

21 days to get closer to yourself

A journaling challenge
one question a day



Emilie Chanon

Welcome

Why this challenge

We keep a lot in our heads and very little on paper.

This challenge gives you a simple daily practice: one question a day, for 21 days, about fifteen minutes each time. You don't need to write well. You need to sit down and start.

The questions follow the way I work in sessions: first you notice what is there, then you look at where it comes from, then you decide what changes.

Emilie

How to use this guide

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Why writing helps, how to set up your practice, five rules, what to expect, choosing your method

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One question a day, a review at the end of each week

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Deeper questions, after 21 days, when writing brings up a lot

Meet Emilie · 21

What you need: a notebook you like, a pen, fifteen minutes a day. Print the review pages if you can.

Why writing helps

When a thought stays in your head, it goes round in circles. On paper, you can look at it.

Writing every day gives your mind a place to put things down. Many people notice they feel calmer after writing, and see more clearly what matters and what doesn't.

It also shows you what you repeat. After a few days, you start to recognise the same worries, the same people, the same questions. That is where the work begins.

Prepare

Set up your practice

SPACE · A quiet place where nobody interrupts you. Sit upright and comfortable.

TIME · The same moment each day, 5 to 20 minutes. Set a reminder on your phone.

MORNING OR EVENING · In the evening, writing helps you put the day down. In the morning, it sets the tone for the day ahead. Choose one and keep it for 21 days.

A NOTEBOOK YOU LIKE · You should want to pick it up.

DATE AND TITLE · Date each entry. Add a short title once you've finished: it helps you find your way back later.

Five rules for writing

WRITE NATURALLY
No form, no structure. Follow your thoughts.

WRITE QUICKLY
If you get stuck, keep the pen moving. It doesn't have to make sense yet.

WRITE HONESTLY
Nobody reads this but you.

DON'T CORRECT
Spelling and style don't matter here.

REREAD AT THE END
Read your entry, then add one or two sentences: what do I notice?

What to expect

The first days may feel awkward. Some days you'll write pages, some days a few words. Both count.

Emotions may come up that surprise you. Let them come, and keep writing.

After a few days, your head may feel clearer when you close the notebook. If one subject keeps coming back, pay attention to it: it is often the one that matters most.

Choose your method

Choose one method for the 21 days. The daily questions work with all three.

METHOD 1 · YOUR DAY

Write what happened, what you felt and how you reacted. Then reread and add one sentence: what do I notice?

METHOD 2 · ONE THEME

Stay with one subject for 21 days: a fear, a decision, gratitude, a goal. Start your sentences with “I feel”, “I think” or “I wonder”.

METHOD 3 · A PAST STORY

An event that still weighs on you. Go gently. If it brings up more than you can hold, stop and read page 18.

My method for the 21 days: _____

Your 21 days



Three weeks, one question a day.
Week 1, you notice. Week 2, you look at where things come from.
Week 3, you choose what changes.



Notice

Where am I right now?
Body and energy: see what is here before trying to change it.

DAY 1
What is taking most of my energy at the moment?

DAY 2
Where do I feel tension in my body today? Since when?

DAY 3
What did I say yes to this week when I wanted to say no?

DAY 4
Which person or situation leaves me lighter? Which one leaves me heavier?

DAY 5
What am I tired of pretending?

DAY 6
What did I feel today that I didn't express?

DAY 7
What do I need more of right now, and less of?

Week 1 review

My energy this week, from 1 to 10: _____

What came up more than once?

_____

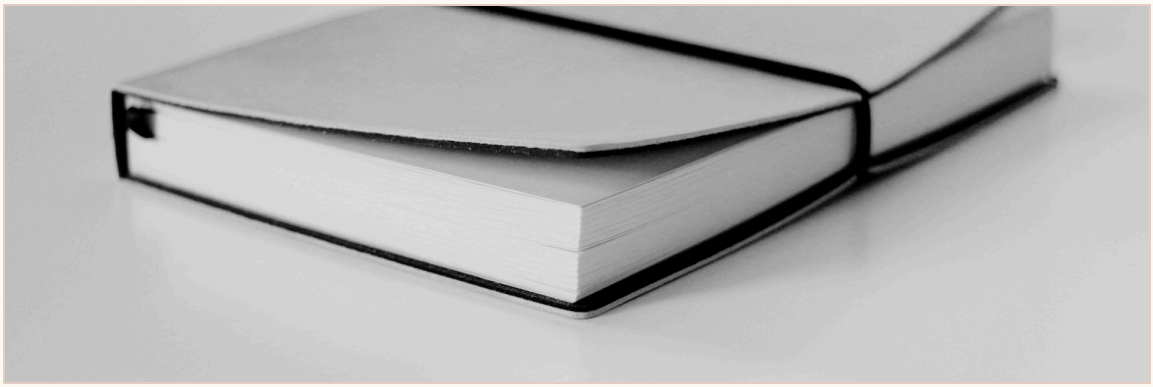
What surprised me?

_____

One sentence to sum up the week:

_____





Understand

Where does this come from? Meaning: the pattern, the belief or the family story behind what you noticed.

DAY 8 · Which situation keeps repeating in my life, with different people?

DAY 9 · When did I first feel this way? How old was I?

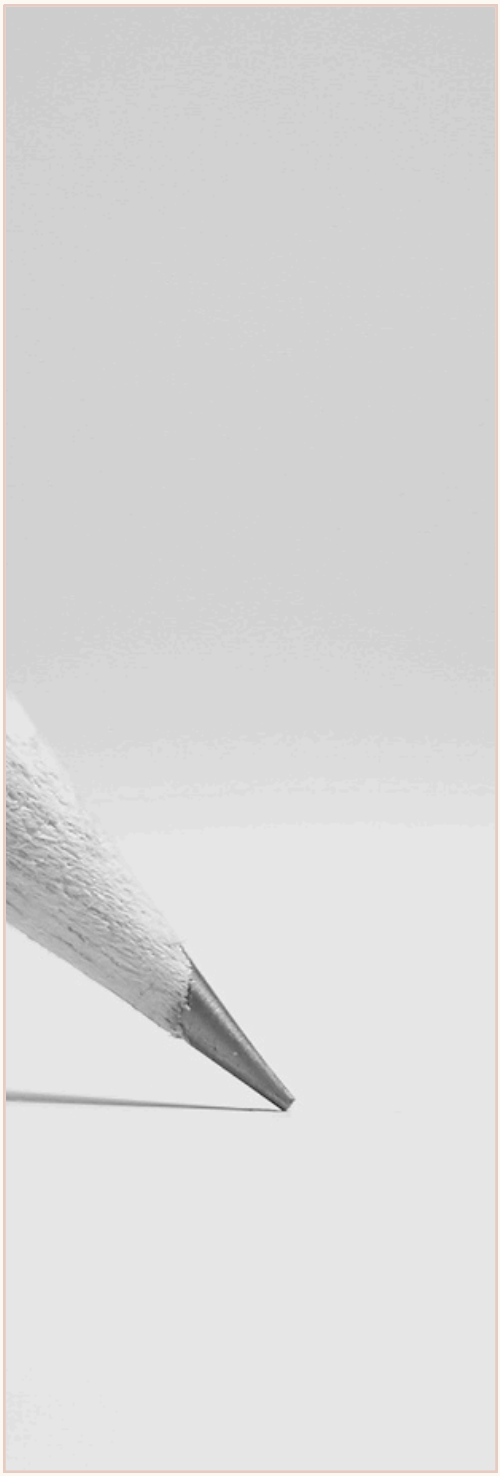
DAY 10 · Which belief about myself do I repeat without checking it?

DAY 11 · What did I learn in my family about rest, money, love or anger? Choose one.

DAY 12 · Whose voice do I hear when I criticise myself?

DAY 13 · What am I carrying that may not be mine?

DAY 14 · What would I tell my younger self about this?



Week 2 review

My energy this week, from 1 to 10: ____

What came up more than once?

_____

_____

What surprised me?

_____

_____

One sentence to sum up the week:

_____

_____

Choose

What changes now? Life: the decision, the conversation, the boundary.

DAY 15 · What do I want to keep from the first two weeks?

DAY 16 · Which decision have I been postponing? What is it costing me?

DAY 17 · One boundary I want to set: with whom, and how will I say it?

DAY 18 · What does a good day look like for me, in concrete terms?

DAY 19 · What can I stop doing this week?

DAY 20 · One small action I will take in the next 48 hours.

DAY 21 · A letter to myself, to read again in three months.





Week 3 review

My energy this week, from 1 to 10: ____

What came up more than once?

_____

_____

What surprised me?

_____

_____

One sentence to sum up the week:

_____

_____

Going deeper

When a subject keeps coming back, these questions take you further. Answer without judging yourself.

- What happened, exactly?
- How do I see it?
- What do the people close to me expect, or think?
- How did I react: feeling, emotion, action?
- Why did I react like this?
- How does it affect my life today?
- What should I do less of, and more of?
- What do I continue? What do I start?

ANOTHER POINT OF VIEW

Choose an event and write it again from someone else's point of view: a parent, a friend, or yourself at a younger age. You will often see something you couldn't see from your own place.

After 21 days

Reread your first week before you answer.

1. What has changed between day 1 and day 21?

2. Which question was hardest to answer? Why?

3. What did I discover about myself?

4. Do I keep writing? When, and for how long?

Take care

When writing brings up a lot

Writing about the past can open things that are hard to hold alone.

If you feel overwhelmed: stop, breathe, put your feet on the floor and come back to the room you're in. Talk to someone you trust. You can come back to the question another day, or never.

If it doesn't settle, get support. A therapist, a doctor, or a session where we look at it together. Writing helps you see. It doesn't replace care.

Some patterns have older roots, sometimes in the family system. This is the work I do in private sessions and family constellations.

What clients say

"Emilie has helped me through pivotal points in my life — instilling clarity, rebuilding confidence and opening me up to new possibilities."
SOPHIE · PARIS

"Thank you for shifting physical and emotional blockages I didn't know I had. I feel so much lighter."
MICHELLE · HONG KONG

"I tend to be skeptical about energy practitioners. Emilie's professionalism and depth of experience stood out immediately."
LAN DO · VIETNAM

we begin there

If your writing keeps bringing you back to the same place, we can look at it together:

- **1:1 Private Session:** online, in person or at a distance.
- **Start Here – Free Connection Call:** 15 minutes to find the right session for you. More free guides on my website: Reclaim Your Energy and What Is Energy Healing.

Questions?

Contact me: emilie@emiliechanon.com

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Emilie Chanon

Meet Emilie



I'm Emilie Chanon. I work where energy, intuition and grounded coaching meet, to help you **recognise your patterns and change what keeps repeating.**

Twelve years between international wellness leadership and deep transformational work. Today: private sessions, group activations and Reiki trainings, in France, Vietnam and online.

Emilie