

The Empty Self

7-Night Journal

 *Night 1:* 
Empty Your Mind

 *Night 2:* 
 Reflect on Your Emotions 

 *Night 3:*  
Notice What Went Well

 *Night 4:* 
Let Something Go

 *Night 5:* 
Explore Yourself

 *Night 6:* 
Reflect on Your Relationships

 *Night 7:* 
Set an Intention
for Tomorrow

