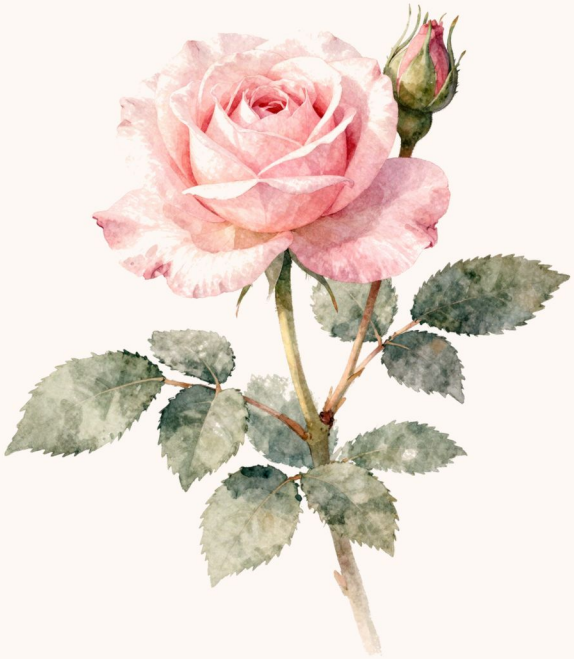

Hard-Day Reset

JOURNAL

30 days of faith, honesty and small resets
for when life's been more spicy than sweet

🍯 🌶️

by The Sweet Spice



A Note from Melz

Hi friend,

If you picked up this journal, I'm guessing life's been a little more spicy than sweet lately. Same.

I made this for the days when you're running on empty, when you feel behind everyone else, when "I'm fine" is doing a lot of heavy lifting. It's not about perfect quiet times or pretty handwriting. It's five minutes a day to be honest with God and with yourself.

Some days you'll write a whole page. Some days you'll write "help." Both count.

I'm so glad you're here.

Melz

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Scripture quotations are from the King James Version (KJV).



The 5-Minute Reset

HOW TO USE THIS JOURNAL



1. Light a candle

or just turn on a lamp. We're not fancy.



2. Make your tea

or hot chocolate. This part is non-negotiable.



3. Phone face down

everything else can wait five minutes.



4. Read the verse

then read it one more time, slowly.



5. Fill in the page

skip anything you want. There's no wrong way.

Missed a day? Don't start over.

Just pick up where you left off. Grace, remember?



WEEK 1

When I'm Tired

Rest, permission to stop, and letting God hold you

DAY 1 Date _____



You're Allowed to Stop

WHEN I'M TIRED

> *"Come unto me, all ye that labour and are heavy laden, and I will give you rest."*
> MATTHEW 11:28

TODAY FEELS: 🍯 sweet 🌶️ spicy 🌶️🌶️🌶️ extra spicy

TODAY'S QUESTION

What made you tired today, and I mean really tired, not just "busy"?

WHAT I'M CARRYING

WHAT I'M HANDING TO GOD

SMALL THANKS

1.
2.
3.

ONE SMALL NEXT THING

"Lord, I'm tired. Here's what I can't hold anymore…"

Rest isn't quitting. It's trusting Him to hold what you put down.

DAY 2 Date _____



The Three-Word Prayer

WHEN I'M TIRED

> *"Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered."*
>
> ROMANS 8:26

TODAY FEELS: 🍯 sweet 🌶️ spicy 🌶️🌶️🌶️ extra spicy

TODAY'S QUESTION

If you could only say three words to God right now, what would they be? Write them big.

WHAT I'M CARRYING

WHAT I'M HANDING TO GOD

SMALL THANKS

1. _____
2. _____
3. _____

ONE SMALL NEXT THING

"Lord, help. That's it. That's the prayer."

He's not grading your prayers. He's holding you.

DAY 3 Date _____



Fill Your Cup First

WHEN I'M TIRED

> *"He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul."*
>
> PSALM 23:2–3

TODAY FEELS: 🍯 sweet 🌶️ spicy 🌶️🌶️🌶️ extra spicy

TODAY'S QUESTION

When did you last do something just because it filled your cup? What's one small thing that does that for you?

WHAT I'M CARRYING

WHAT I'M HANDING TO GOD

SMALL THANKS

1. _____
2. _____
3. _____

ONE SMALL NEXT THING

"Lord, lead me to the still waters today, even if it's just five minutes with my tea…"

You can't pour from an empty mug. Herbal tea counts as self-care. I checked.

DAY 4 Date _____



Be Still

WHEN I'M TIRED

"Be still, and know that I am God."
PSALM 46:10

TODAY FEELS: 🍯 sweet 🌶️ spicy 🌶️🌶️🌶️ extra spicy

TODAY'S QUESTION

What's the noisiest thing in your life right now: a person, a worry, your phone, your own head? What would five quiet minutes away from it look like?

WHAT I'M CARRYING

WHAT I'M HANDING TO GOD

SMALL THANKS

1. _____
2. _____
3. _____

ONE SMALL NEXT THING

"Lord, help me hush everything else long enough to hear You…"

Still doesn't mean the house is quiet. It means your heart gets to sit down.

DAY 5 Date _____



Running on Empty

WHEN I'M TIRED

> *"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."*
>
> ISAIAH 40:31

TODAY FEELS: 🍯 sweet 🌶️ spicy 🌶️🌶️🌶️ extra spicy

TODAY'S QUESTION

Where are you trying to run on your own strength? What would "waiting on the Lord" look like there this week?

WHAT I'M CARRYING

WHAT I'M HANDING TO GOD

SMALL THANKS

1. _____
2. _____
3. _____

ONE SMALL NEXT THING

"Lord, I've been running on fumes. Renew what I can't…"

You weren't made to run on empty. Refills are free, friend.



Loved these 5 days?

The full 30-day Hard-Day Reset Journal has 25 more days, weekly check-ins, a prayer list and hard-day verse cards.

Find it on Etsy
thesweetspice.etsy.com

Daily encouragement on TikTok @lifes.sweetspice
and Instagram @the.sweetspice

with love, Melz