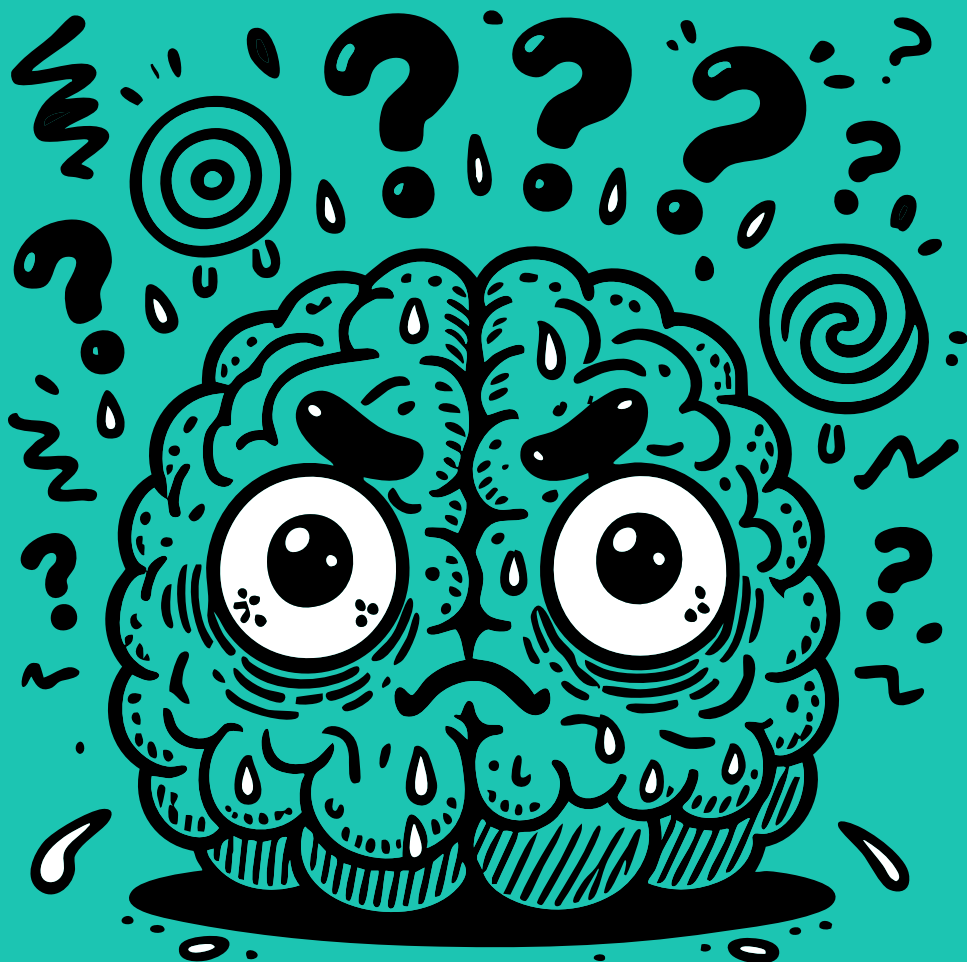


A TOOL DESIGNED TO FREE YOUR MIND
UNDER TEN MINUTES, WHEREVER YOU ARE.

small Pent paper
MICRO-JOURNALING
for
OVER-THINKERS



L U I S S O U S A

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Micro-Journaling for Over-thinkers

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INTRODUCTION

Imagine your brain as a laptop with too many tabs open. Each one pings or slows you down. Eventually, the fan whirs, everything lags, and the battery dies. That's overthinking, too many loose thoughts fighting for space.

Life keeps adding tabs: What should I wear? How do I respond? Why haven't they replied? Social media, news, and to-do lists pile on more. Micro-journaling is like closing those tabs.

Here's how it works:

- **Write it down:** Your brain treats unwritten thoughts like open tasks. Writing them down frees mental space.
- **Spot patterns:** Seeing your words on paper turns tangled thoughts into clear ones.
- **Set a rhythm:** A morning dump, midday check-in, and evening reflection help shape your day.
- **Name your feelings:** Labelling emotions calms your nervous system and turns chaos into clarity.

Your daily rhythm (10 minutes total):

- **Morning Brain-Dump (4 min):** Before distractions, empty your head onto paper. No editing. Just clear yesterday's clutter so today starts lighter.
- **Midday Check-In (2-3 min):** Pause and ask: What's going well? What's draining me? Jot one simple fix.
- **Evening Unwind (3-4 min):** Write one win and one challenge. Thank yourself for the effort, set a gentle intention for tomorrow.

You don't need a special notebook. A scrap of paper or your phone's notes app will do. Tie it to habits you already have. While your coffee brews, after lunch, before bed.

Why It Works

- **Mental clarity:** Writing frees up brain space and helps you make better decisions.
- **Emotional reset:** Naming a feeling cools your stress response and boosts problem-solving.
- **Lasting change:** Tiny, repeated actions actually reshape your brain (yes, really).

People who stick with this notice calmer afternoons, better focus, and easier sleep. Over time, 10 minutes a day builds real momentum.

This guide gives you:

- Easy-to-use science
- Fast prompts for busy days
- A 30-day jumpstart
- Tips for roadblocks
- Real stories from real people

It's not a chore. If you miss a day, just start again. You've already chosen clarity. Let's go.

30-DAY MICRO-JOURNALING CHALLENGE

Here's a simple, 30-day micro-journaling challenge designed for over-thinkers. Each day's prompt is grounded in research, and the "why it matters" keeps you focused on the benefit. Keep each entry brief, just a couple minutes and watch how these small acts of writing can quiet over-thinking and build mental clarity.

Happy journaling!

MEDICAL & USAGE DISCLAIMER

The information presented in this book is intended for educational and self-development purposes only. It is not intended to diagnose, treat, cure, or prevent any medical or mental health condition.

Micro-journaling is a supportive tool designed to complement, not replace, professional advice, therapy, or treatment. If you are experiencing severe emotional distress, anxiety, depression, or other mental health challenges, please seek the guidance of a licensed mental health professional or medical provider.

Use this book as a resource to enhance your personal growth and self-awareness, but always trust qualified professionals to guide your care when necessary. Individual experiences and outcomes may vary.

By engaging with this material, you acknowledge personal responsibility for your health decisions and understand that the author and publisher are not liable for any actions taken based on the content provided.

If you are in immediate distress, please seek help from a mental health crisis line or medical professional in your area.

**YOUR MIND NEVER TAKES A DAY OFF
NOW IT DOESN'T HAVE TO RUN THE SHOW.**

Micro-Journaling is like a tiny pause you can carry in your pocket. Just a few lines a day to clear the mental clutter, grab what really matters, and move on with a calm, clear head.

Inside, you'll learn to:

- Sort out big ideas in just a couple of minutes
- Turn endless “what-ifs” into “what’s next”
- Spot what’s draining your energy and swap in habits that help
- Track your progress without chasing perfection

No big words or long theories, just simple prompts and quick exercises you can do anytime. Morning coffee? Late-night mind race? These pages meet you where you are and leave you feeling lighter.

You’ve already made the hardest choice: giving yourself some space. Flip open, write your first line, and feel the confidence of a mind you can trust.

