



PEACEFULLY PROVEN

# Reset Reflection Journal

*Your companion for a gentle 3-day or 5-day Ka'Chava reset*

## HOW TO USE THIS JOURNAL

Print this journal and keep it next to your morning Ka'Chava shake. Each day has a single page with prompts for meal reflection, how you feel, and a few moments of gratitude. The final page is for capturing what you want to carry forward.

Five minutes a day is all this takes. Be honest. Be gentle. Begin.



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RESET REFLECTION JOURNAL

# Day 1

*of your 3-day or 5-day reset*

Date: \_\_\_\_\_

**MORNING INTENTION**

*One word for today:*

---

**MEAL REFLECTIONS**

*After my Ka'Chava shake, I felt:*

---

*After lunch, I felt:*

---

*After dinner, I felt:*

---

**END OF DAY**

*Today I am grateful for:*

---

*One thing I noticed about my body today:*

---



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RESET REFLECTION JOURNAL

# Day 2

*of your 3-day or 5-day reset*

Date: \_\_\_\_\_

**MORNING INTENTION**

*One word for today:*

---

**MEAL REFLECTIONS**

*After my Ka'Chava shake, I felt:*

---

*After lunch, I felt:*

---

*After dinner, I felt:*

---

**END OF DAY**

*Today I am grateful for:*

---

*One thing I noticed about my body today:*

---



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RESET REFLECTION JOURNAL

# Day 3

*of your 3-day or 5-day reset*

Date: \_\_\_\_\_

**MORNING INTENTION**

*One word for today:*

---

**MEAL REFLECTIONS**

*After my Ka'Chava shake, I felt:*

---

*After lunch, I felt:*

---

*After dinner, I felt:*

---

**END OF DAY**

*Today I am grateful for:*

---

*One thing I noticed about my body today:*

---



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RESET REFLECTION JOURNAL

# Day 4

*of your 3-day or 5-day reset*

Date: \_\_\_\_\_

**MORNING INTENTION**

*One word for today:*

---

**MEAL REFLECTIONS**

*After my Ka'Chava shake, I felt:*

---

*After lunch, I felt:*

---

*After dinner, I felt:*

---

**END OF DAY**

*Today I am grateful for:*

---

*One thing I noticed about my body today:*

---



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RESET REFLECTION JOURNAL

# Day 5

*of your 3-day or 5-day reset*

Date: \_\_\_\_\_

**MORNING INTENTION**

*One word for today:*

---

**MEAL REFLECTIONS**

*After my Ka'Chava shake, I felt:*

---

*After lunch, I felt:*

---

*After dinner, I felt:*

---

**END OF DAY**

*Today I am grateful for:*

---

*One thing I noticed about my body today:*

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# Final Reflection

*What do I want to carry forward?*

You've completed your reset. Take a few minutes to capture what you learned and what you'd like to keep in your daily rhythm.

## WHAT I LEARNED

*What I learned about how food makes me feel:*

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## WHAT I'M KEEPING

*Rituals from this reset I'm making permanent:*

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## MY INTENTION

*One change I am carrying forward into my new daily rhythm:*

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*Created with care. Continued with intention.*

