

The 7-Day Energy Reset Journal

A guided week of reflection, crystal allies, and small daily practices — for gay, bi, transgender, and curious men.

This is a 7-day guided journal for tracking your energy, noticing patterns, and building a consistent practice — one day, one reflection, one small ritual at a time. There's no need to do this perfectly or in order; if a day doesn't fit your week, come back to it when it does.

Day 1 — Naming What You're Carrying

Crystal ally: Black Tourmaline

Reflection prompt: What have you been carrying this week that no one else can see?

Your reflection:

Today's practice: Hold your crystal for five slow breaths, naming silently what you're setting down for today.

Day 2 — Confidence & Visibility

Crystal ally: Citrine

Reflection prompt: Where have you been shrinking out of old habit, even though it's safe now to take up space?

Your reflection:

Today's practice: Stand tall for ten seconds, shoulders back, before you leave the house today.

Day 3 — Rest & Release

Crystal ally: Amethyst

Reflection prompt: What would it feel like to actually put this week down for one evening?

Your reflection:

Today's practice: Do the nighttime calm ritual from the Sleep guide, even in a shortened form.

Day 4 — Body & Self-Acceptance

Crystal ally: Rose Quartz

Reflection prompt: What is one thing your body has carried you through this year, rather than one thing it looks like?

Your reflection:

Today's practice: Say the answer to the prompt above out loud, once, to yourself in a mirror.

Day 5 — Community & Connection

Crystal ally: Rhodonite

Reflection prompt: Who is part of your chosen family right now, even if it's just one person so far?

Your reflection:

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Today's practice: Send that person a message today — nothing elaborate, just that you're glad they're in your life.

Day 6 — Old Wounds & Forgiveness

Crystal ally: Smoky Quartz

Reflection prompt: Is there a version of yourself from an earlier chapter you're still being hard on?

Your reflection:

Today's practice: Write one sentence forgiving that version of you for not knowing then what you know now.

Day 7 — Looking Ahead

Crystal ally: Clear Quartz

Reflection prompt: What do you want the next season of your life to hold more of?

Your reflection:

Today's practice: Choose one small, concrete step toward that this week — not the whole journey, just the next step.

If this week surfaced something heavier than you expected, that's not a sign you did it wrong — it often means it was worth doing. Consider reaching out through Sacred Brotherhood if you'd like to talk any of it

through.