



# **Rhythm Reset**

A 30-Day Gentle Journal

*Anitha KC*

*[www.resonanceoflife.net](http://www.resonanceoflife.net)*

# **A Gentle Beginning**

This journal is not about discipline.

It is about noticing.

It is not about perfect streaks.

It is about returning.

For the next 30 days, give yourself five quiet minutes.

You only need honesty. That is enough.

# How to Use This Journal

Each day, reflect on four small anchors:

Anchor – What grounded me today?

Joy – What felt light, even briefly?

Pause – Did I take one conscious breath or moment?

Release – What did I choose not to carry?

One word is enough. A sentence is welcome. Silence is allowed.

## Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 2

## Day 1

Anchor

---

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Joy

---

---

Pause

---

---

Release

---

---

One gentle sentence to myself today:

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## Day 3

## Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 4

## Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 5

## Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 6

## Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 7

## Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 8

## Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 9

## Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 10

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 11

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 12

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 13

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 14

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 15

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 16

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 17

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 18

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 19

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 20

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 21

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 22

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 23

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 24

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 25

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 26

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 27

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 28

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 29

### Day 1

Anchor

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Joy

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Pause

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Release

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One gentle sentence to myself today:

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## Day 30

### Day 1

Anchor

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Joy

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Pause

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Release

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---

One gentle sentence to myself today:

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## End of Week 1 Reflection

What drained me this week?

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What restored me?

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Where did I overextend myself?

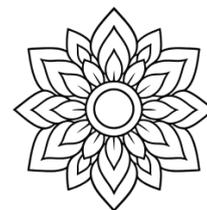
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Where did I honour my limits?

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What can I gently release next week?

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## End of Week 2 Reflection

What drained me this week?

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What restored me?

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Where did I overextend myself?

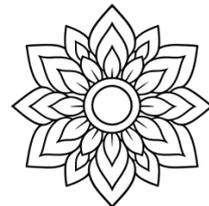
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Where did I honour my limits?

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What can I gently release next week?

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## End of Week 3 Reflection

What drained me this week?

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What restored me?

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Where did I overextend myself?

---

Where did I honour my limits?

---

What can I gently release next week?

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## End of Week 4 Reflection

What drained me this week?

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What restored me?

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Where did I overextend myself?

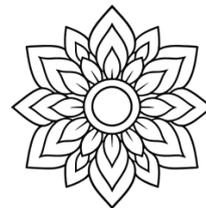
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Where did I honour my limits?

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What can I gently release next week?

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## Day 30 – Looking Back

What changed within me?

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What surprised me?

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What rhythm felt natural?

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What do I want to continue?

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***Want to Go Deeper?***

*This journal is a small doorway.*

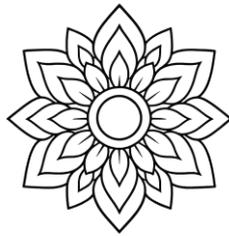
*If these reflections resonated with you,  
Rhythm Reset explores the deeper patterns behind burnout, invisible expectations,  
and the rhythm we forget to protect.*

*It is not about doing more.  
It is about living steadier.*

*You can find the book here:*

*Shipping in India : [Amazon India](#), [Notion Press](#)*

*Shipping outside India: [Amazon.com](#)*



*Rhythm is not something you achieve. It is something you remember.*

*With warmth,*

*Anitha KC*

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