



THE 7-DAY ACTIVATION GUIDE



*Your first week with
The AI-Friendly Wellness Journal*

A practical companion to help you establish
your reflection practice

YOUR FIRST WEEK — AT A GLANCE

DAY 1 INTENTION

Set your why. Write freely about what drew you to this journal and what deeper thinking means to you.

→ Complete Gratitude: Prompt 1

DAY 2 STRUCTURE

Understand the 12 themes. Choose your path: Sequential (90 days), Theme Deep-Dive, or Intuitive Exploration.

→ Complete one prompt from your chosen path

DAY 3 AI MIRROR

Use AI only if it deepens your thinking — not to speed it up. Complete a prompt by hand, then optionally explore with AI.

→ Optional: ask AI for one deepening question

DAY 4 HABIT

Build your rhythm. Choose a time, place, and duration. Sweet spot: 10 minutes. Bare minimum: 3 lines.

→ Complete today's prompt

DAY 5 DEPTH

Go beyond surface answers. Try the Why-Ladder, Opposite Angle, Specificity, or Pattern Recognition.

→ Notice what emerges at Level 2 or 3

DAY 6 INTEGRATION

Re-read your week's entries. Look for patterns, surprises, and recurring themes.

→ Write one insight to carry forward

DAY 7 REFLECTION

Review your first week. What did you learn? What resonated? What do you want to explore next?

→ Choose your Week 2 focus theme



*Think deeper, not faster.*TM

Welcome to Your Reflection Journey

Thank you for choosing to think deeper, not faster.

This journal blends timeless reflection practices with the optional use of AI — as a mirror, not a master.

OVER THE NEXT 7 DAYS, YOU WILL:

- Establish your reflection practice
- Understand the journal structure
- Complete your first prompts
- Use AI mindfully (optional)
- Build a sustainable habit

Day 1 — Set Your Intention

WHY THIS MATTERS

Clarity of why powers consistency. When you know what you're seeking, every prompt becomes a conversation with purpose.

Today (10 minutes):

Write freely on the following questions:

- ◆ What drew me to this journal?
- ◆ What do I hope to discover about myself?
- ◆ What does 'thinking deeper, not faster' mean to me right now?

Your First Prompt

Turn to the Gratitude theme and complete Prompt 1.

Read the epigraph. Let the words settle before you write.

Notice how it feels to slow down.

Done — I've set my intention

Day 2 — Understand the Structure

WHY THIS MATTERS

Structure creates freedom. Knowing how the journal works helps you use it in the way that serves you best.

THE AWAKENING Weeks 1–3 Gratitude Mindfulness Resilience	THE RECKONING Weeks 4–6 Self-Compassion Balance Empowerment	THE SHIFT Weeks 7–9 Connection Purpose Joy & Celebration	THE INTEGRATION Weeks 10–12 Creativity & Flow Growth Closing Reflections
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Each phase builds naturally on the last — designed to rewire how you think, not just what you think about.

Three Ways to Use This Journal

- ◆ **Sequential**
One prompt per day through all 12 themes — a complete 90-day transformation.
- ◆ **Theme Deep-Dive**
Pick what matches life right now. Spend multiple days on one theme.
- ◆ **Intuitive Exploration**
Open anywhere. Trust the prompt that finds you. Let the journal guide.

YOUR MOVE

- 1 Choose a path (Sequential, Theme-Based, or Intuitive)
- 2 Complete one prompt from your chosen path
- 3 Jot one sentence: What insight emerged?

Done — I've chosen my path

Day 3 — The Optional AI Mirror

WHY THIS MATTERS

Understanding when and how to use AI helps you treat it as a mirror for deeper thinking — not as a crutch or replacement for your own wisdom.

AI is optional. The journal is designed to stand fully on its own. Consider AI only as an extra mirror for reflection.

Helpful After You Write

- ◆ "What patterns do you notice in my reflection?"
- ◆ "Offer 3 alternative angles I might explore."
- ◆ "What question would take me one level deeper?"

Skip AI When

You're processing heavy emotion, want privacy, or the entry already feels complete.

Experiment (Optional)

Complete a prompt by hand. Share with AI. Ask for one deepening question. Decide if it added value.

Example: After writing "I'm grateful for my morning coffee," ask AI: "What does coffee represent beyond caffeine?" AI might surface: ritual, pause, warmth, transition, solitude... Use these angles to deepen your next reflection.

YOUR MOVE

- 1 Complete one journal prompt by hand
 - 2 (Optional) Share your reflection with AI
 - 3 Ask for one deepening question
 - 4 Decide: Did AI add value?
- Done — I've experimented with AI (or chosen not to)

Day 4 — Build Your Habit

WHY THIS MATTERS

Insight compounds — the more you reflect, the more you see. 90 days of reflection will reveal patterns invisible after three. The journal becomes more valuable the longer you use it.

Environment

Quiet corner, distractions away, favourite pen. Optional: candle or soft music.

Timing

Morning to set intention, evening to integrate — or any time you'll actually do it.

Duration

- ◆ Sweet spot: 10 minutes
- ◆ Quick win: 5 minutes on the prompt
- ◆ Bare minimum: three lines. Close the journal and honour the practice

Example Routine

7:10 AM — Make tea. Open journal. Complete prompt. Close with one sentence of intention.

YOUR MOVE

- 1 Set a calendar reminder for your chosen time tomorrow
- 2 Complete today's prompt
- 3 Notice: Did your environment and timing work? Adjust as needed.

Done — I've built my system

Day 5 — Go Deeper

WHY THIS MATTERS

The first answer is often the surface. Real insight lives one or two questions below. Learning to dig deeper transforms journaling from recording thoughts to discovering what you actually think.

Four Techniques to Go Deeper

1 Why-Ladder (x3–5)

Answer, then ask 'Why is that important?' — repeat until you reach the root.

2 Opposite Angle

Ask: 'What would the opposite perspective reveal?'

3 Specificity

Trade generalities for vivid detail. The richer the detail, the deeper the insight.

4 Pattern Recognition

Ask: 'Where else has this shown up in my life?'

WHY-LADDER EXAMPLE

- Level 1:** "I value my morning routine"
- Level 2:** Why? "It gives me control over my day"
- Level 3:** Why? "Control reduces my anxiety"
- Level 4:** Why? "Anxiety blocks my best work"
- Level 5:** Why? "My best work connects to my purpose"

YOUR MOVE

- 1 Pick any prompt from your journal
- 2 Write your first answer
- 3 Choose one technique above and go deeper
- 4 Notice: What emerged at level 2 or 3 that wasn't visible at level 1?

Done — I've practised going deeper

Day 6 — Re-read to Integrate

WHY THIS MATTERS

Your pages gain value over time. Re-reading reveals growth, patterns, and forgotten insights. The Closing Reflections at the end of each theme help you integrate what you've learned.

Why Re-reading Matters

When you revisit your entries, you'll notice threads you couldn't see in the moment — shifts in perspective, recurring questions, evidence of growth.

YOUR MOVE

- 1 Re-read this week's entries
 - 2 Ask yourself: What patterns do I notice? What surprised me? What do I want to remember?
 - 3 Write a brief note to your future self capturing one key insight
- Done — I've integrated this week's reflections

Day 7 — Week-One Review

WHY THIS MATTERS

The quality of your questions shapes the quality of your answers. Week one taught you the mechanics — now you refine the practice based on what you've learned about yourself.

Take 15 Minutes — Reflect on Your First Week

- ◆ What did I discover about myself?
- ◆ Which theme resonated most — and why?
- ◆ What was challenging versus easy?
- ◆ Has my relationship with technology shifted?
- ◆ What do I want to explore next?

YOUR MOVE

- 1 Choose your Week 2 focus theme
- 2 Confirm your reflection time (keep or adjust)
- 3 Make one small adjustment based on what worked this week

Done — I've set my direction for Week 2

WEEK 2 STARTER PROMPT

"In the last seven days, what is one small moment you're genuinely proud of — and why does it matter more than you first thought?"

Bonus: Share one meaningful sentence from your Week 1 insights with someone you trust.

WHAT'S NEXT

You've Completed Week One.

*Your deeper 90-day transformation begins now.
Here's how to sustain the momentum.*

Stay Connected

Join the Trust AI™ community for early access to new resources, templates, and the upcoming Digital Companion.

trustai.au

Coming Soon — Trust AI™ Digital Companion

Your handwritten reflections, amplified. Scan your pages and the Digital Companion will surface patterns, track themes over time, and offer deeper questions — all without replacing your analogue practice.

Join the community at trustai.au to be first to know.

Join the Conversation

Share one insight from your practice: [#TrustAIJournal](https://twitter.com/TrustAIJournal)



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Founder, Trust AI™

*Thank you for choosing to think deeper with me —
your reflection practice matters.*

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