

UNFILTERED
FOOTSTEPS

THE
UNFILTERED
Reset

7 DAYS. 7 WALKS. 7 CONVERSATIONS WITH YOURSELF.

A GUIDED JOURNAL FOR HEALING, GROWTH AND A MORE INTENTIONAL LIFE.

TO YOUR UNFILTERED RESET

Welcome

This journal is your space to slow down, breathe deeper, and reconnect with yourself. Through seven intentional walks, you'll explore real conversations, meaningful prompts, and small steps toward a more grounded, aligned you.

*It's not just about the miles.
It's about what you discover along the way.*

UNFILTERED FOOTSTEPS

EVERY STEP HAS A STORY



BEFORE YOU BEGIN

How to Use This Journal

W

WALK

Choose a trail, your neighborhood, or simply step outside. Each day includes a theme and reflection.

R

REFLECT

Answer the prompts honestly. There are no right or wrong answers.

G

GROW

Use what you learn to make small, meaningful changes.

B

BE REAL

This is your unfiltered space. Show up as you are.

UNFILTERED FOOTSTEPS

Every Step Has a Story



THE PATH AHEAD

7 Day Overview

01

ROOTS

Where I've Been

02

LET GO

What No Longer Serves Me

03

GRATITUDE

What Keeps Me Grounded

04

BOUNDARIES

Protecting My Peace

05

THE NOW

Being Present in the Moment

06

DREAMS

Where I'm Headed

07

FULL CIRCLE

Bringing It All Together

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Every Step Has a Story

DAY 1

ROOTS

Where I've Been

"Your roots aren't a limit, they're a foundation."

TODAY'S WALK

Location: _____

Distance / Time: _____

How did it feel? _____

REFLECTION PROMPTS

- What experiences have shaped me into who I am today?

- What am I proud of?

- What challenges have made me stronger?

- What lessons will I always carry with me?

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DAY 2

LET GO

What No Longer Serves Me

"You can't step into what's next while still holding on to what's weighing you down."

TODAY'S WALK

Location: _____

Distance / Time: _____

How did it feel?

REFLECTION PROMPTS

- What am I ready to release?

- What drains my energy?

- What mindset am I ready to let go of?

- What would my life look like without this weight?

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DAY 3

GRATITUDE

What Keeps Me Grounded

"Gratitude turns what we have into enough."

TODAY'S WALK

Location: _____

Distance / Time: _____

How did it feel? _____

REFLECTION PROMPTS

- What am I grateful for today?

- Who has made a difference in my life?

- What simple moments bring me joy?

- How did gratitude show up on today's walk?

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DAY 4

BOUNDARIES

Protecting My Peace

"Boundaries aren't walls. They're the trail markers that keep you on your path."

TODAY'S WALK

Location: _____

Distance / Time: _____

How did it feel? _____

REFLECTION PROMPTS

- Where do I need to say no more often?

- What restores my energy?

- Who or what crosses my boundaries?

- What would protecting my peace look like this week?

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DAY 5

THE NOW

Being Present in the Moment

"The trail only exists one step at a time. So does your life."

TODAY'S WALK

Location: _____

Distance / Time: _____

How did it feel?

REFLECTION PROMPTS

- What did I notice on today's walk?

- When do I feel most present?

- What pulls me out of the moment?

- What can I savor right now?

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DAY 6

DREAMS

Where I'm Headed

"Every summit started as a dream someone dared to walk toward."

TODAY'S WALK

Location: _____

Distance / Time: _____

How did it feel? _____

REFLECTION PROMPTS

- What dream have I been afraid to say out loud?

- What would I do if I knew I couldn't fail?

- What small step can I take this week?

- Who do I want to become?

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Every Step Has a Story

A scenic photograph of a dirt path winding through a dense forest of tall evergreen trees. In the background, misty mountains are visible under a warm, golden sunset sky. Sunbeams filter through the trees on the right side.

DAY 7

FULL CIRCLE

Bringing It All Together

"A little progress each day adds up to big results."

TODAY'S WALK

Location: _____

Distance / Time: _____

How did it feel?

REFLECTION PROMPTS

- What has shifted in me this week?

- What will I carry forward?

- What am I leaving on the trail?

- What is my next step?

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WHERE I'M HEADED

Goal Setting

MY SHORT TERM GOALS (1-3 MONTHS)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MY LONG TERM GOALS (6+ MONTHS)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



AFFIRMATIONS

Speak these over yourself on the trail.

- ☐ I am enough.
- ☐ I am capable.
- ☐ I choose peace.
- ☐ I am proud of myself.
- ☐ I can do hard things.
- ☐ I trust my journey.
- ☐ I am creating a life I love.
- ☐ I am exactly where I need to be.
- ☐ I grow through what I go through.
- ☐ My story matters.

SMALL STEPS, DAILY

Habit Tracker

	M	T	W	T	F	S	S
Walk / Move My Body	☐	☐	☐	☐	☐	☐	☐
Drink Water	☐	☐	☐	☐	☐	☐	☐
Journal	☐	☐	☐	☐	☐	☐	☐
Practice Gratitude	☐	☐	☐	☐	☐	☐	☐
Get Fresh Air	☐	☐	☐	☐	☐	☐	☐
Limit Screen Time	☐	☐	☐	☐	☐	☐	☐
Be Present	☐	☐	☐	☐	☐	☐	☐
Do Something for Me	☐	☐	☐	☐	☐	☐	☐

NOTES:

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Every Step Has a Story

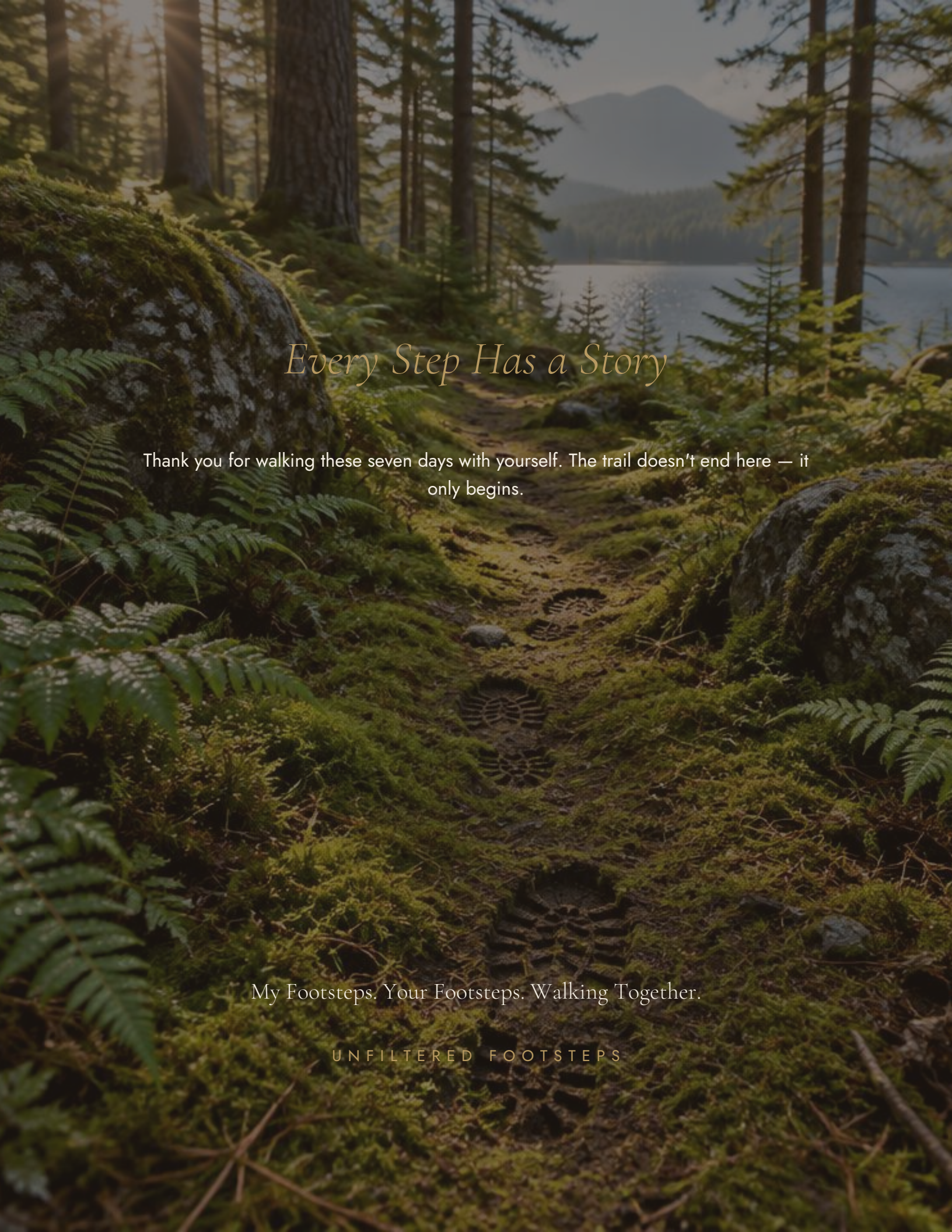


YOUR UNFILTERED SPACE

Notes & Reflections

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Every Step Has a Story

A photograph of a forest trail. The path is covered in moss and ferns, with several footprints visible in the center. The trail leads towards a lake and mountains in the background. The text is overlaid on the image.

Every Step Has a Story

Thank you for walking these seven days with yourself. The trail doesn't end here — it only begins.

My Footsteps. Your Footsteps. Walking Together.

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