BEPURBOLDTM

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.

Copyright © 2025 Francine F. Forbes. All Rights Reserved.

This journal is the intellectual property of Francine F. Forbes and is protected under United States and international copyright laws. No part of this publication may be copied, reproduced, distributed, transmitted, or shared in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the author. This journal is for personal use only. It may not be sold, altered, or used for commercial purposes without explicit authorization. Unauthorized use, reproduction, or distribution is a violation of applicable laws and will be subject to legal action

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?

Day 2 Be Brave

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?

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?

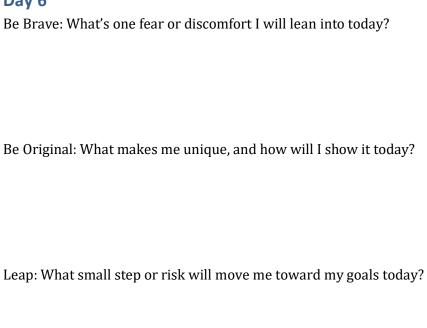
Day 4
Be Brave: What's one fear or discomfort I will lean into today?

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?

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?

Day 6



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?

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?

B.O.L.D. Morning Reset Journal ™

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.