

7-DAY
SOUL
RESET
Journal

Gentle Reflections, Affirmations
& Practices to Realign Your Energy



DR. SHAVNEET KLER

7-Day Soul Reset Journal

Gentle Reflections, Affirmations & Journaling Space

Dr. Shavneet Kler | Wellness-Dimensions, LLC

Day 1: Grounding

Affirmation: I am safe, supported, and grounded in this moment.

Prompt: What helps me feel rooted when life feels chaotic?

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