21-Day Reiki Journal

Printable pages for the twenty-one days after your attunement

What is this journal for?

The twenty-one days after a Reiki attunement are the days you give yourself Reiki every day and the energy settles in you. Sleep, dreams and feelings can shift during this time. Writing them down helps you meet those ups and downs more calmly, and lets you see your own progress.

The journal works even if you have not been attuned: setting aside a few minutes every day for twenty-one days and noting how you feel is a good habit in its own right.

How to use it

1. After your self-Reiki each day, fill in that day's box. Two minutes is enough.
2. For **mood** and **sleep**, mark a circle from 1 (difficult) to 5 (very good).
3. Under **What I noticed today**, a single sentence is enough: a feeling, a dream, a thought.
4. Every seventh day, stop, read that week's notes from the start and sum them up in three sentences.
5. If you miss a day, do not blame yourself; simply carry on the next day.

Reiki does not replace medical diagnosis or treatment; see your doctor for any health concern.
You are welcome to print this journal free of charge for personal use and to share it with anyone. · sifareiki.com/en

DAY 1

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

DAY 2

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

DAY 3

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

DAY 4

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

DAY 5

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

DAY 6

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

DAY 7

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

The week in three sentences

Day 8

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 9

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 10

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 11

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 12

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 13

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 14

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

The week in three sentences

Day 15

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 16

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 17

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 18

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 19

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 20

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

Day 21

Date _____

☐ I gave myself Reiki Time _____ min Mood 1 2 3 4 5 Sleep 1 2 3 4 5

What I noticed today

The week in three sentences

At the end of the 21 days

Read the pages of your first week again. What has changed since then?

At what time of day was self-Reiki easiest for you?

In which position or at which moment did you feel the most?

How much time would you like to give yourself each day from now on?

Yücel Durmaz · Reiki Master/Teacher since 2004

Learn Reiki at a distance, and a guide to self-Reiki: sifareiki.com/en