

The 7-Day Ask Journal

After the Morning 5, choose one domain and one specific desired state. Ask for clarity, then release the outcome. In the evening, record one answer to: “What showed up today that I didn’t force?”

Day	Date	Domain	Specific desired state / ask	What showed up?
1				
2				
3				
4				
5				
6				
7				

Day 7: What pattern, if any, do I notice?

What to notice
Look for a pattern, not proof. This is a personal practice, not a promise of a specific result.