



RISE LIKE A PHOENIX

7 Days of Karmic Awareness

Journaling Pages

A reflective practice for observing cause and effect in daily life

How to Use This Journal

These pages are a companion to the *7-Day Awareness Journaling Practice for Karmic Insight*.

Use one page per day. Write freely and without self-editing. There is no right length, insight, or outcome expected.

This practice is not about fixing your life or correcting yourself. It is about noticing how causes are set in motion - through thought, intention, and action - and how their effects unfold.

Move at your own pace. Skip days if needed. Return when it feels useful.

These pages are for personal reflection only and are not a substitute for professional care.

Day 1 - Setting the Lens

Witnessing cause and effect in the present moment

What causes did I consciously or unconsciously set in motion today?

Day 2 - Seeds in the Mind

Seeing thoughts as karmic seeds

Which thoughts today felt light? Which felt heavy?

Day 3 - The Pause Before Action

Noticing the space between impulse and response

What happened when I did not act on the first impulse?

Day 4 - Transforming Motive

How intention shapes karmic quality

What motive was behind my key action today?

Day 5 - Observing Habit Loops

Seeing repeating patterns clearly

What habit loop did I notice today? What cause sustains it?

Day 6 - Service as Practice

Action without expectation

What did I give today without expectation?

Day 7 - Integration

Choosing what to nurture

Which causes from this week align with my deeper values or purpose?
