Glimmers

A

7-day extract

From

Glimmers

30 Day Journal

Ellie Thorne

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PUBLISHING

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Written by Ellie Thorne.

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This is a 7-day extract from Glimmers: 30 Day Journal.

Disclaimer:
This journal is for reflective and educational purposes only and is not a substitute for professional medical or psychological advice.

The author writes under a pen name.

Welcome

This is your invitation to notice. Over the next 7 days, you'll be guided to slow down, pay attention, and collect the small but powerful glimmers that are already part of your life.

Each day gives you:

- A simple reflection or thought to set the tone
- A short journal prompt to capture your glimmers
- Space to write, doodle, or simply pause

There's no right or wrong way to do this. If you want to write one word, that's perfect. If you want to pour out a whole page, that's great too. By the end of these 7 days, you may begin to notice something subtle shifting; a growing awareness of the small moments of safety, joy, and 'enoughness' that are already here. If this practice resonates with you, the full 30-day journal offers a deeper space to continue.

Day 1
A First Glimmer

Notice one moment today where your body feels safe or at ease.
Write down what happened, how you felt, and why it mattered.

Not everything has to be big to matter

Day 2
Small Joys

What brought you a flicker of joy today?
A sound, a taste, a smile?

Joy doesn't always arrive with a fanfare.
Sometimes it tiptoes in.

Day 3
Safe Spaces

Where did you feel most safe today?
What helped you feel that way?

Safety is felt, not thought.

Day 4
The Pause

Did you find a pocket of stillness today?
How did your body respond?

A pause is not wasted time.

Day 5
A Kind Word

Did anyone speak a kind word to you today?
Or did you offer one?

Sometimes kindness is the smallest, most radical act.

Day 6
Nature's Whispers

What in nature caught your eye today?
How did it steady you?

The earth is full of small, steady gifts.

Day 7
Looking Back

Reflect on this first week.
Which glimmer lingers most with you?

We notice more in hindsight.

If this practice has resonated, you can read the full Glimmers book and continue your journey with the 30-day journal.

Both can be found at
www.harveypublishingltd.com

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