TRUST AI™

A FREE COMPANION TO THE AI-FRIENDLY WELLNESS JOURNAL

The 7-Day *Activation Guide*

Your first week with
The AI-Friendly Wellness Journal

A short, practical companion to help you begin a reflection practice and shape it around your own life, one day at a time.

Think better, not faster.

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YOUR FIRST WEEK AT A GLANCE

Seven days. *One habit.*

DAY 01

Intention

Set your why. Write freely about what drew you to this journal and what you hope to notice.

→ Complete Theme 1, Gratitude: Prompt 1

DAY 02

Structure

Get to know the twelve themes and choose how you'll move through them: in order, by theme, or wherever you're drawn.

→ Complete one prompt from your chosen path

DAY 03

The optional AI mirror

Write by hand first. If you use AI at all, give it only the general prompt and keep your entry to yourself.

→ Optional: ask AI one general deepening question

DAY 04

Habit

Choose a time, a place and a length. Sweet spot: about 10 minutes. Bare minimum: three lines.

→ Complete today's prompt

DAY 05

Depth

Go beyond the first answer with the Why-Ladder, the opposite angle, specific detail or pattern spotting.

→ Notice what emerges at level 2 or 3

DAY 06

Integration

Re-read the week's entries. Look for patterns, surprises and recurring themes.

→ Write one insight to carry forward

DAY 07

Reflection

Review your first week: what you learned, what resonated and what you'd like to explore next.

→ Choose your Week 2 focus theme

Think better, not faster.

WELCOME

Welcome to your *reflection practice.*

Thank you for choosing to think better, not faster. The AI-Friendly Wellness Journal brings together long-standing reflection practices with the optional use of AI, as a mirror and never a substitute for your own thinking.

OVER THE NEXT SEVEN DAYS, YOU WILL

- Set up a reflection practice that fits your week
- Get to know how the journal is structured
- Complete your first prompts
- Try AI mindfully, or choose not to
- Build a simple, sustainable habit

> **BEFORE YOU BEGIN**
>
> Participation is optional. Skip any question, write briefly, or stop at any time. Experiences vary, and change may not be immediate. If reflection feels distressing, pause and consider seeking support (see Further Support at the back of the journal). This guide and the journal are for personal reflection; they are not therapy or medical advice.

DAY 01

Set your *intention*

> WHY THIS MATTERS
>
> *Knowing why you're here makes it easier to keep coming back. When you know what you're looking for, each prompt becomes a conversation with purpose.*

Today (about 10 minutes)

Write freely on these questions:

- *What drew me to this journal?*
- *What would I like to notice or understand about myself?*
- *What does "think better, not faster" mean to me right now?*

Your first prompt

Turn to Theme 1, Gratitude, and complete Prompt 1. Read the epigraph and let the words settle before you write. Notice how it feels to slow down.

☐ Done. I've set my intention.

DAY 02

Understand the *structure*

WHY THIS MATTERS

Structure creates freedom. Knowing how the journal works helps you use it in the way that suits you best.

The journal is organised into twelve themes of nine prompts each, grouped here into four phases. Each phase builds on the last, so reflection can deepen over weeks and months.

01 · WEEKS 1–3
Foundation
Gratitude · Mindfulness · Resilience

02 · WEEKS 4–6
Self-Awareness
Self-Compassion · Balance · Empowerment

03 · WEEKS 7–9
The Shift
Connection · Purpose · Joy & Celebration

04 · WEEKS 10–12
Integration
Creativity & Flow · Growth · Cognitive Clarity

THREE WAYS TO USE THE JOURNAL

In order
One prompt a day through all twelve themes, across roughly 90 days.

By theme
Pick the theme that matches life right now and spend several days with it.

Intuitively
Open anywhere and trust the prompt that finds you.

YOUR MOVE

1 Choose a path: in order, by theme or intuitively

2 Complete one prompt from your chosen path

3 Jot one sentence: what insight emerged?

☐ Done. I've chosen my path.

DAY 03

The optional *AI mirror*

WHY THIS MATTERS

AI can be a useful mirror, as long as you stay in charge of what you share and what you make of the response.

AI is entirely optional. The journal stands fully on its own.

KEEP YOUR ENTRIES PRIVATE

- Give AI only the general prompt. Keep your journal entry to yourself.
- If context helps, use a fictional or generalised example.
- Leave out names, contact details, health and workplace information, and anything that identifies you or other people.
- Don't upload photos or scans of your pages.

GENERAL QUESTIONS TO TRY

- *"What questions could help someone reflect more deeply on gratitude?"*
- *"Offer three different angles a person might explore on this theme."*
- *"What question might take a reflection like this one level deeper?"*

Skip AI when you're processing heavy emotion, want privacy, or the entry already feels complete.

Example

You've written about your morning coffee. Instead of sharing the entry, ask: *"What can a small daily ritual like a morning coffee represent beyond the habit itself?"* It might suggest ritual, pause, warmth or transition. Take any angle that resonates back to your page.

AI tools can be inaccurate, and nothing an AI says is an authoritative assessment of you or anyone else. Don't use AI to diagnose a condition, make treatment decisions or seek emergency support, and don't assume an AI conversation is confidential.

YOUR MOVE

1. Complete one journal prompt by hand
2. (Optional) Ask AI one general question about the prompt's theme, without sharing what you wrote
3. Return to your page and add anything that resonates
4. Decide: did AI add value?

☐ Done. I've experimented with AI (or chosen not to).

DAY 04

Build your *habit*

WHY THIS MATTERS

Reflection builds over time. Patterns that are hard to see after three entries can become clearer over weeks, so the journal tends to become more useful the longer you keep going.

ENVIRONMENT

A quiet corner, distractions away, a pen you like. Optional: soft music or a candle.

TIMING

Morning to set intention, evening to integrate, or any time you'll actually do it.

LENGTH

Sweet spot: about 10 minutes. Quick win: 5 minutes on the prompt. Bare minimum: three lines.

Example routine

7:10 am. Make tea. Open the journal. Complete the prompt. Close with one sentence of intention.

YOUR MOVE

1. Set a calendar reminder for your chosen time tomorrow
2. Complete today's prompt
3. Notice: did your environment and timing work? Adjust as needed.

☐ Done. I've built my system.

DAY 05

Go *deeper*

WHY THIS MATTERS

The first answer is often the surface. Insight usually sits one or two questions below. Learning to dig deeper turns journaling from recording thoughts into discovering what you actually think.

01 · WHY-LADDER

Answer, then ask "Why is that important?" Repeat three to five times until you reach the root.

02 · OPPOSITE ANGLE

Ask: "What would the opposite perspective reveal?"

03 · SPECIFICITY

Trade generalities for vivid detail. The richer the detail, the deeper the insight.

04 · PATTERN SPOTTING

Ask: "Where else has this shown up in my life?"

A WHY-LADDER IN PRACTICE

LEVEL 1	"I value my morning routine."
LEVEL 2	Why? "It gives me a sense of control over my day."
LEVEL 3	Why? "Feeling in control helps me stay calm."
LEVEL 4	Why? "When I'm calm, I do my best work."
LEVEL 5	Why? "My best work connects to what matters to me."

YOUR MOVE

1. Pick any prompt from your journal
2. Write your first answer
3. Choose one technique and go deeper
4. Notice: what emerged at level 2 or 3 that wasn't visible at level 1?

☐ Done. I've practised going deeper.

DAY 06

Re-read to *integrate*

> WHY THIS MATTERS
>
> *Your pages can gain value over time. Re-reading can reveal growth, patterns and insights you'd forgotten.*

When you revisit your entries, you may notice threads you couldn't see in the moment: shifts in perspective, recurring questions, signs of change. Each theme in the journal ends with a short closing note to help you pause and take stock.

QUESTIONS FOR YOUR RE-READ

— *What patterns do I notice?*

— *What surprised me?*

— *What do I want to remember?*

YOUR MOVE

1. Re-read this week's entries
2. Answer the three questions above
3. Write a brief note to your future self capturing one key insight

☐ Done. I've integrated this week's reflections.

DAY 07

Week-one *review*

> WHY THIS MATTERS
>
> *The quality of your questions shapes the quality of your answers. Week one taught you the mechanics. Now refine the practice based on what you've learned about yourself.*

Take 15 minutes to reflect on your first week

- *What did I discover about myself?*
- *Which theme resonated most, and why?*
- *What felt challenging, and what felt easy?*
- *Has my relationship with technology shifted?*
- *What do I want to explore next?*

YOUR MOVE

1. Choose your Week 2 focus theme
2. Confirm your reflection time (keep it or adjust it)
3. Make one small adjustment based on what worked this week

☐ Done. I've set my direction for Week 2.

> WEEK 2 STARTER PROMPT
>
> *"In the last seven days, what is one small moment you're genuinely proud of, and why does it matter more than you first thought?"*

Bonus: if it feels right, share one meaningful sentence from your week with someone you trust.

WHAT'S NEXT

You've completed *week one.*

Your 90-day practice continues from here. A few companion resources can help you keep the momentum, and none of them requires an account or email address.

AT THE END OF EACH PHASE

Monthly Reflection Templates

Four one-page reviews to help you look back, spot patterns and choose what to carry forward.

trustai.au/journal-templates

ANYTIME

Journal resources

This guide, sample AI prompts by theme and the latest companion resources for the journal.

trustai.au/journal

GO FURTHER

The Trust AI™ Library

Cognitive Debt names the problem. *The Cognitive Clarity Method™* builds the system. The journal sustains the practice.

trustai.au/books

JOIN THE CONVERSATION

#TrustAIJournal

If you'd like to, share one insight from your practice. Share only what you're comfortable making public.

hello@trustai.au

Thank you for choosing to think better with me. Your reflection practice matters.

Anam Munshey Thomas

Founder, Trust AI™

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