

The
S.A.C.R.E.D RESET

Self-Restorative Practices

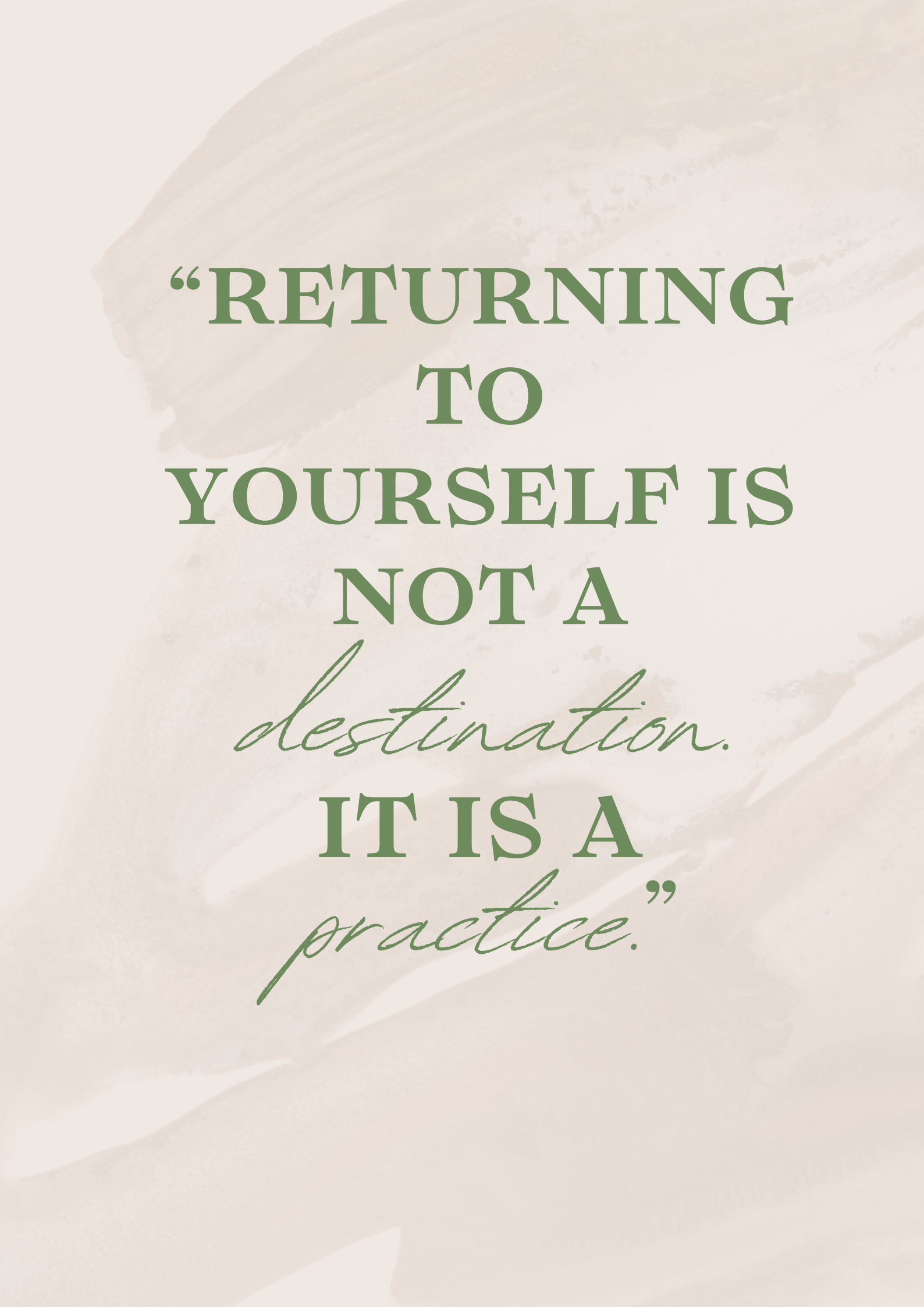
FOR

BLACK WOMEN
WHO CARRY
TOO MUCH

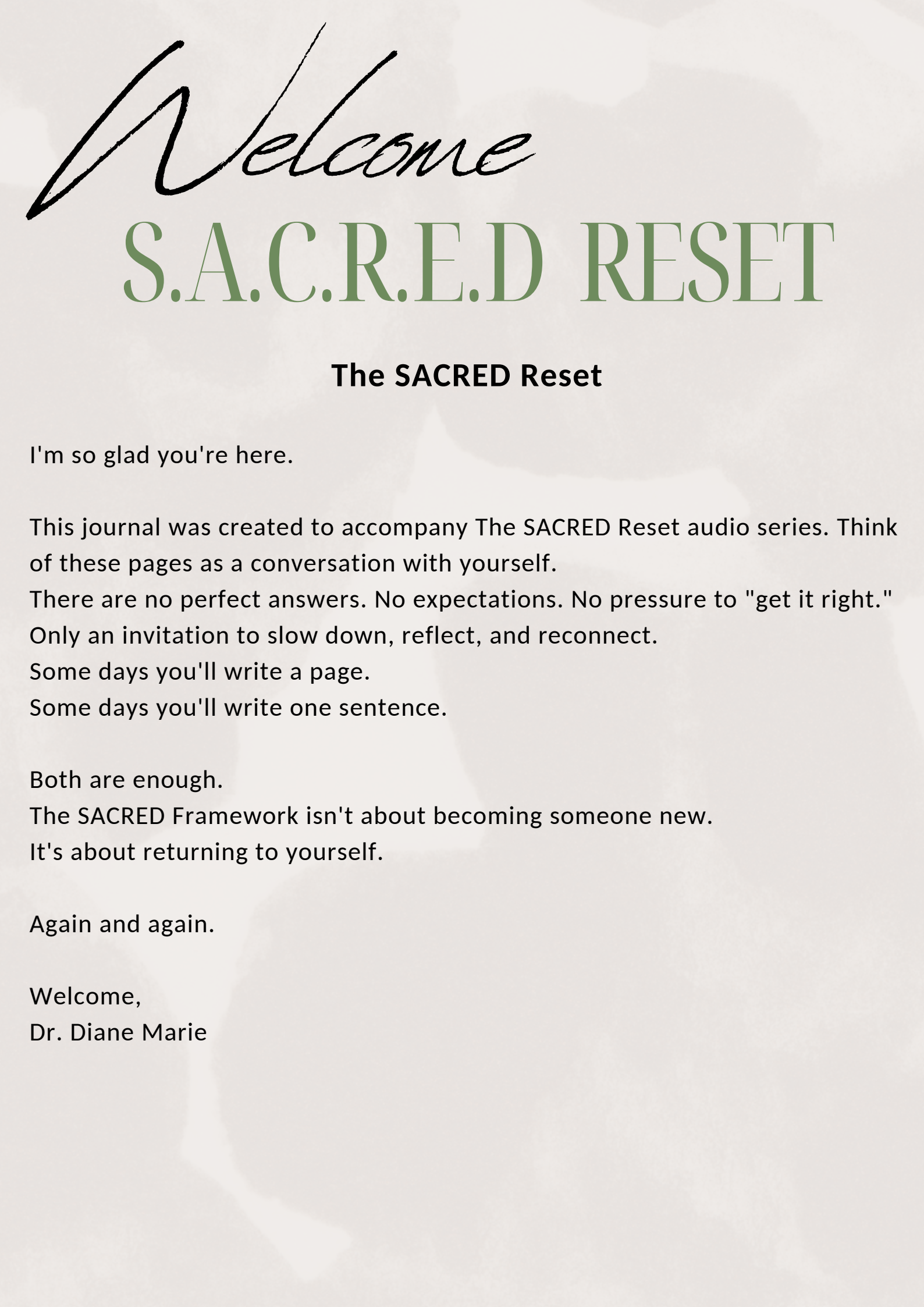
A COMPANION REFLECTION JOURNAL

A Method By

Dr. Diane Gaston



“RETURNING
TO
YOURSELF IS
NOT A
destination.
IT IS A
practice.”



Welcome

S.A.C.R.E.D RESET

The SACRED Reset

I'm so glad you're here.

This journal was created to accompany The SACRED Reset audio series. Think of these pages as a conversation with yourself.

There are no perfect answers. No expectations. No pressure to "get it right."
Only an invitation to slow down, reflect, and reconnect.

Some days you'll write a page.

Some days you'll write one sentence.

Both are enough.

The SACRED Framework isn't about becoming someone new.

It's about returning to yourself.

Again and again.

Welcome,

Dr. Diane Marie

S.A.C.R.E.D RESET

S

SEEK

- Become aware of what you're carrying
- Listen to what your mind, body, and spirit are asking for

A

ALIGN

- Honor your values, needs, and capacity
- Release what no longer reflects who you're becoming

C

CONNECT

- Reconnect with yourself, your joy, and inner wisdom
- Nurture relationships and practices that restore your spirit

R

REFLECT

- Turn your experiences into wisdom through honest reflection
- Challenge the stories and beliefs that no longer serve you

E

EVOLVE

- Give yourself permission to grow and change
- Embrace healing beyond survival mode

D

DEDICATE

- Commit to small, consistent self-restorative practices
- Choose yourself with intention, compassion, and grace

S.A.C.R.E.D RESET

HOW TO USE THIS JOURNAL

Each episode follows one step of the SACRED Framework.

Listen to one episode at a time.

Pause whenever something resonates.

Write honestly.

Return often.

Give yourself permission to revisit these pages whenever life feels heavy.

Healing isn't linear. Neither is self-restoration.



“Awareness
IS THE
FIRST ACT
OF
Self-Restoration”

BECOME AWARE OF WHAT YOU'RE CARRYING

REFLECTION

Today's Reflection

What have I been carrying that no one else can see?

What feels emotionally heavy?

What have I become so accustomed to carrying that it now feels normal?

What is my body trying to tell me?

MIND MAP

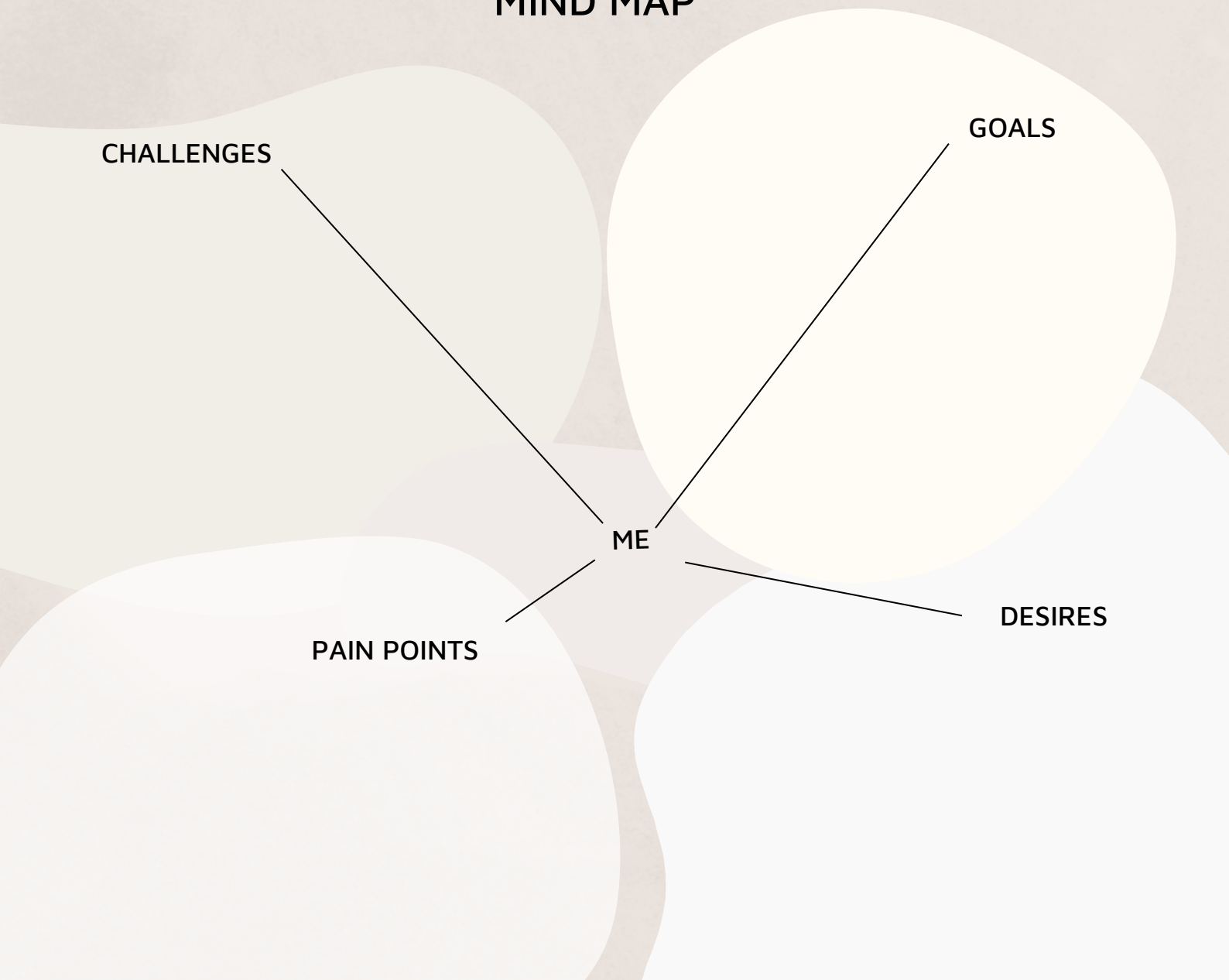
CHALLENGES

GOALS

ME

DESIRES

PAIN POINTS



Today's Date: _____

Today I realized:

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Sacred Practice

Notice the differences.
Don't fix anything today.
Simply notice.

What I'm Carrying	What I'm Avoiding	What I Need

**“ JUST
BECAUSE**

I Can Carry It

**DOES
NOT
MEAN**

I'm Supposed to ”

RELEASE WHAT NO LONGER REFLECTS WHO YOU'RE BECOMING.

REFLECTION

Today's Reflection

WHERE DOES MY LIFE FEEL OUT OF ALIGNMENT?

WHERE AM I CHOOSING OBLIGATION OVER INTENTION?

WHAT RELATIONSHIPS, COMMITMENTS, OR EXPECTATIONS NO LONGER
REFLECT WHO I'M BECOMING?

MIND MAP

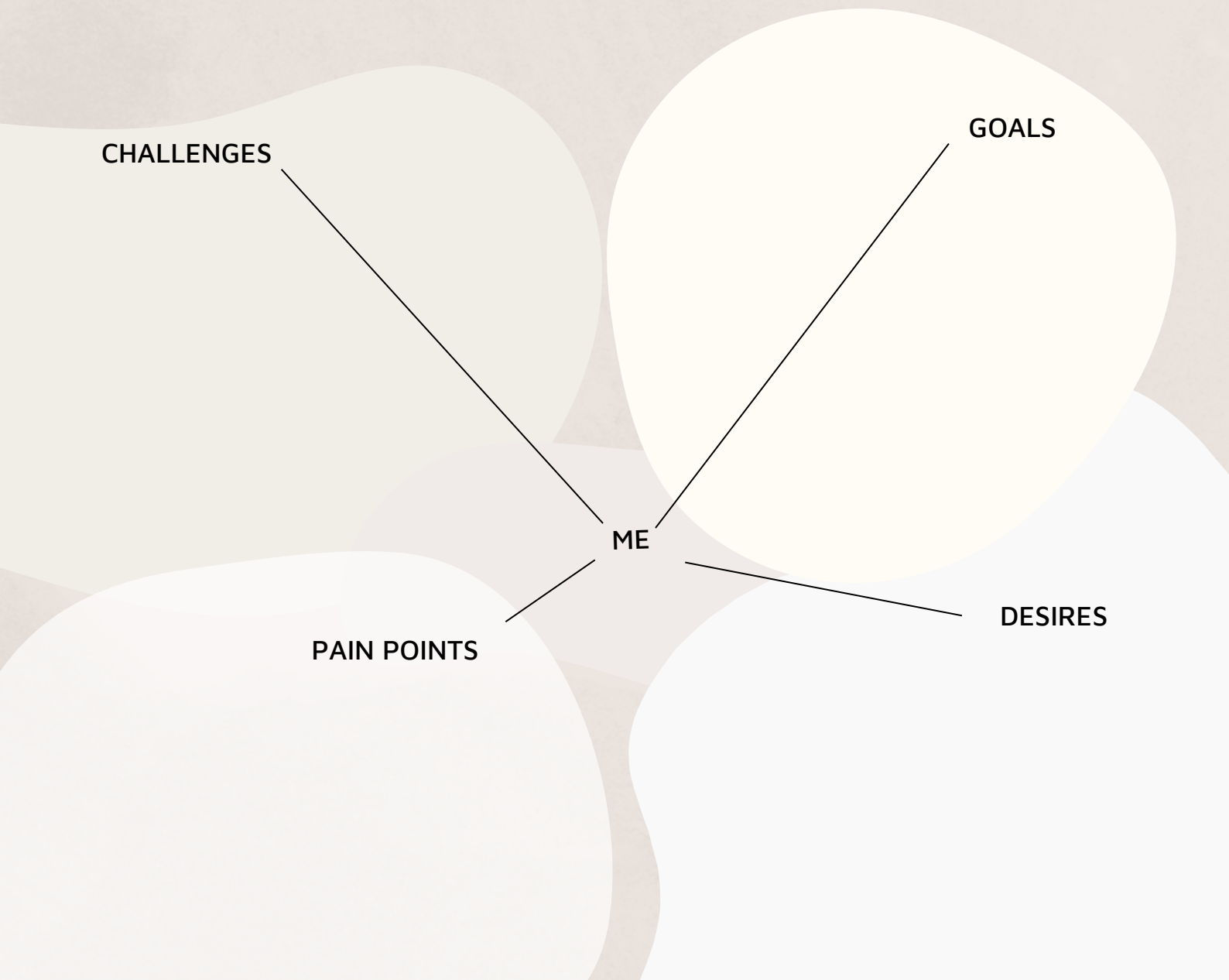
CHALLENGES

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Today's Date: _____

Today I choose:

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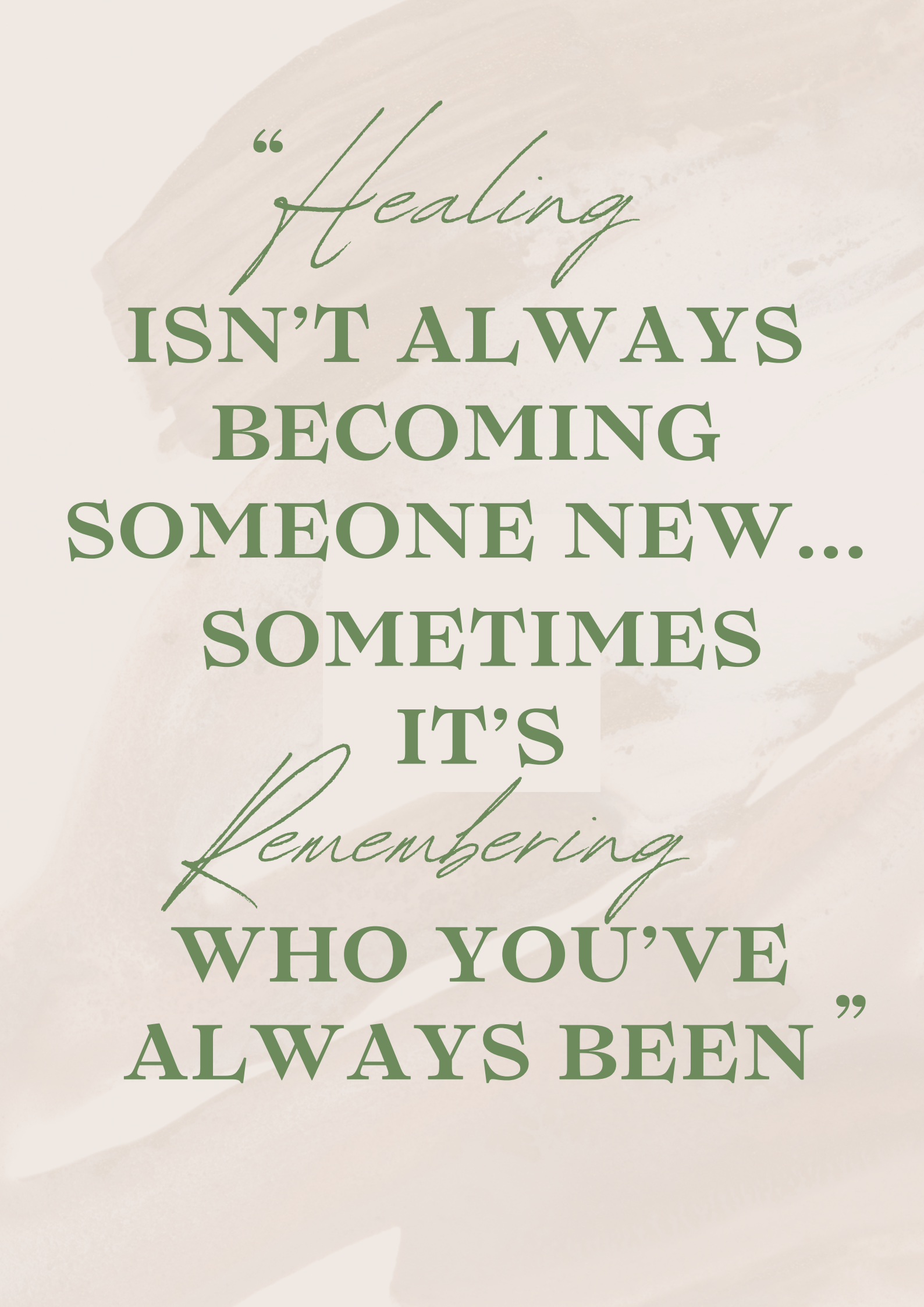


Sacred Practice

Complete the Sentence

This week I will protect my peace by...

One boundary I want to strengthen is...

A soft, watercolor-style background image showing a hand gently cupping a heart. The colors are muted greens and pinks, creating a warm and healing atmosphere.

“Healing
ISN'T ALWAYS
BECOMING
SOMEONE NEW...
SOMETIMES
IT'S
Remembering
WHO YOU'VE
ALWAYS BEEN”

Connect

RECONNECT WITH YOURSELF, YOUR JOY, AND WHAT KEEPS YOU GROUNDED.

REFLECTION

Today's Reflection

When do I feel most like myself?

What nourishes my spirit?

Who reminds me of my joy?

What practices help me feel grounded?

What wisdom has carried me through difficult seasons?

MIND MAP

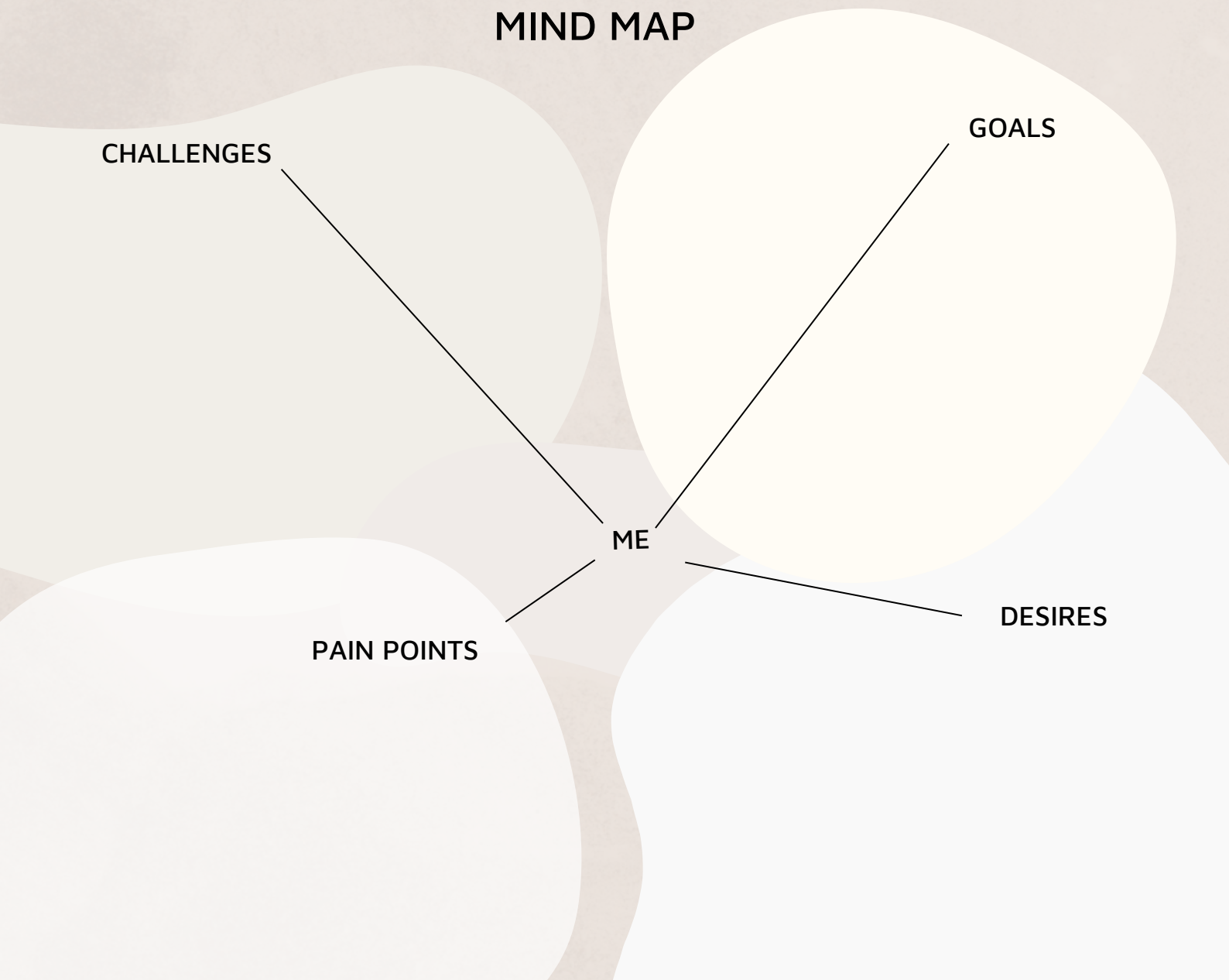
CHALLENGES

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Today's Date: _____

Today I remembered:

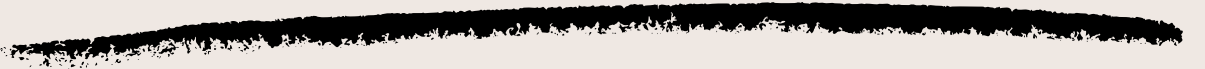
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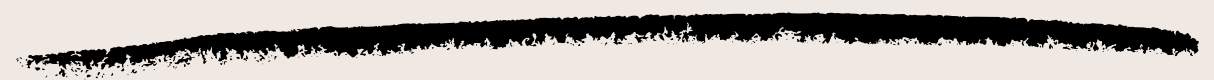


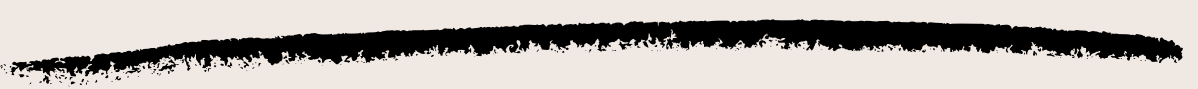
Sacred Practice

Create your Remembering List.

Five simple things that reconnect you with yourself.

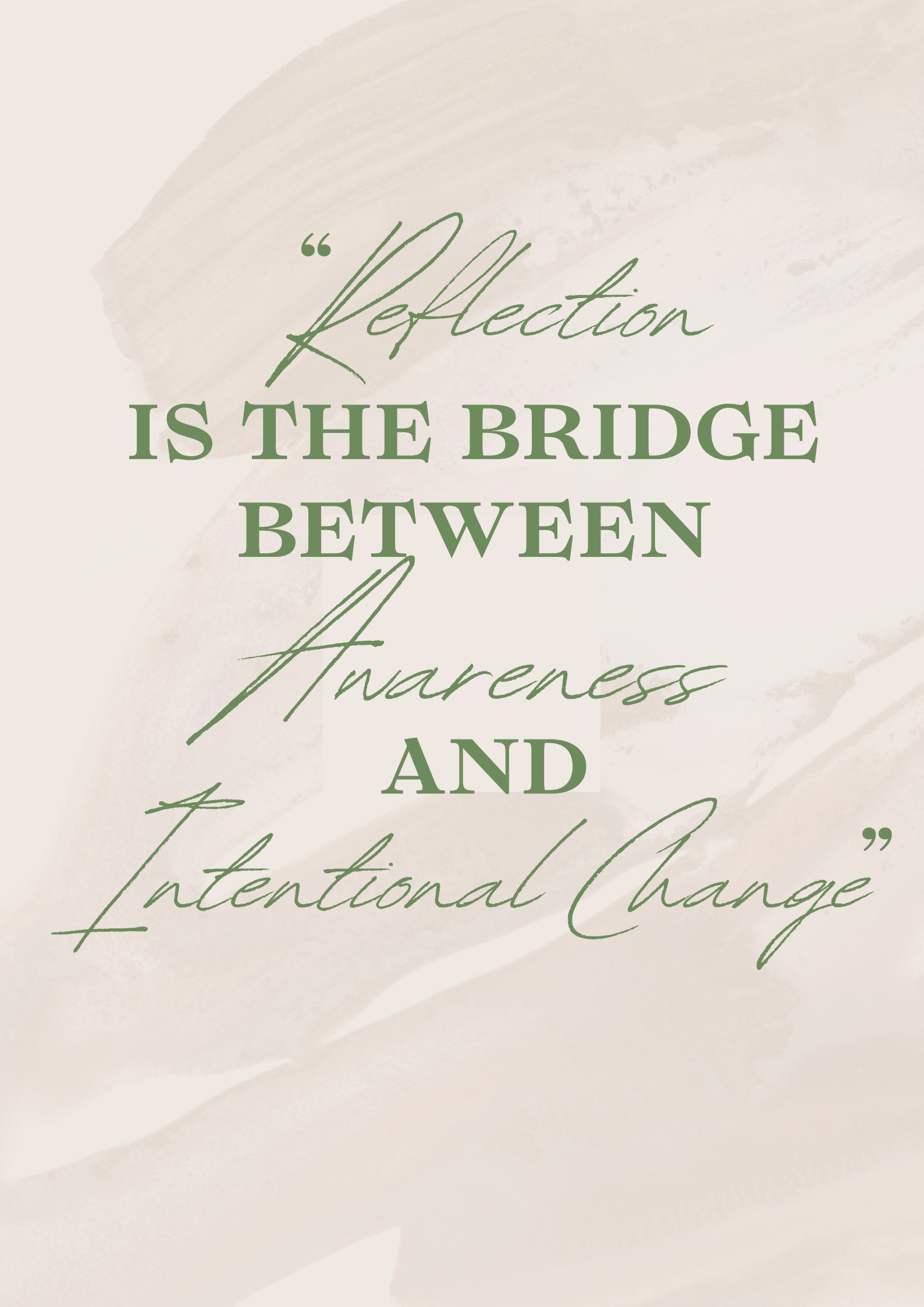
1. 

2. 

3. 

4. 

5. 



“Reflection
IS THE BRIDGE
BETWEEN
Awareness
AND
Intentional Change”

Reflect

CHALLENGE THE STORIES AND BELIEFS THAT NO LONGER SERVE YOU.

REFLECTION

Today's Reflection

What lesson keeps showing up in my life?
What story have I been telling myself?
Is that story helping me?
Or keeping me small?
What belief am I ready to release?

MIND MAP

CHALLENGES

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PAIN POINTS

Today's Date: _____

Today I learned:

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Sacred Practice

Reflection isn't about criticizing yourself.

It's about becoming curious. Curiosity opens the door to growth. Reflection helps us recognize patterns, challenge beliefs, and make intentional choices instead of automatic ones.

I release...

I welcome...

“Growth
**ASKS US TO RELEASE
WHO WE HAD TO
BECOME
SO WE CAN**
Embrace
WHO WE’RE
Becoming”

Evolve

**GIVE YOURSELF PERMISSION
TO GROW AND CHANGE.**

REFLECTION

Today's Reflection

Who am I becoming?

What am I outgrowing?

What would change if I trusted myself more?

What possibilities feel exciting?

What possibilities feel scary?

MIND MAP

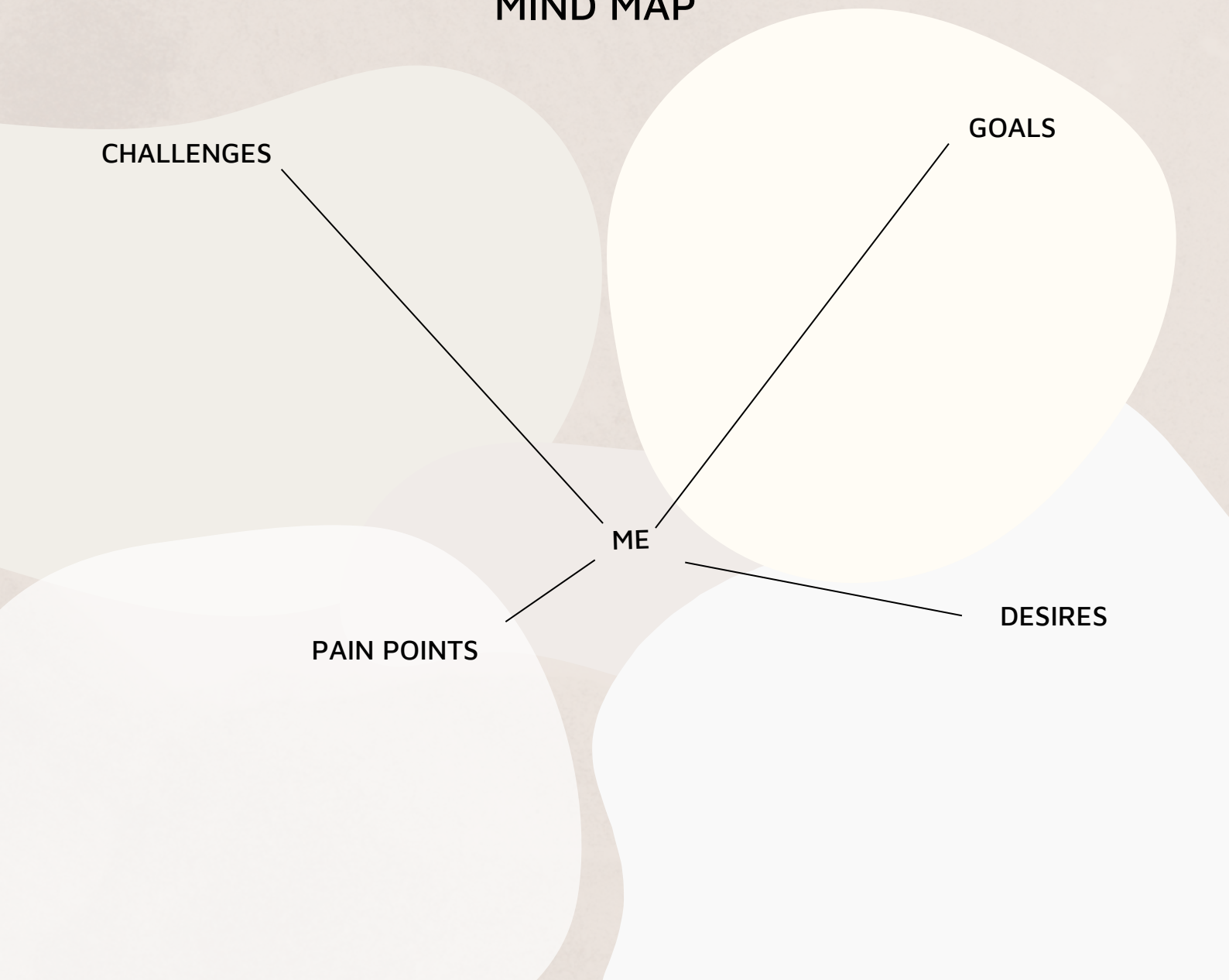
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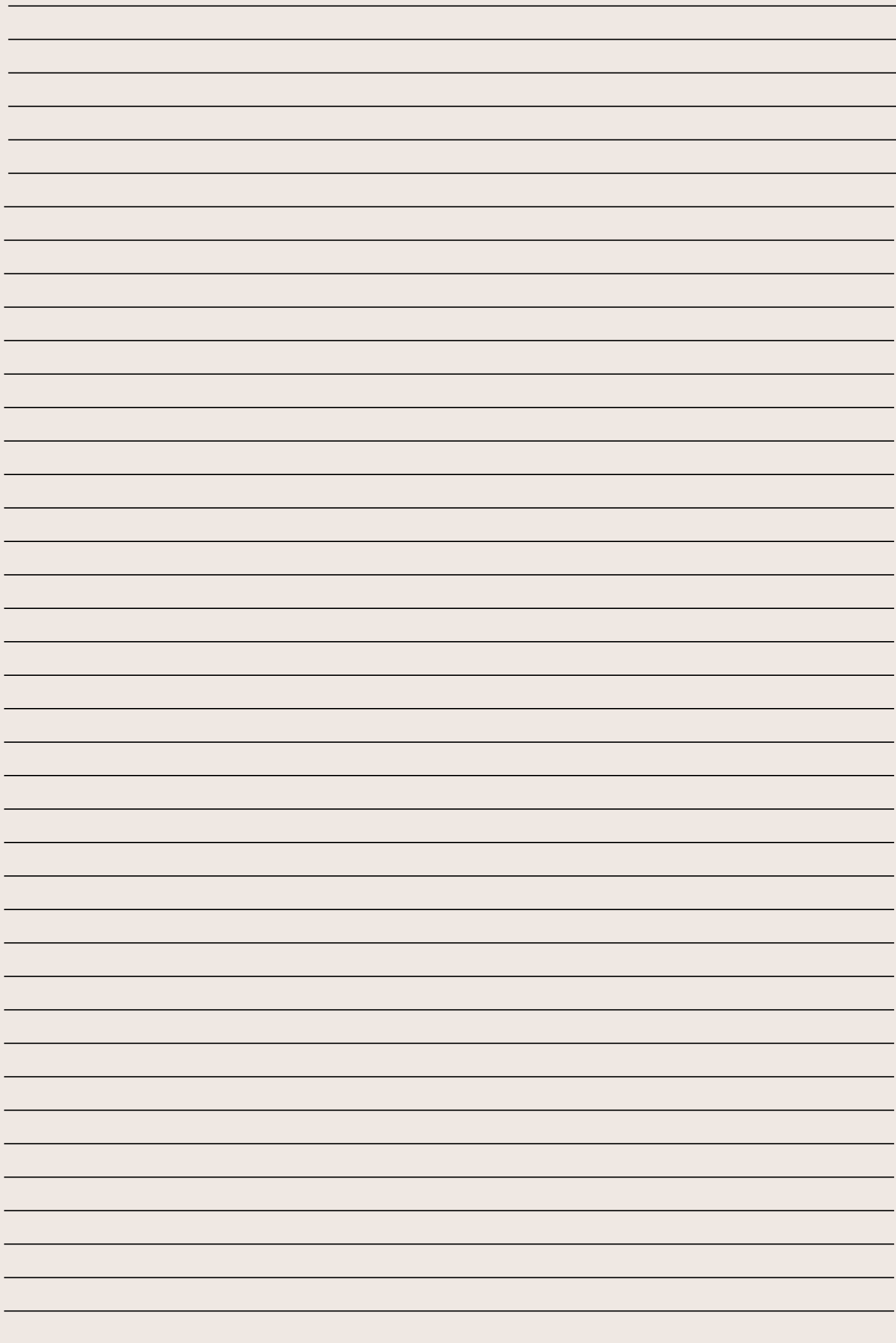
PAIN POINTS



Today's Date: _____

Today I release:

[illegible]



Sacred Practice

Write a letter from your future self.

What encouragement does she have for you?

What wisdom does she want you to remember?

Hey, it's me,

[illegible]

“SMALL
PRACTICES
REPEATED

Consistently
CREATES
LASTING
Transformation”

Dedicate

**GIVE YOURSELF PERMISSION
TO GROW AND CHANGE.**

REFLECTION

Today's Reflection

What practices restore me emotionally?

Spiritually?

Mentally?

Physically?

Who supports my well-being?

What boundaries protect my peace?

MIND MAP

CHALLENGES

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My Personal Promise

I DEDICATE MYSELF TO...

I WILL HONOR MY NEEDS BY...

I WILL REMEMBER...

Signature

A Letter to Myself

Write a letter to yourself. Imagine reading it six months from now.

What do you hope you've learned? How do you hope you've grown?

What do you hope you've protected? What do you hope you've reclaimed?

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Closing Blessings

May you continue to *Seek* with courage.

May you *Align* with intention.

May you *Connect* with yourself often.

May you *Reflect* with honesty and compassion.

May you *Evolve* without guilt.

May you *Dedicate* yourself to a life that honors your peace as much as your purpose.

BE GENTLE WITH YOURSELF

Dr. Diane Marie