INNERISM

# My 13-Day Journal

## The Journey Within

Notice what is happening inside you, in body, mind, heart and spirit. Write it, say it in a voice note or record a short video.

**Name** _____

Start date _____



# How to use this journal

- Each morning, write how you feel and what you want from the day.
- Tick the practices you did. It is a mirror, not a test.
- Each evening, write what you noticed. Or record a voice note or short video instead.
- Sharing with the WhatsApp group is up to you.

# My intention for these 13 days

# Day 01 Today: Observe

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 02 Today: Prepare

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 03 Today: Simplify

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 04

**Today: Eat one meal with no distractions.**

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 05

**Today: Notice hunger, fullness and energy.**

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 06

**Today: Plan your meals and water for a busy day.**

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 07

**Today: Make time for rest and gentle movement.**

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 08

**Today: Watch your feelings without judging them.**

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 09

**Today: Choose a nourishing habit you enjoy.**

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 10

**Today: Look back at what has changed in your routine.**

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 11 Today: Reflect

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 12 Today: Integrate

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# Day 13 Today: Celebrate

Date _____

**Morning: How do I feel? What is my intention today?**

**Today I practised:** ☐ Yoga ☐ Breath ☐ Meditation ☐ Full meals ☐ Water ☐ Rest

**Evening: What did I take in today, in food and in thought? What am I noticing in myself?**

Voice note or video: what did I discover today?

# My journey continues

Read your Day 1 page again.

### What has changed?

### What will I carry forward?



YOUR GUIDE

# Subhadra

Sandra Griffiths (Subhadra) founded Yoga Angels International and has taught yoga since 1997. INNERISM is her way of looking inward through yoga, breath and meditation.

**Yoga Teacher Training**
Learn to teach. Starts February 1, 2027.

**YAI Wellness Oasis, Jamaica**
Retreats, workshops, aerial and rope wall yoga, One Day For You

**Book Subhadra**
Private sessions, events and corporate wellness

**Strip to the Naked Truth**
Subhadra's book

**Gift certificates**
Give the gift of wellness

**What have you budgeted for your body?**
A different way to think about self-care

**Media Corner**
Press and Subhadra's biography

**Watch**
Subhadra's interview on YouTube