

BEPURBOLD™

B.O.L.D. Morning Reset Journal



Welcome to Your B.O.L.D. Morning Reset Journal™

Opening Inspiration

Your mornings set the tone for your day. This journal is your 5-minute ritual to align your mind, body, and heart before the world gets loud. Over the next 7 days, you'll practice the method — Being Brave, Being Original, Taking the Leap, and Discover — to unlock your courage, confidence, and clarity.

Each day, simply fill in the prompts. Keep your answers short and powerful. By the end of the week, you'll have a record of your boldest self-emerging — and the confidence to keep going.

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Day 1

Be Brave: What's one fear or discomfort I will lean into today?

Be Original: What makes me unique, and how will I show it today?

Leap: What small step or risk will move me toward my goals today?

Discover: One new thing I will notice, learn, or appreciate today is...

Day 2

Be Brave: What's one fear or discomfort I will lean into today?

Be Original: What makes me unique, and how will I show it today?

Leap: What small step or risk will move me toward my goals today?

Discover: One new thing I will notice, learn, or appreciate today is...

Day 3

Be Brave: What's one fear or discomfort I will lean into today?

Be Original: What makes me unique, and how will I show it today?

Leap: What small step or risk will move me toward my goals today?

Discover: One new thing I will notice, learn, or appreciate today is...

Day 4

Be Brave: What's one fear or discomfort I will lean into today?

Be Original: What makes me unique, and how will I show it today?

Leap: What small step or risk will move me toward my goals today?

Discover: One new thing I will notice, learn, or appreciate today is...

Day 5

Be Brave: What's one fear or discomfort I will lean into today?

Be Original: What makes me unique, and how will I show it today?

Leap: What small step or risk will move me toward my goals today?

Discover: One new thing I will notice, learn, or appreciate today is...

Day 6

Be Brave: What's one fear or discomfort I will lean into today?

Be Original: What makes me unique, and how will I show it today?

Leap: What small step or risk will move me toward my goals today?

Discover: One new thing I will notice, learn, or appreciate today is...

Day 7

Be Brave: What's one fear or discomfort I will lean into today?

Be Original: What makes me unique, and how will I show it today?

Leap: What small step or risk will move me toward my goals today?

Discover: One new thing I will notice, learn, or appreciate today is...

7-Day Reflection

Which day felt the most powerful?

What fear did I overcome?

What bold move am I most proud of?

What's my next 30-day bold goal?

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By Francine F. Forbes, MSN, APRN, PMHNP-BC

Closing Inspiration

The boldest version of you is already here. You just have to show up for her. Thank you for committing to this 7-day journey — may it be the spark that fuels a lifetime of **bold** moves and **beautiful discoveries**.

Join our community on Instagram @bepurbold and sign up on bepurbold.com for more free items, events and updates.

Do not forget to share your journey with the hashtag #BePurBold. Feel free to tag us.

You never know who you might inspire.