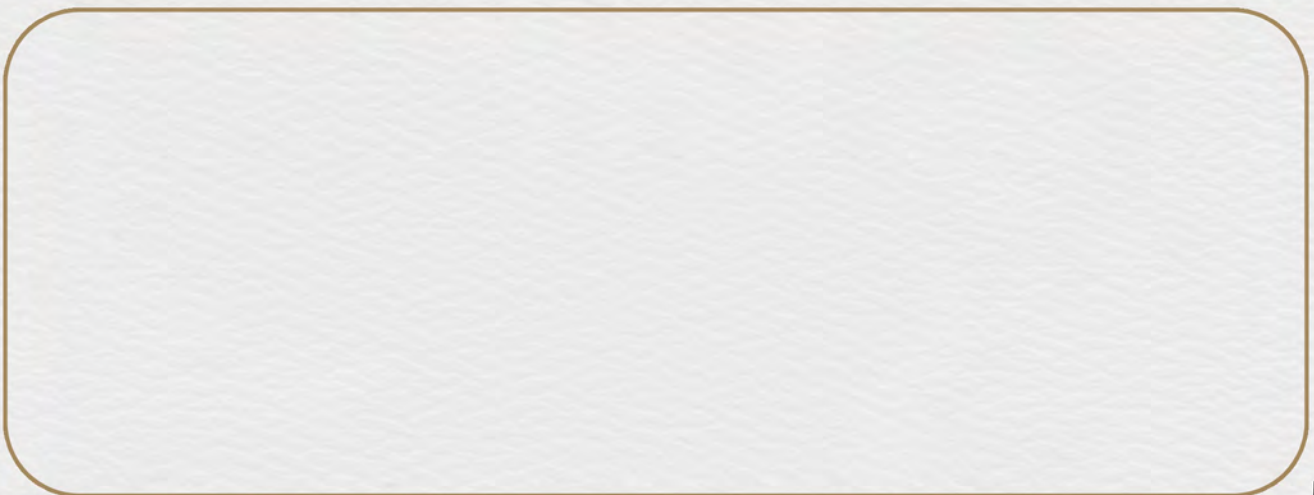
What's worth tracking so I can trust the process?

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What pattern or habit needs a name before I shift it?

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What emotion do I need to sit with before I act?

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ALIGNMENT

Expand. Reflect. Rewrite. Wander.

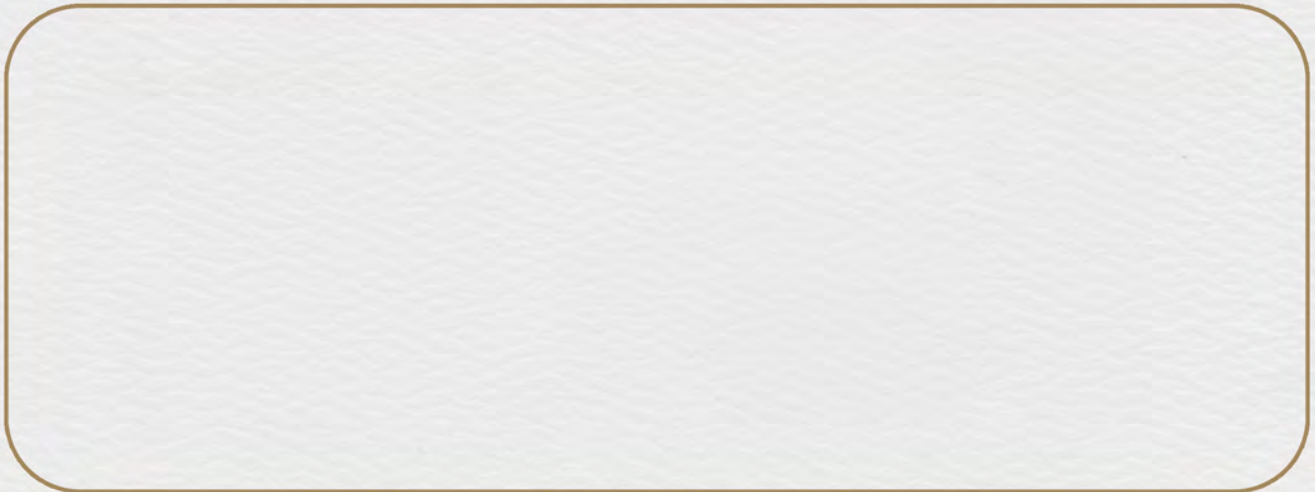
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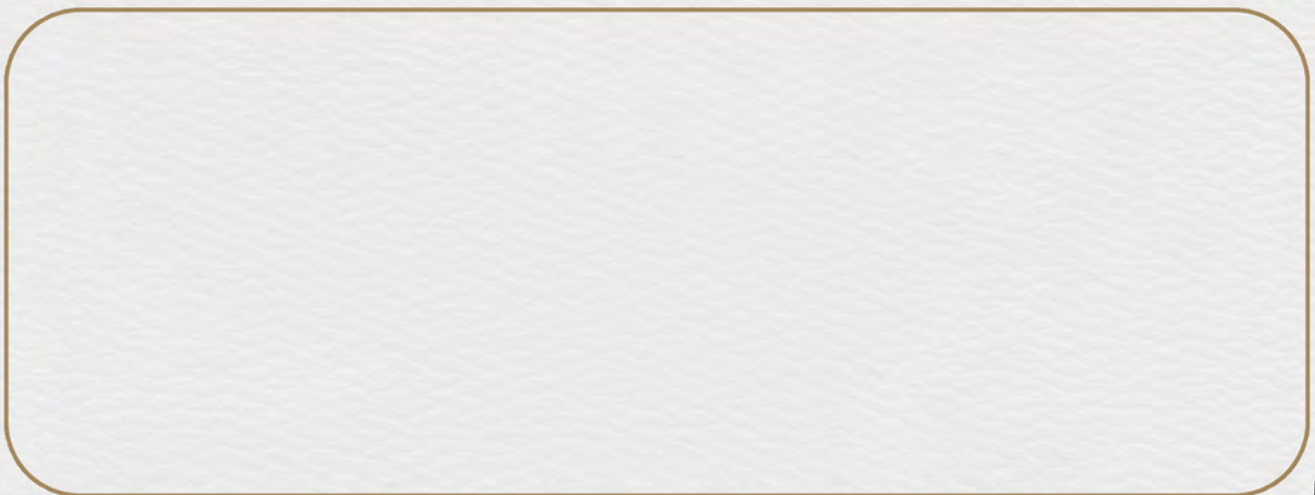
What do I need to understand before I let it go?



What truth do I need to accept to move on?



What part of me needs protection before I share it?



ALIGNMENT

Expand. Reflect. Rewrite. Wander.

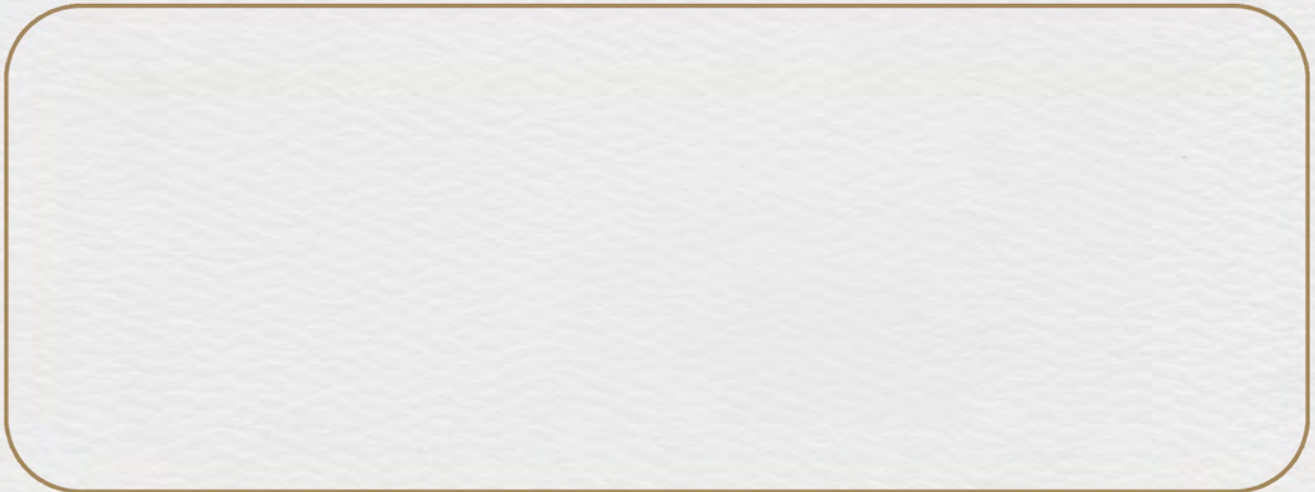
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ALIGNMENT

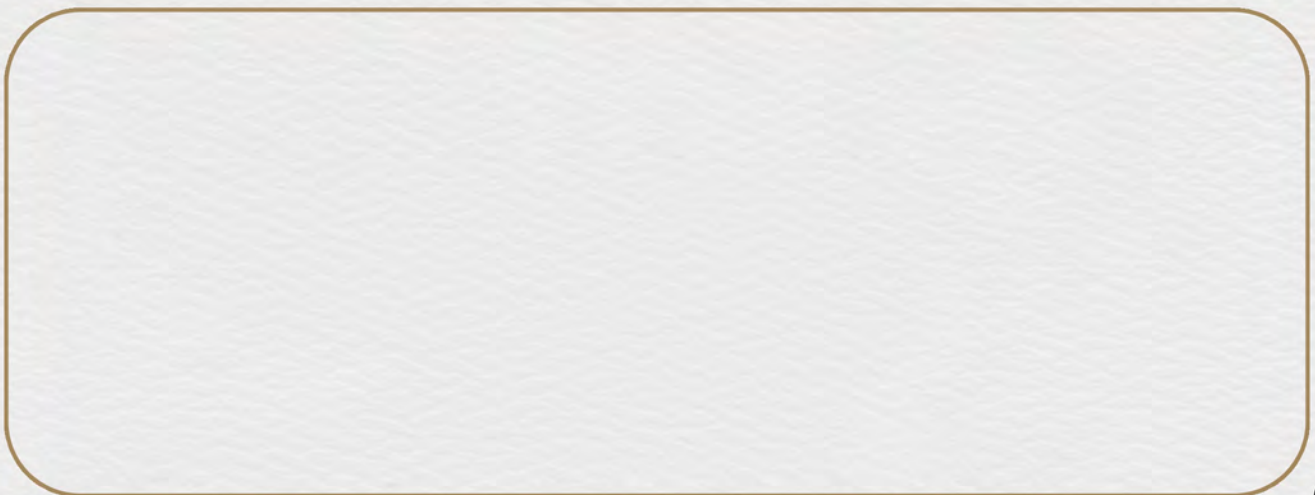
What small adjustment would help me commit more fully?



What's worth pressing pause on so I can come back with more focus?



What conversation would help me feel more clear?



ALIGNMENT

Expand. Reflect. Rewrite. Wander.

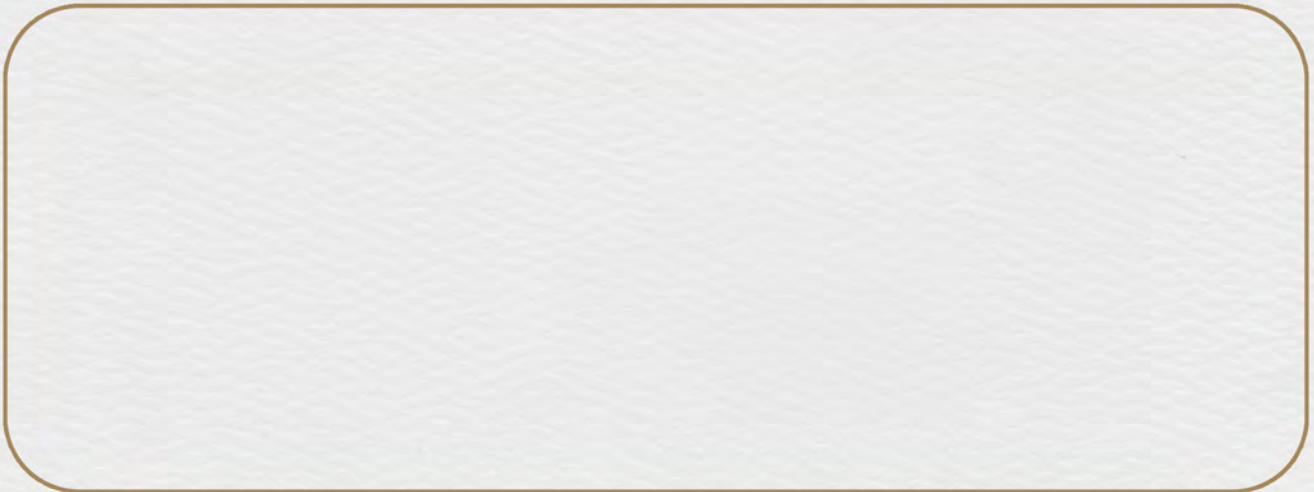
A large, empty rectangular box with rounded corners and a thin brown border, intended for writing or drawing.

ALIGNMENT

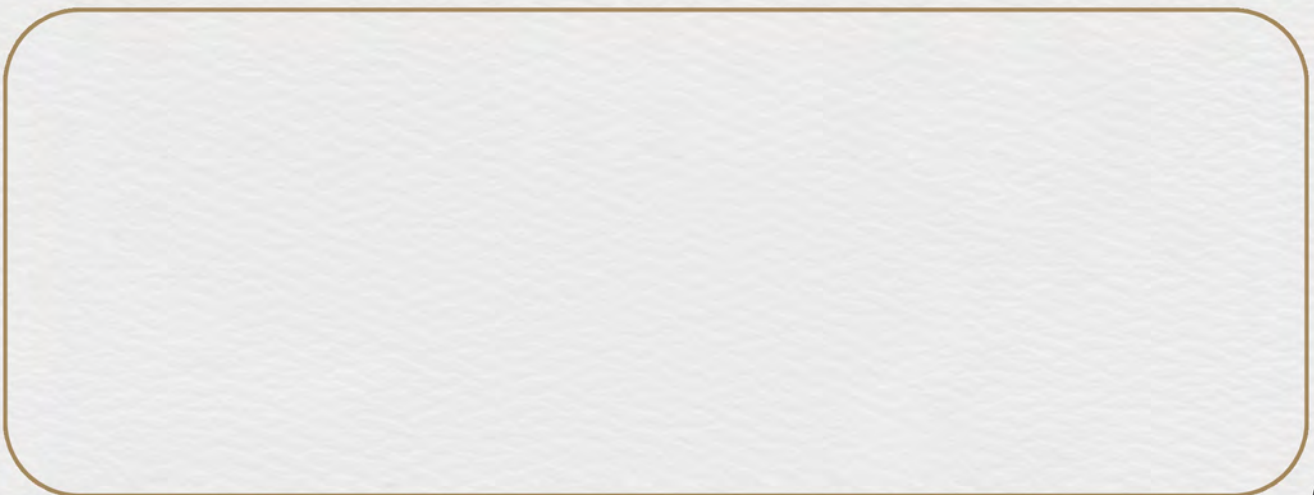
What feedback do I need before I respond?



What thought or idea should I write down before it fades?

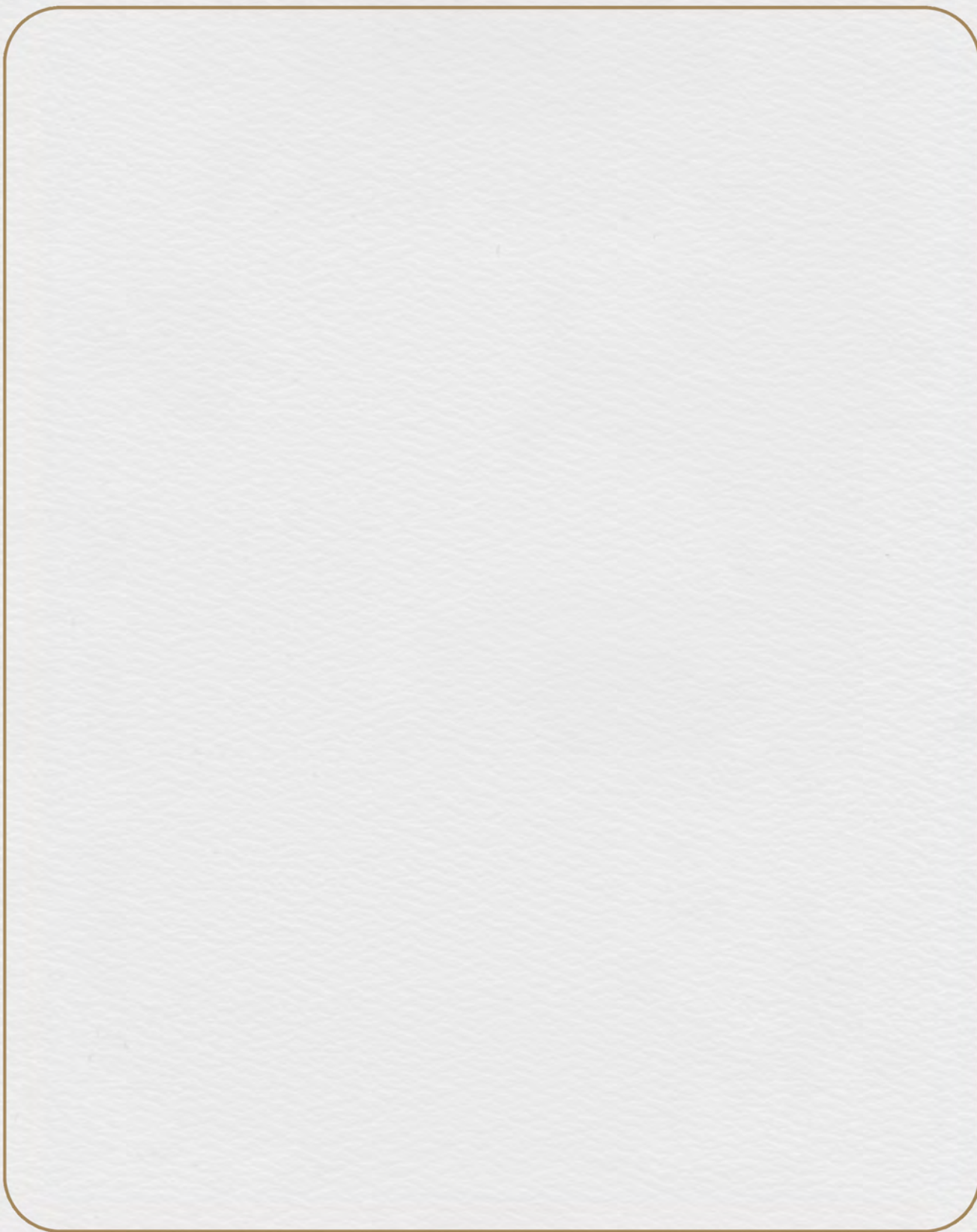


What plan needs scheduling so I can stop holding it in my head?



ALIGNMENT

Expand. Reflect. Rewrite. Wander.

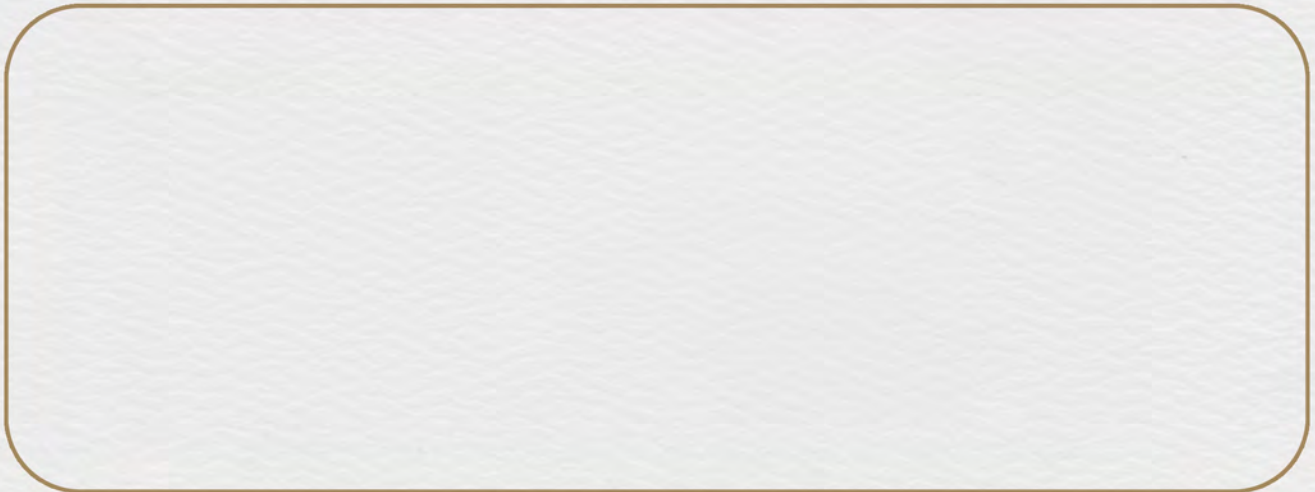


ALIGNMENT

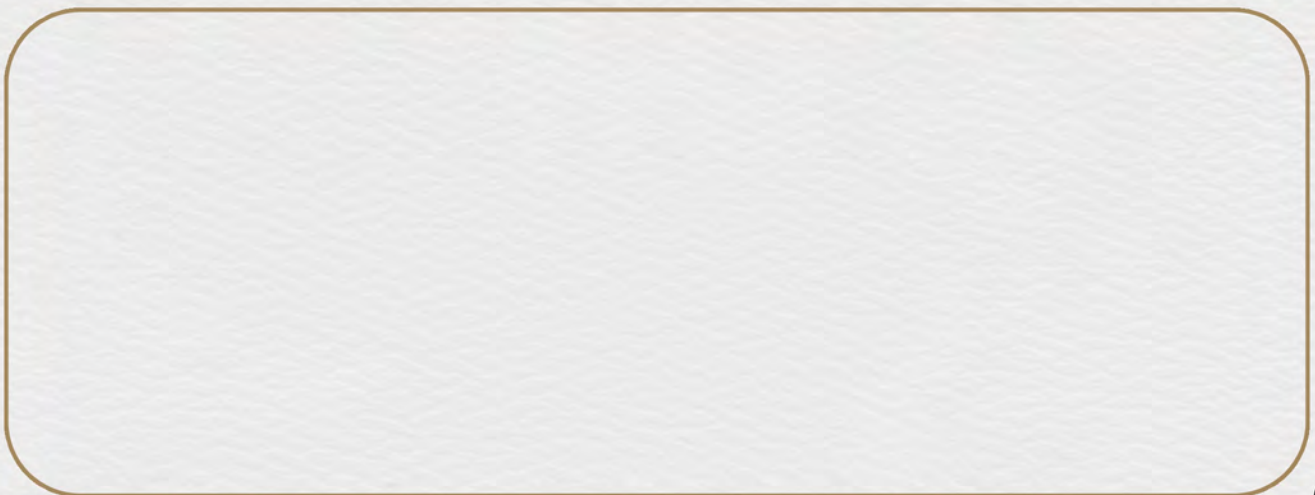
What prep work would help me show up more fully?

A large, empty rounded rectangular box with a thin brown border, intended for writing a response to the question above.

What support do I need to ask for this week?

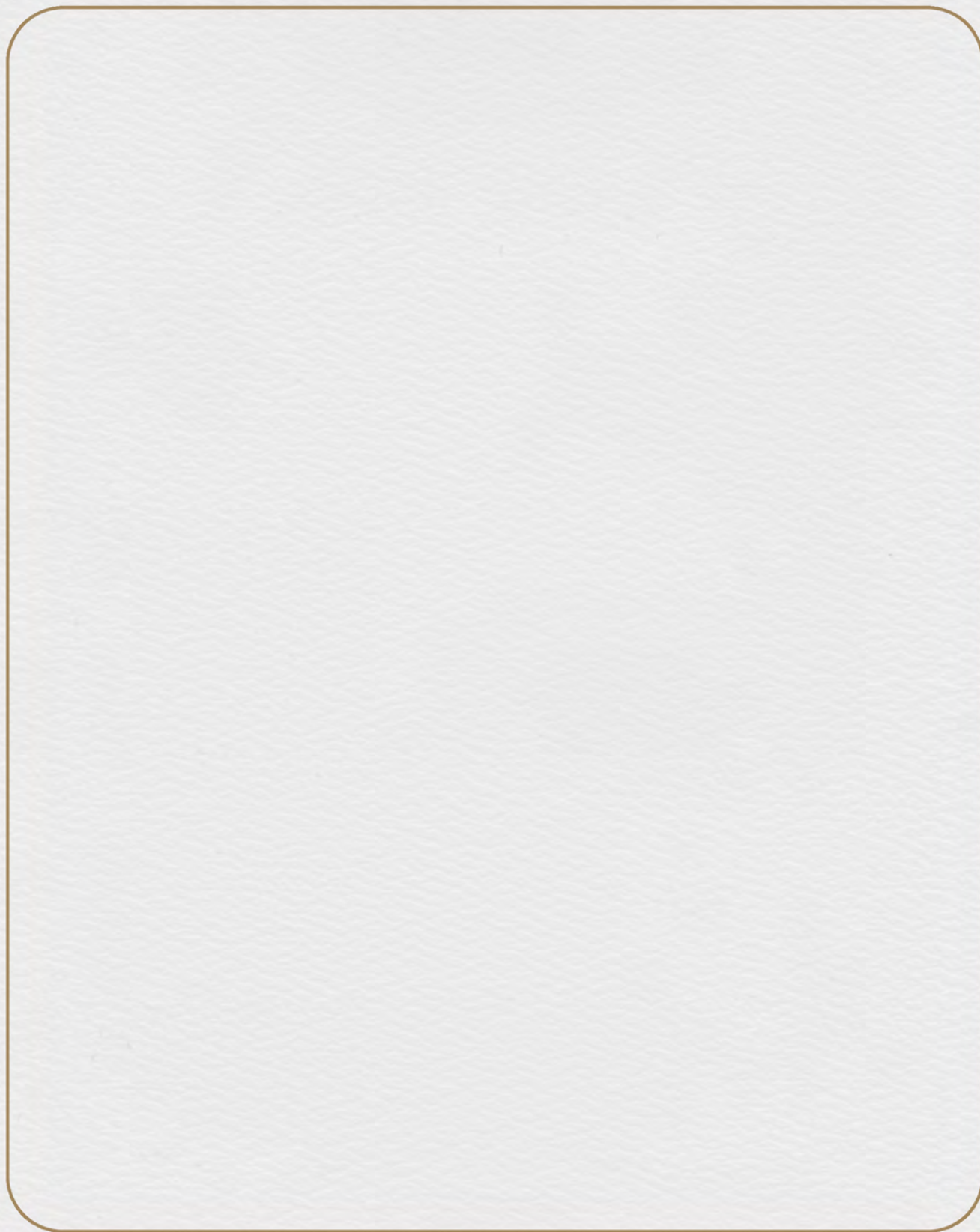
A large, empty rounded rectangular box with a thin brown border, intended for writing a response to the question above.

What habit is no longer aligned with how I want to feel?

A large, empty rounded rectangular box with a thin brown border, intended for writing a response to the question above.

ALIGNMENT

Expand. Reflect. Rewrite. Wander.

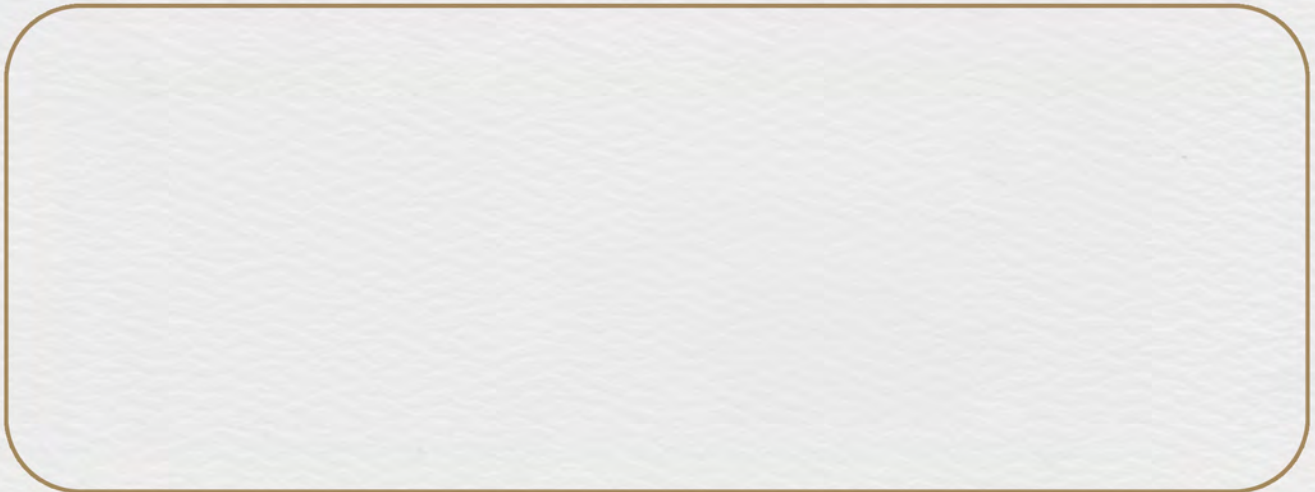


ALIGNMENT

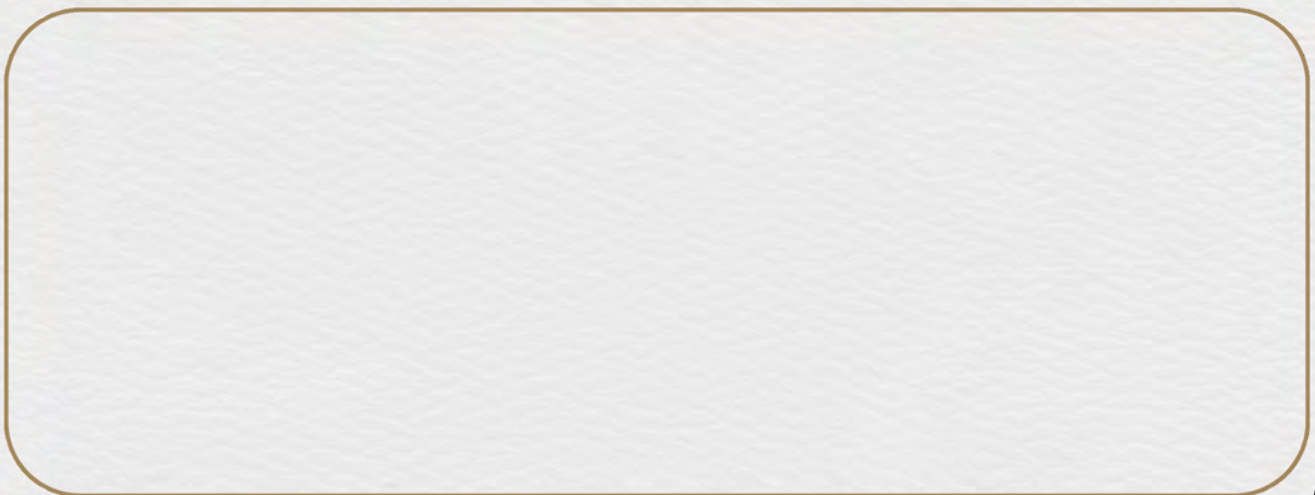
What new action could help me feel more aligned?



What's already working that I want to keep consistent?

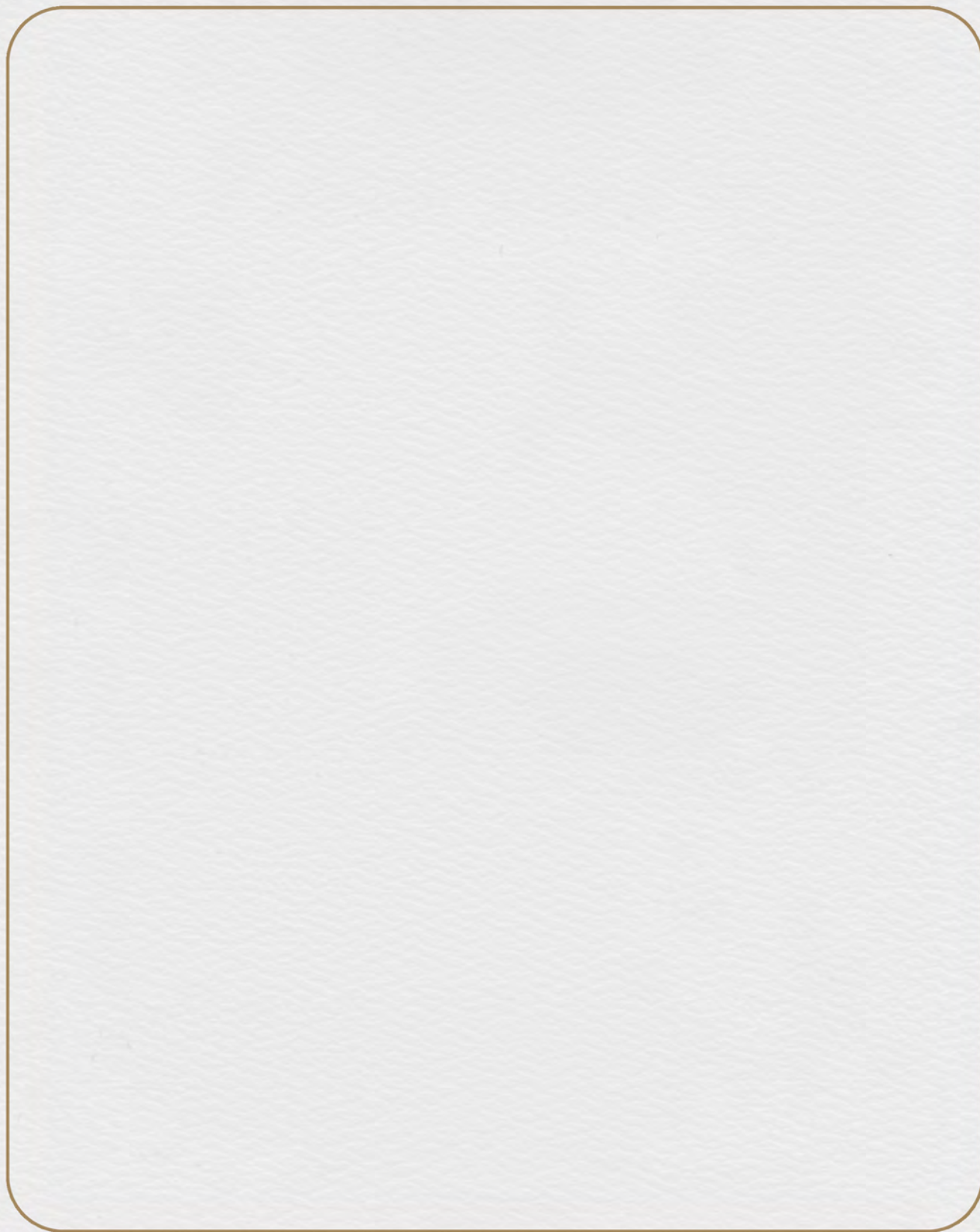


What shift would help me feel more like myself?



ALIGNMENT

Expand. Reflect. Rewrite. Wander.



ALIGNMENT

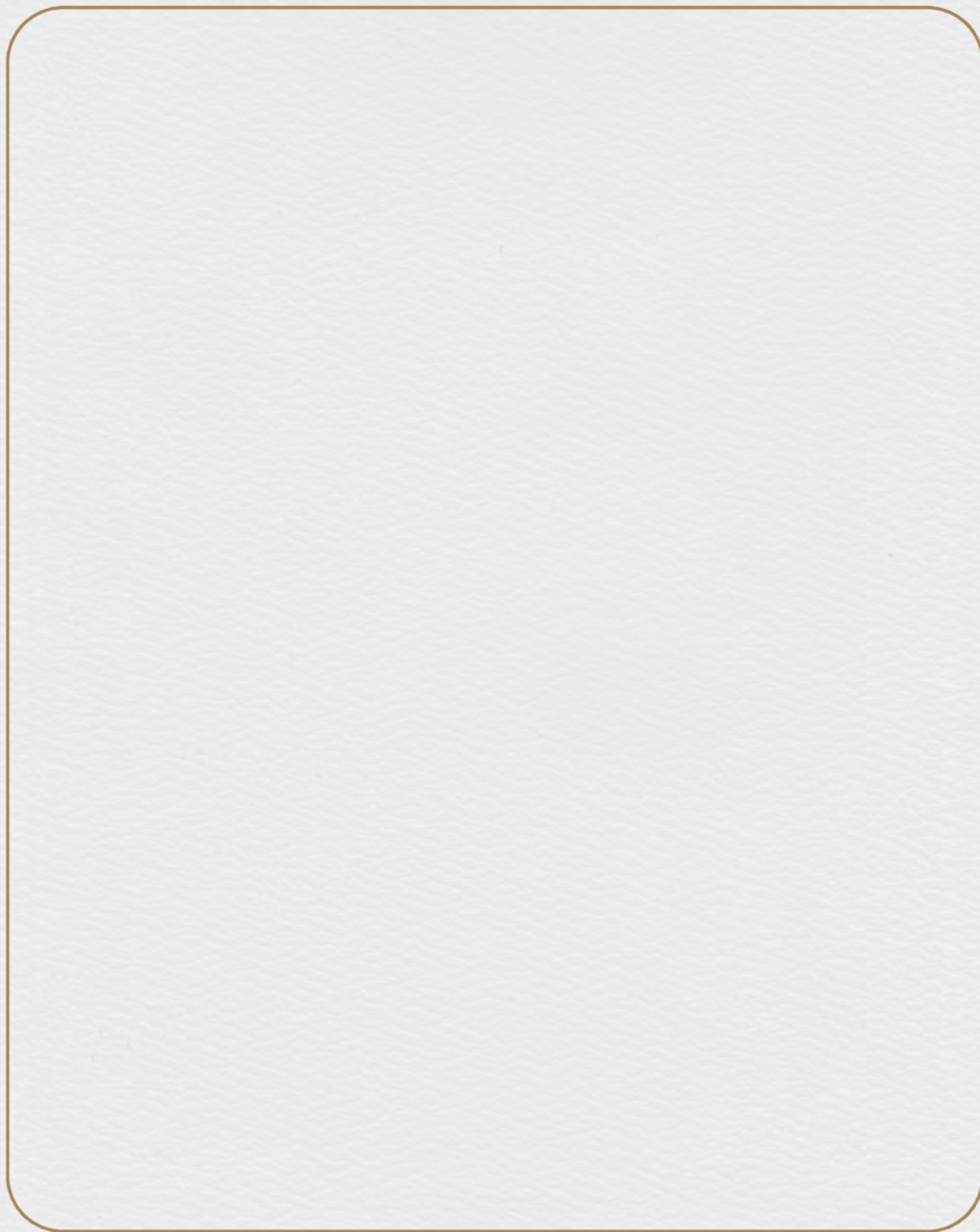
What's one thing I need to say no to this week?

What's one thing I'm ready to say yes to?

What deserves priority today—even if it's small?

ALIGNMENT

Expand. Reflect. Rewrite. Wander.

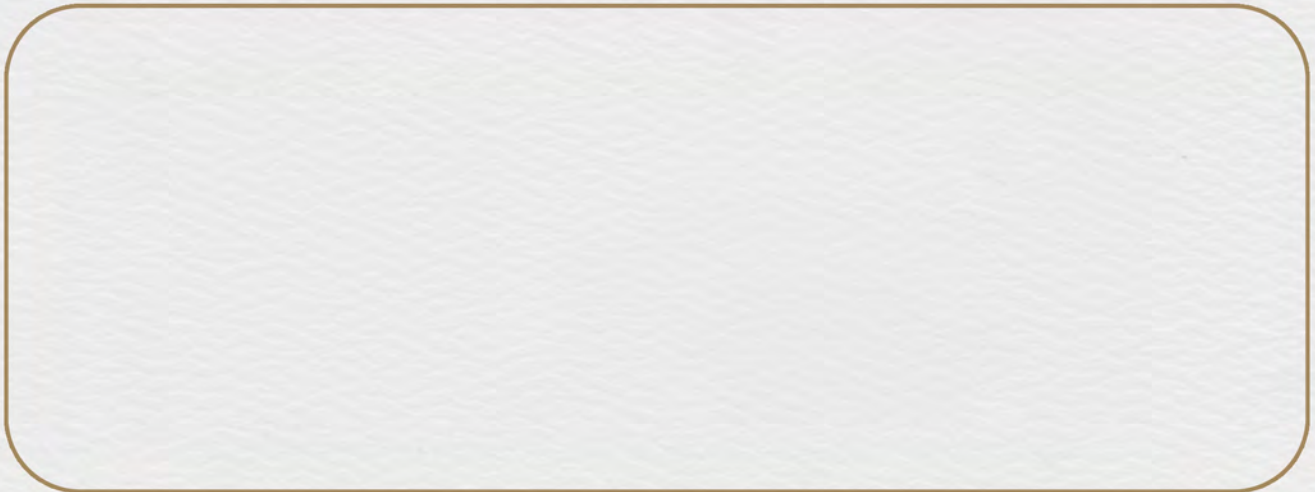


ALIGNMENT

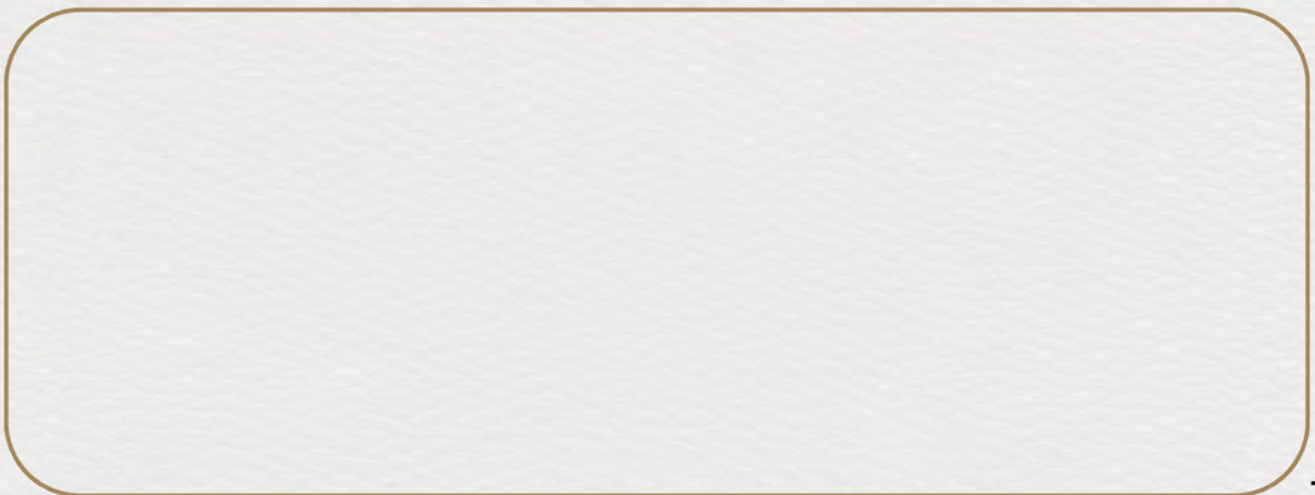
What task or role could I delegate to free up energy?



What idea or plan needs a second look before I decide?

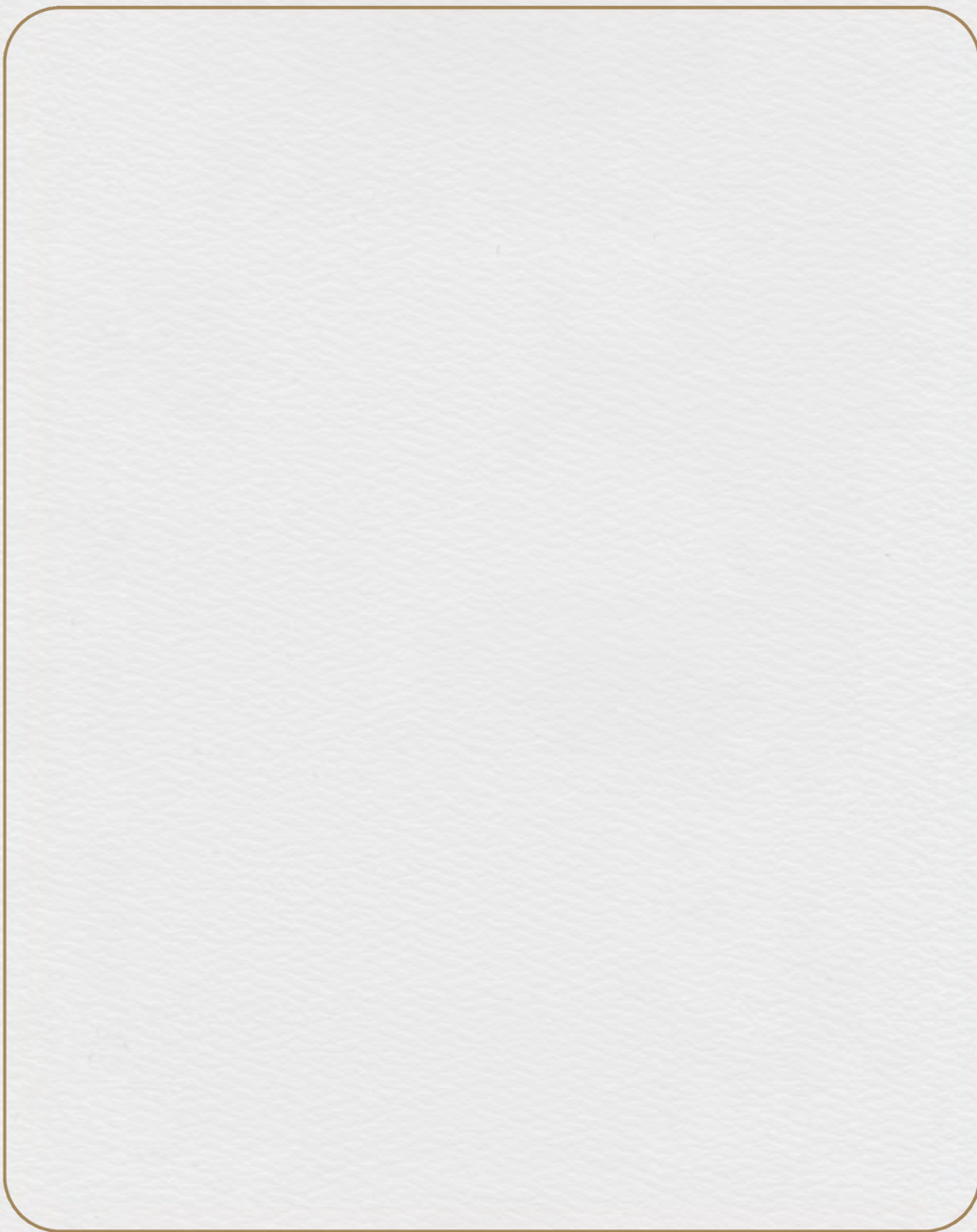


What area of my life needs a check-in this week?



ALIGNMENT

Expand. Reflect. Rewrite. Wander.

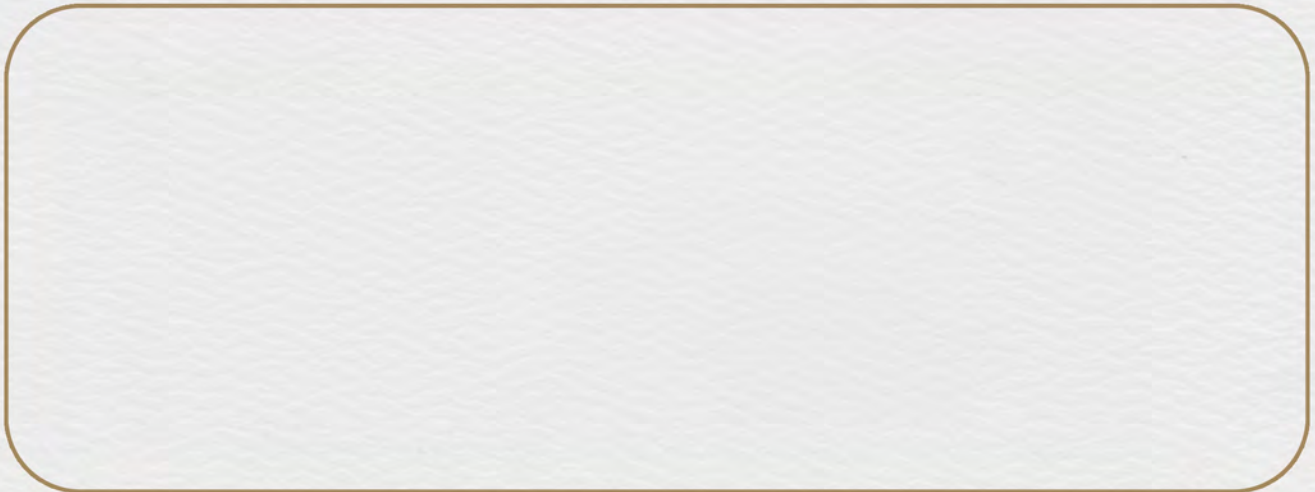


ALIGNMENT

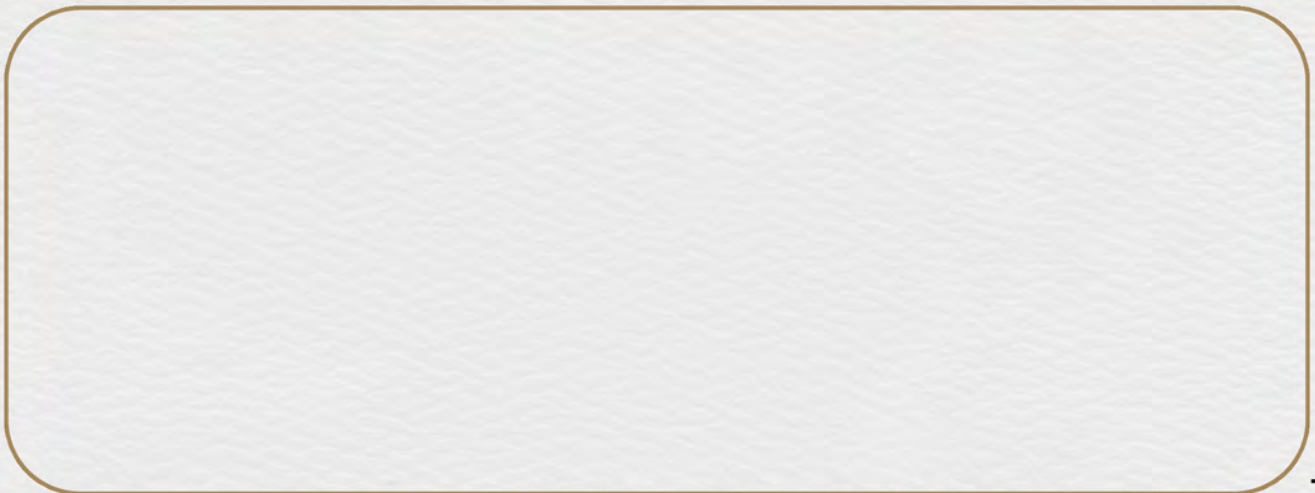
What's worth reflecting on before I take action?



What detail needs confirmation before I commit?



What part of my life feels out of sync—and how can I realign it?



ALIGNMENT

Expand. Reflect. Rewrite. Wander.

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Section 4

LEGACY

Honor truth. Name patterns. Leave something that lasts.

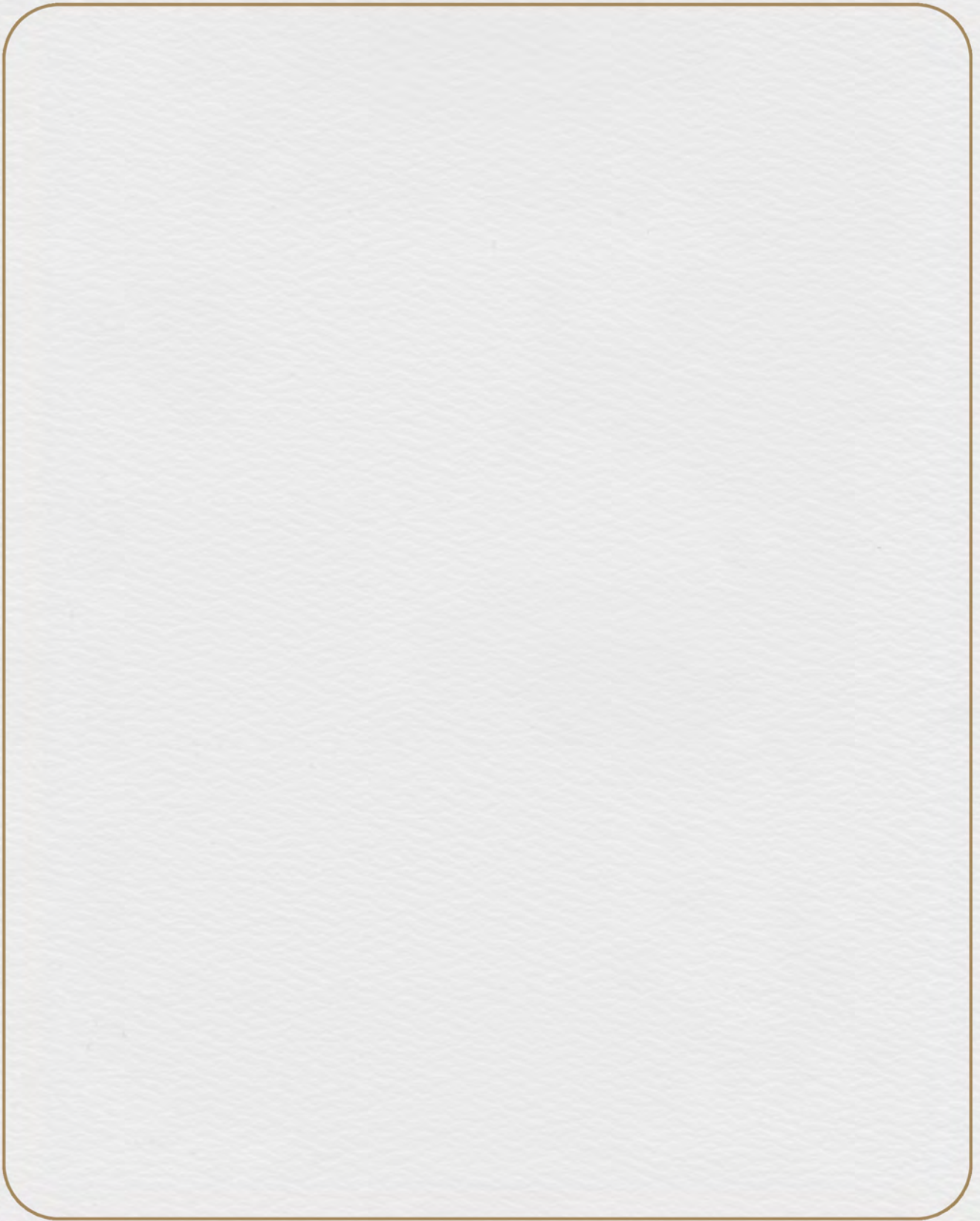
This section is where everything comes together. It's not heavier—it's slower. Each prompt invites a full page of reflection, offering space to write from the center of your experience. These aren't just questions—they're thresholds.

Use this section when you're ready to name what shaped you, what you've outgrown, and what you're choosing to pass on.

Legacy isn't just what you leave behind. It's what you live with clarity, authorship, and care.

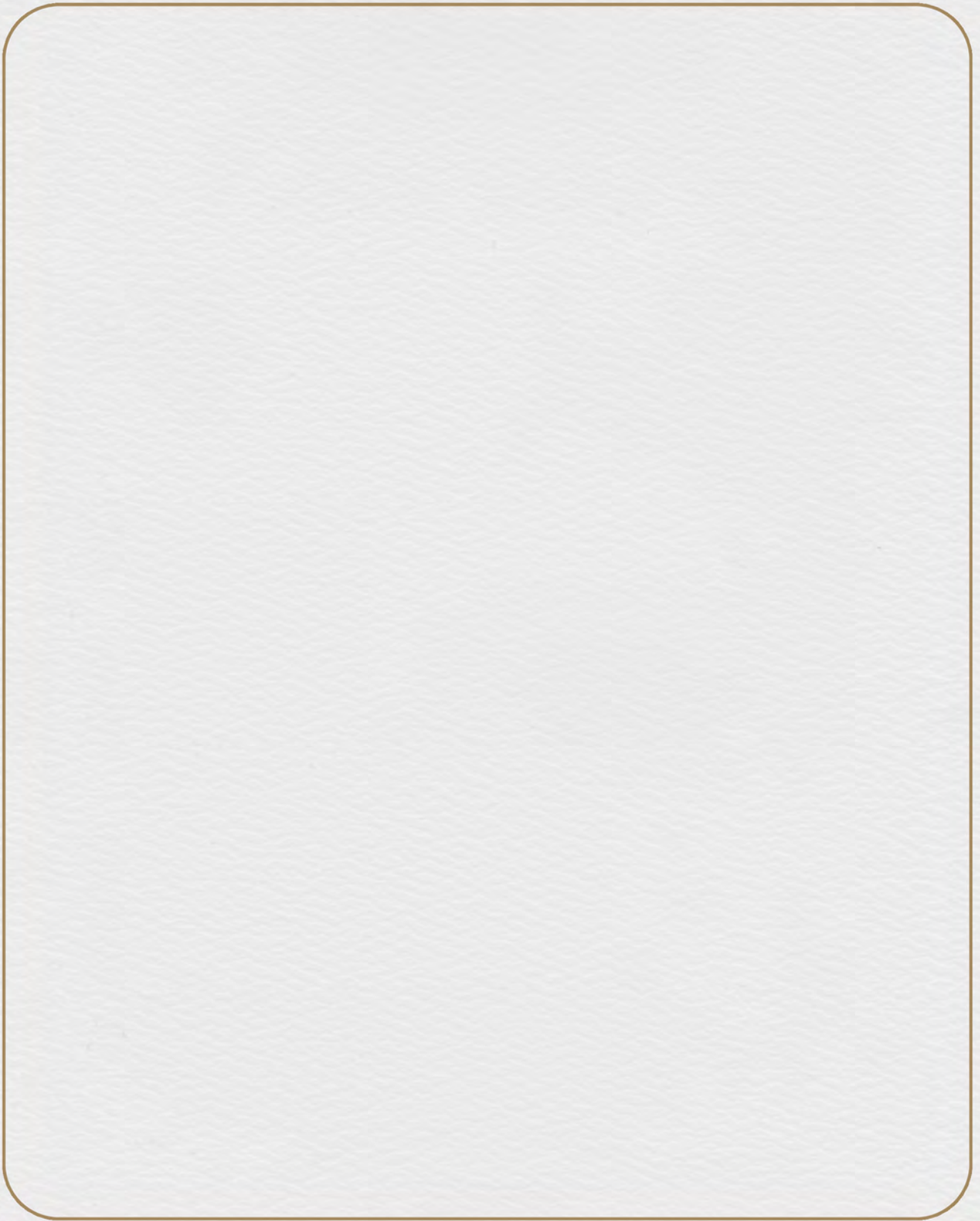
LEGACY

What truth have I been avoiding—and what would change if I faced it?



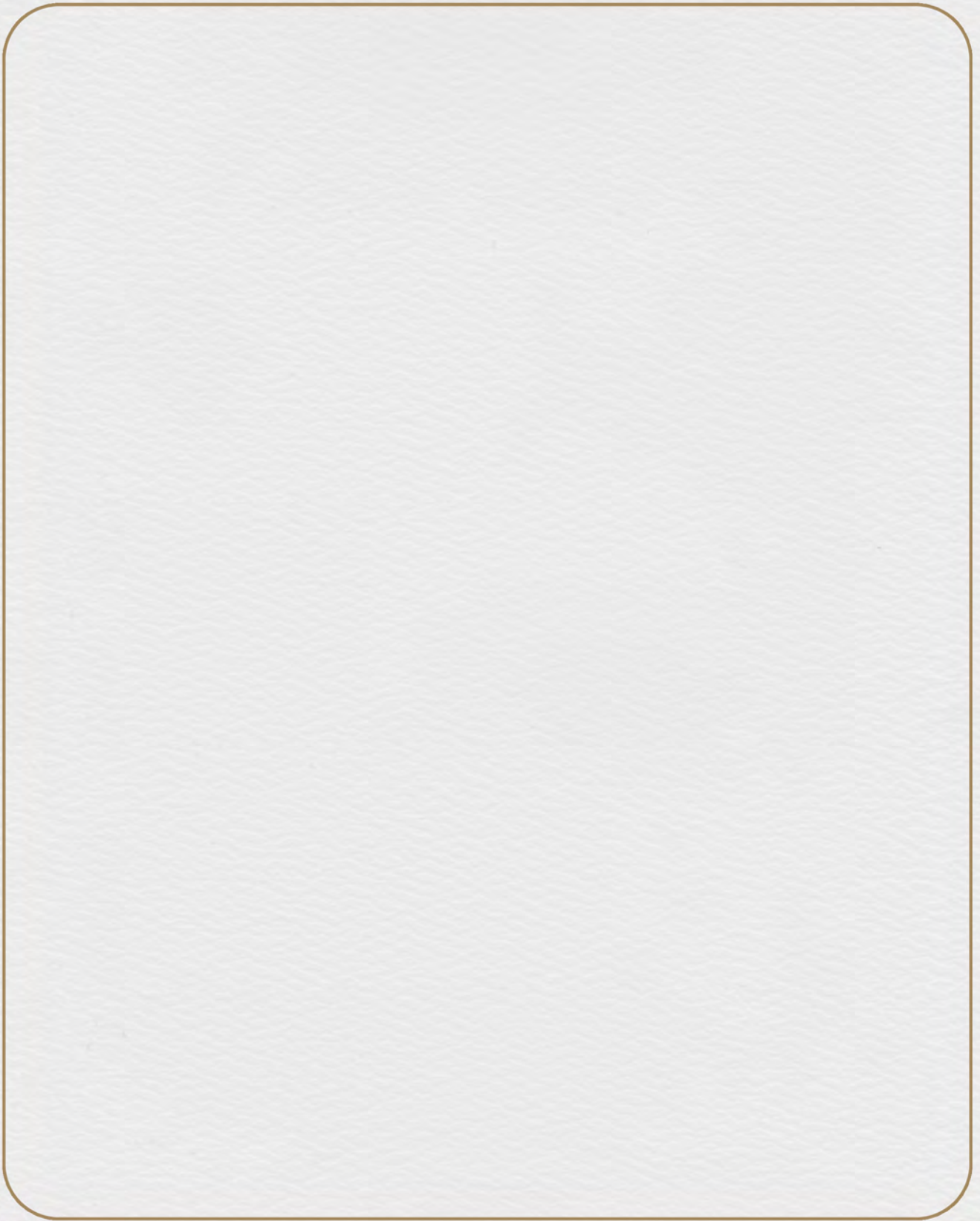
LEGACY

What part of my identity feels inherited, not chosen—and do I still want it?



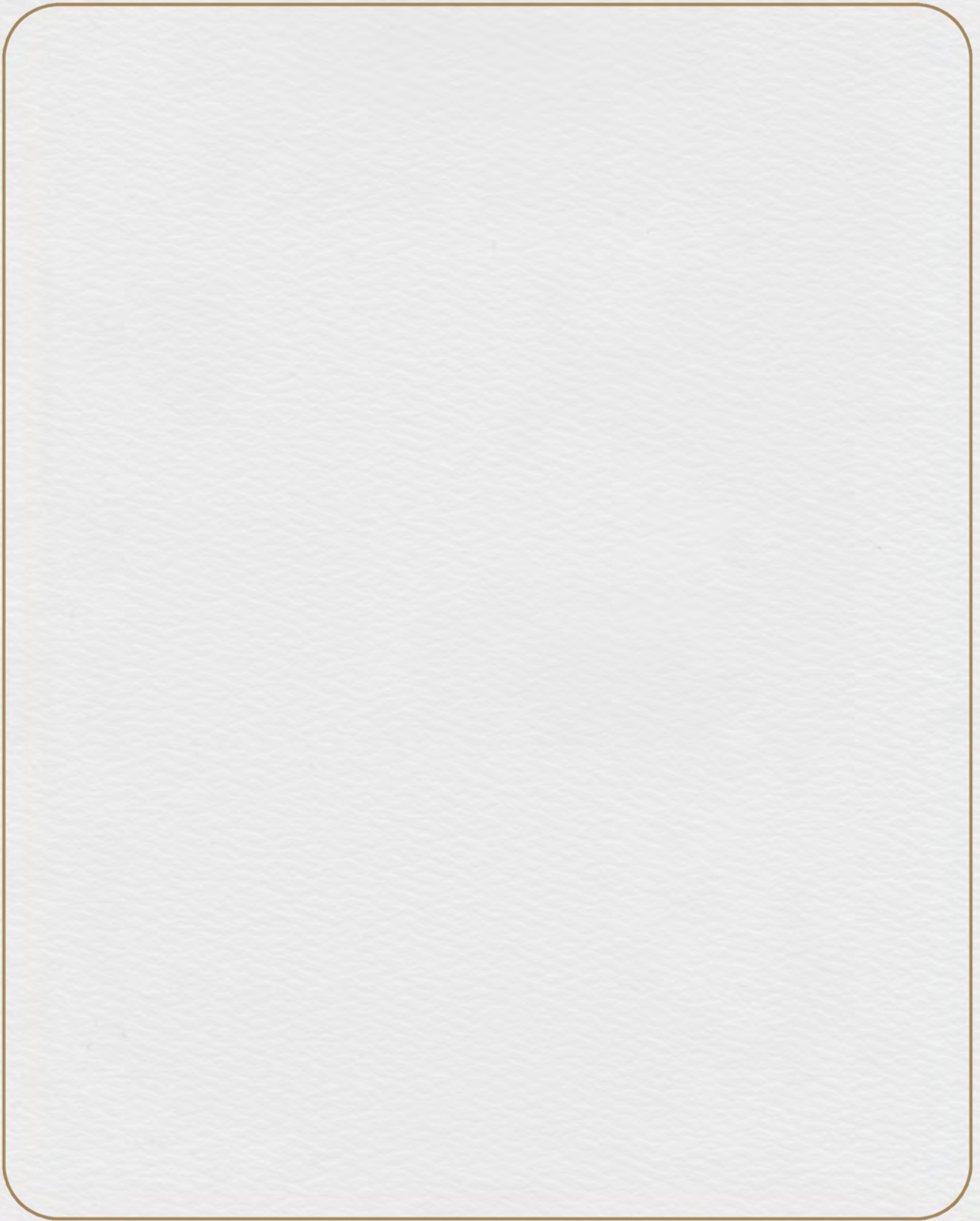
LEGACY

When did I betray myself to keep the peace—and what did it cost me?



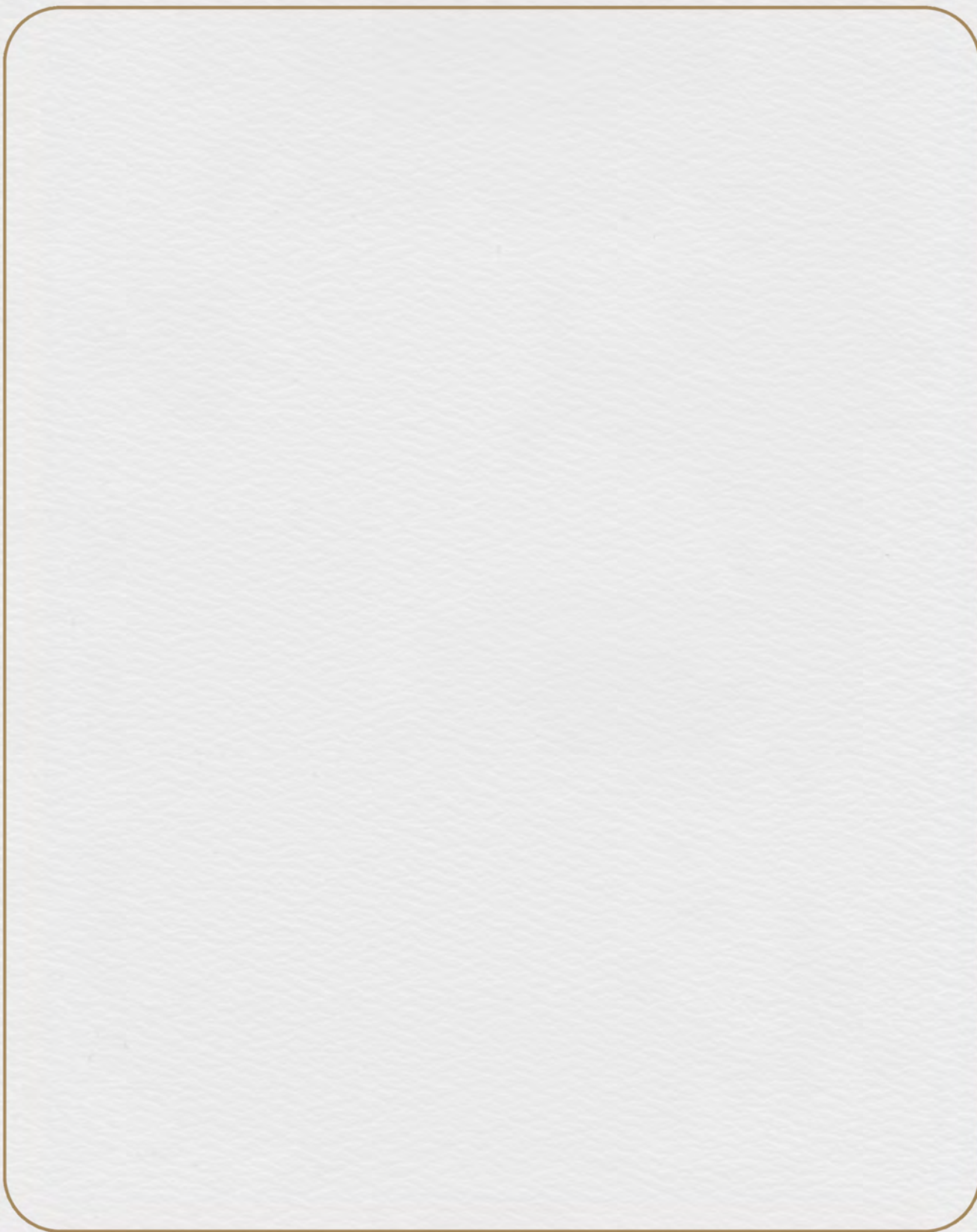
LEGACY

What version of me have I outgrown—and what does it mean to let them go?



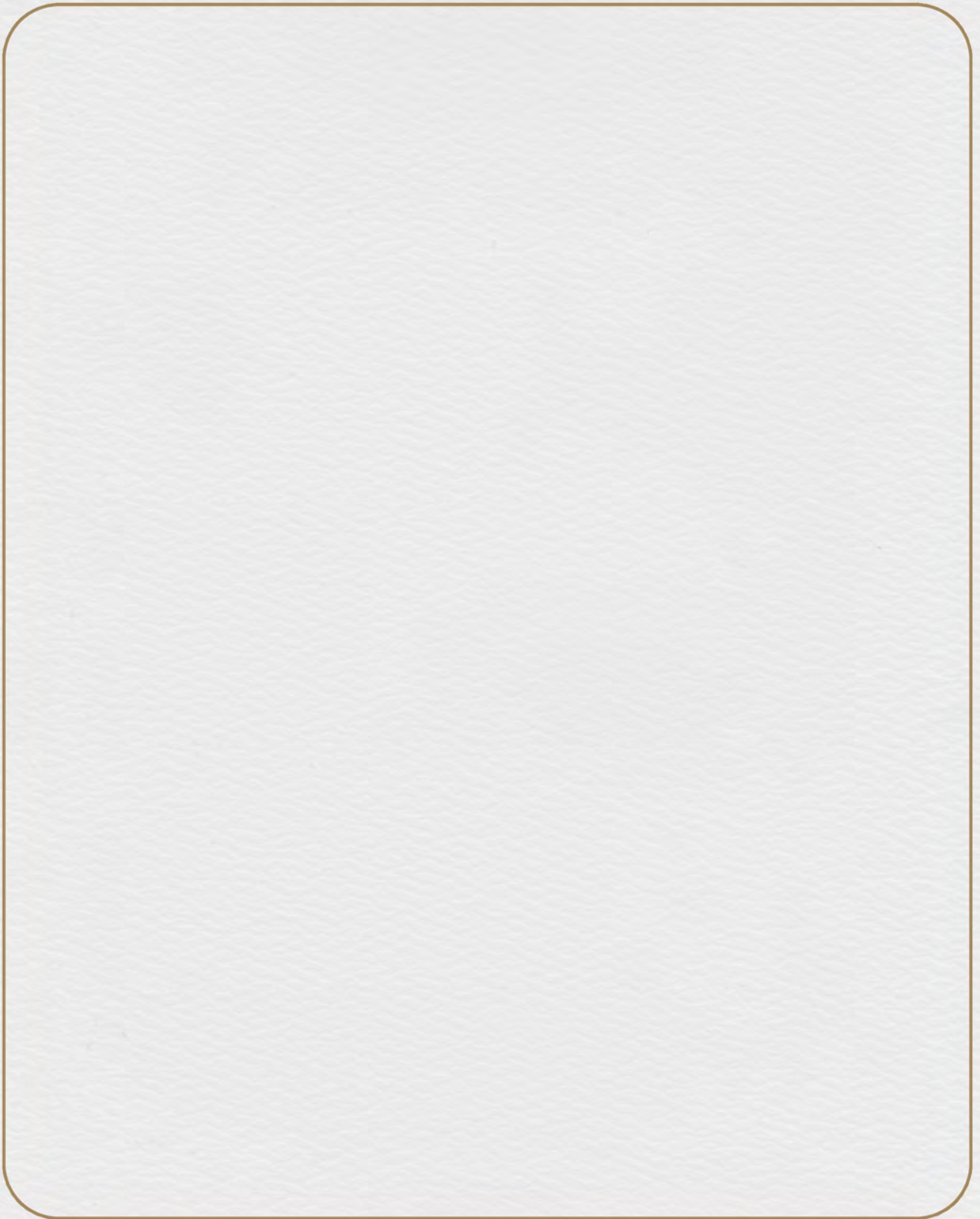
LEGACY

What do I keep calling “normal” that’s actually draining me?



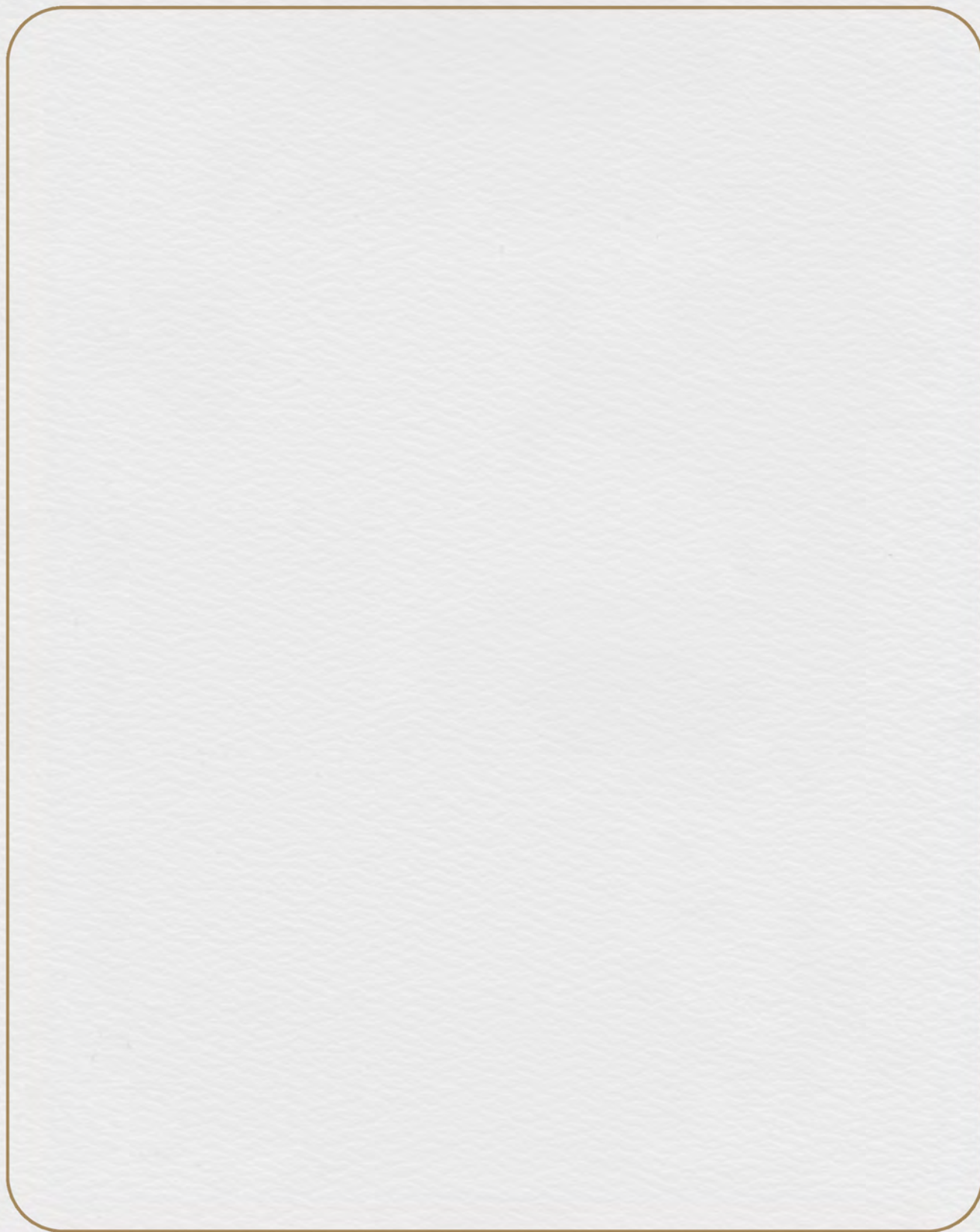
LEGACY

Where have I been performing alignment instead of living it?



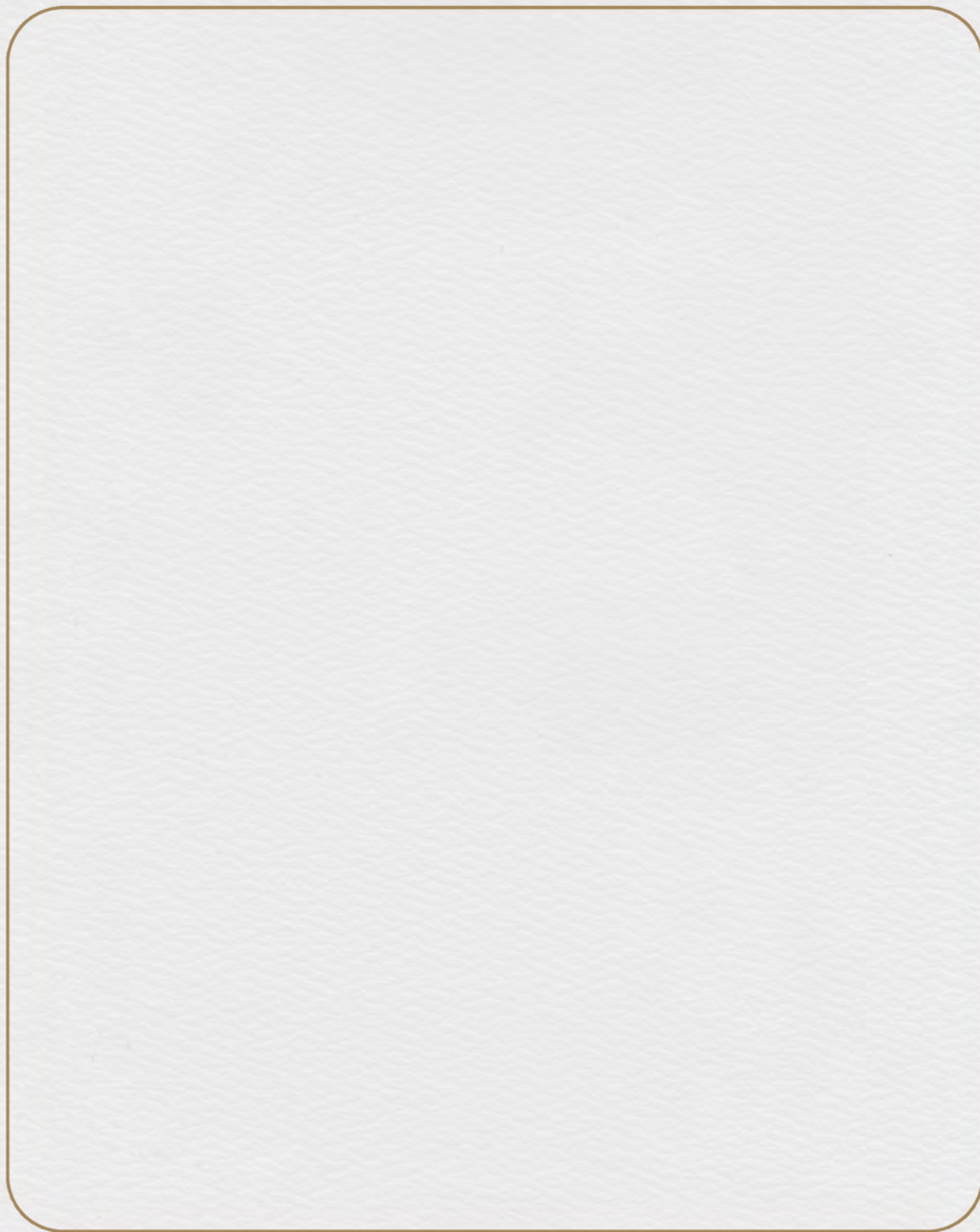
LEGACY

What story about my body, worth, or capacity needs to be rewritten?



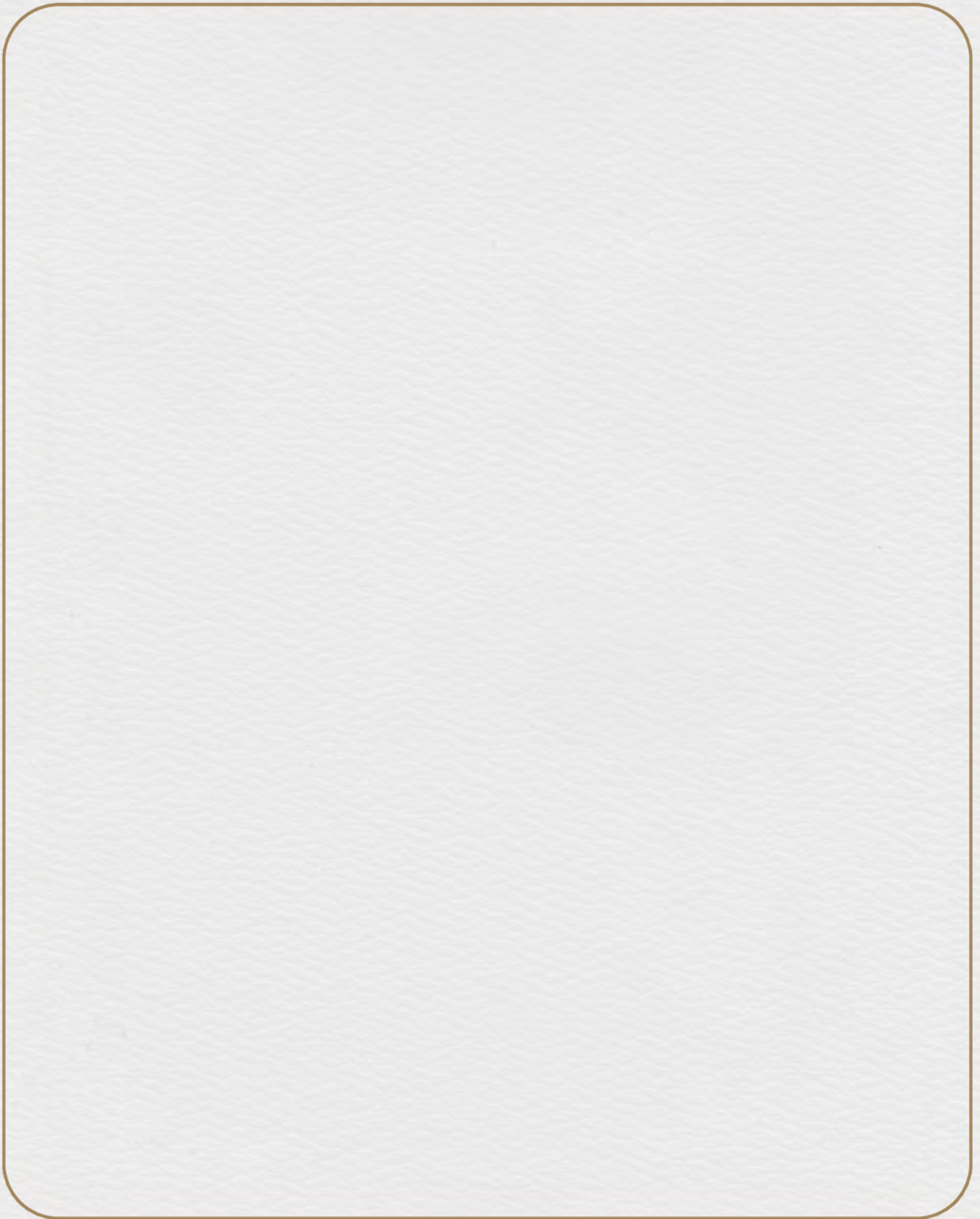
LEGACY

What have I healed quietly that deserves to be named out loud?



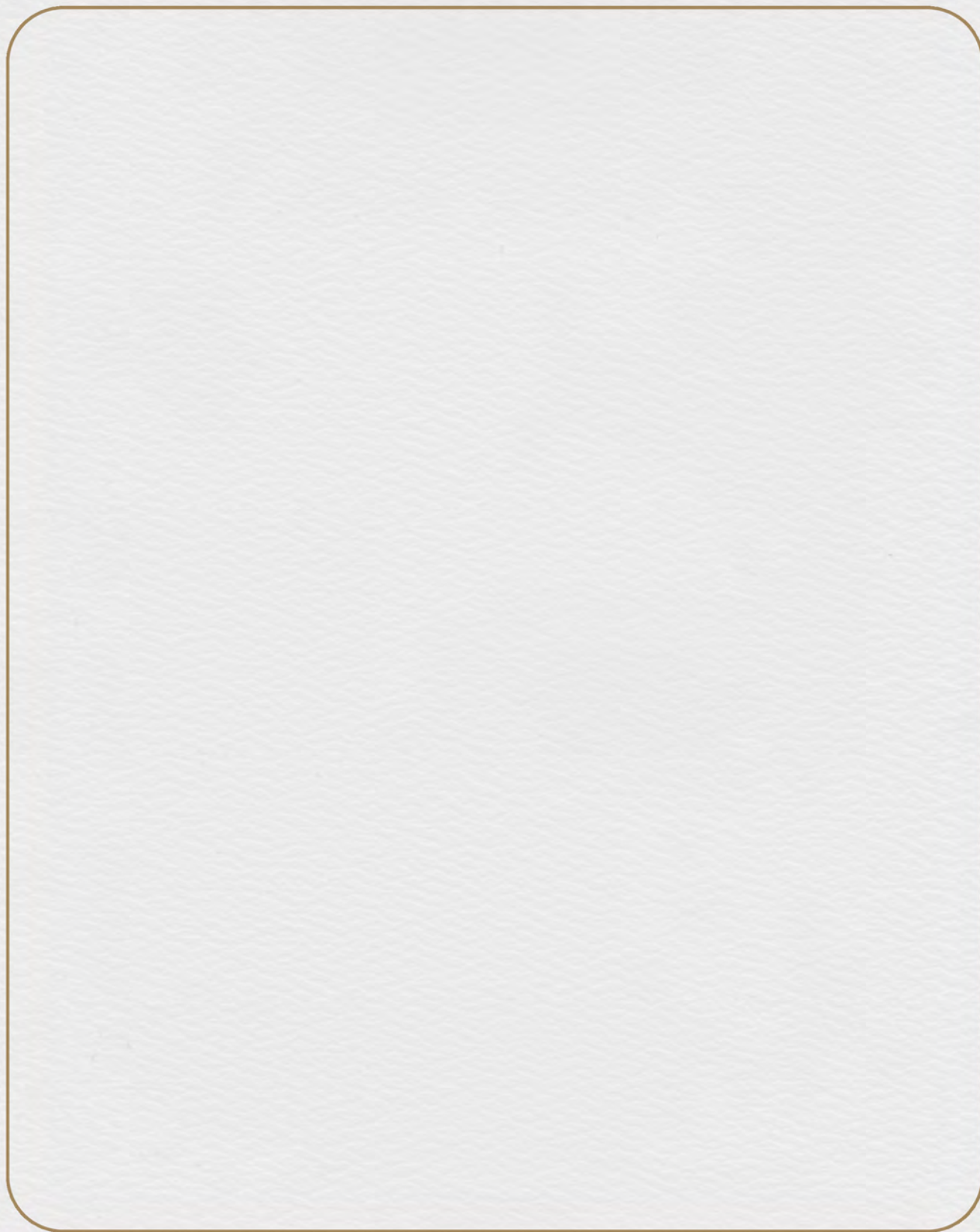
LEGACY

What does emotional safety mean to me—and where am I still negotiating it?



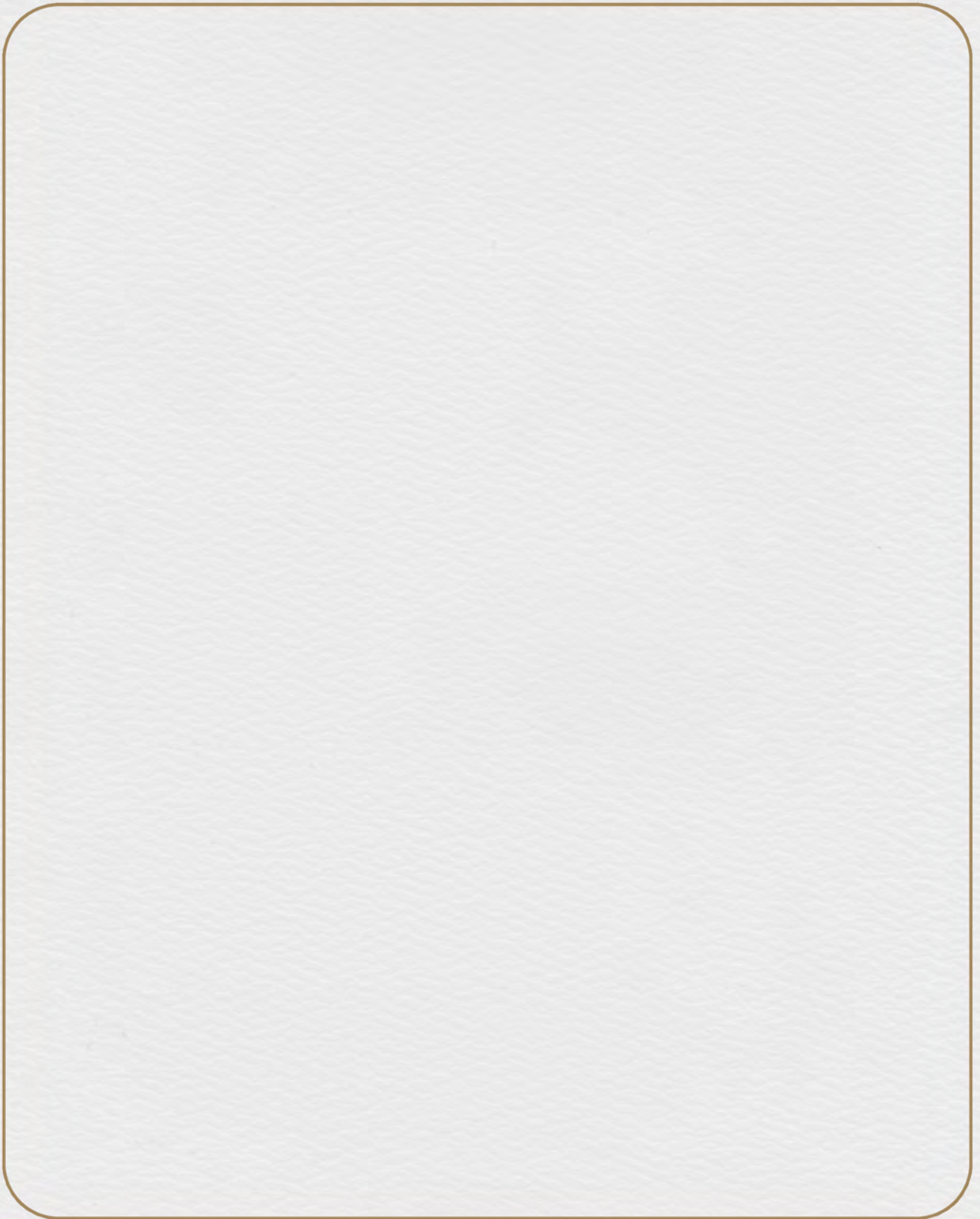
LEGACY

What legacy am I already living—and what parts feel unclaimed?



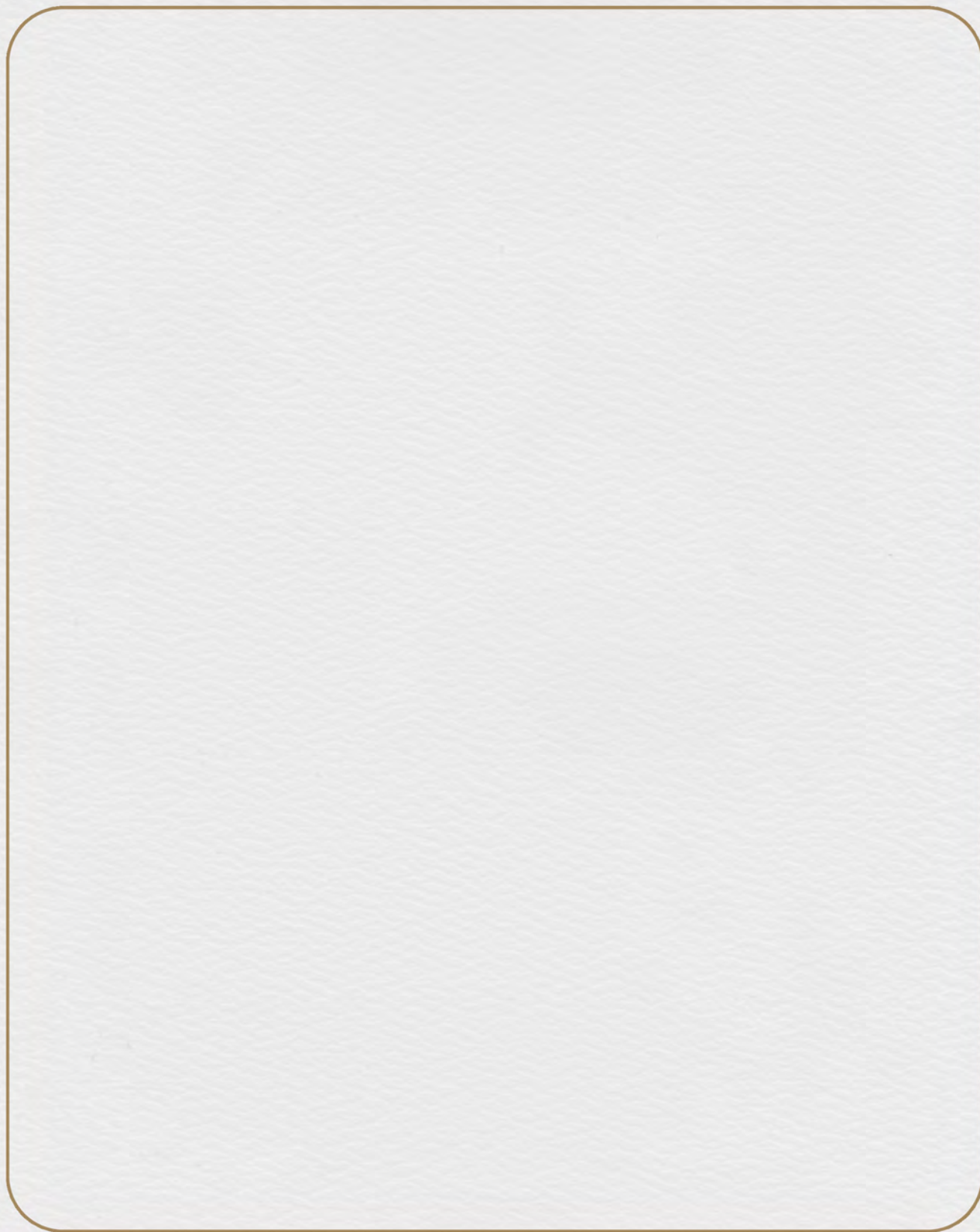
LEGACY

What am I afraid to say because it might change everything?



LEGACY

What do I want to be remembered for—and am I living that now?



*You've named the truth.
Now go live the next version of it.*