



7-Day Voice Journal Challenge

Seven tiny voice-journaling sessions. Five minutes a day. No scripts, no editing, no perfect answers.

Day 1 • ■ Empty your head

1. What has been on my mind lately? Say whatever comes up without organizing it.

Day 2 • ■ Check in

1. How am I actually feeling today? What might be underneath that feeling?

Day 3 • ■ What's taking your energy?

1. What has been draining me lately? What can I change, reduce, or accept?

Day 4 • ■ What's going well?

1. What is something small that has made life better lately? What do I want to remember about it?

Day 5 • ■ Let something out

1. What have I been holding back, avoiding, or wishing I could say?

Day 6 • ■ What do I need?

1. What do I need more of right now? What would taking that need seriously look like?

Day 7 • ■ Future me

1. What do I want my future self to remember about this moment in my life?



You just made seven minutes of space for yourself.

Keep going whenever you need it. There is no right way to journal — just a place to begin.