

UNWIND WITH ANU

Your Personal Journal System

*A three-part practice for
clarity, self-awareness, and
intentional living*

Anu Taksali

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WHO IS ANU TAKSALI

The person behind this journal.



Anu Taksali is a Clarity and Growth Strategist, TEDx Speaker, NLP Master Coach, Reiki Master, Counsellor Psychologist, Child Psychologist, and Certified Emotional Intelligence Coach. Her work sits at the intersection of mindset, human behaviour, and intentional living.

She is the author of ***A Life That Breathes*** — a science-backed guide to understanding why you're exhausted and how to redesign the life that is causing it. She has helped thousands of entrepreneurs, professionals, and women founders find clarity in their thinking, direction in their life, and confidence in their work.

Her mission is to transform 100 million lives by helping people develop clarity, self-awareness, and purposeful direction. She does this through coaching, speaking, writing, and through tools like the one you are holding right now.

Anu's approach rests on one central belief:

"Most people struggle not because they lack ability — but because they lack clarity. Clarity of identity. Clarity of direction. Clarity of strategy. When clarity arrives, everything else begins to fall into place."

— Anu Taksali

CONNECT WITH ANU

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Three parts. One practice.

This is not a journal. It is a system — three distinct tools designed to work together. Each part serves a different purpose and is used at a different frequency.

PART ONE — This Welcome Guide

Read once.

You are reading it now. This PDF is your introduction to the system, to Anu, and to the philosophy behind this practice. Read it once, slowly. Then set it aside. It is here whenever you want to revisit it.

PART TWO — My Foundation

Fill in once. Return as you grow.

This is your personal foundation document. Your name, your values, your vision, your mission, your beliefs, and your goals. These things do not change daily — but they are the anchor that makes the daily practice meaningful. Fill this in thoughtfully, once. Review and update it every few months or whenever something significant shifts in your life.

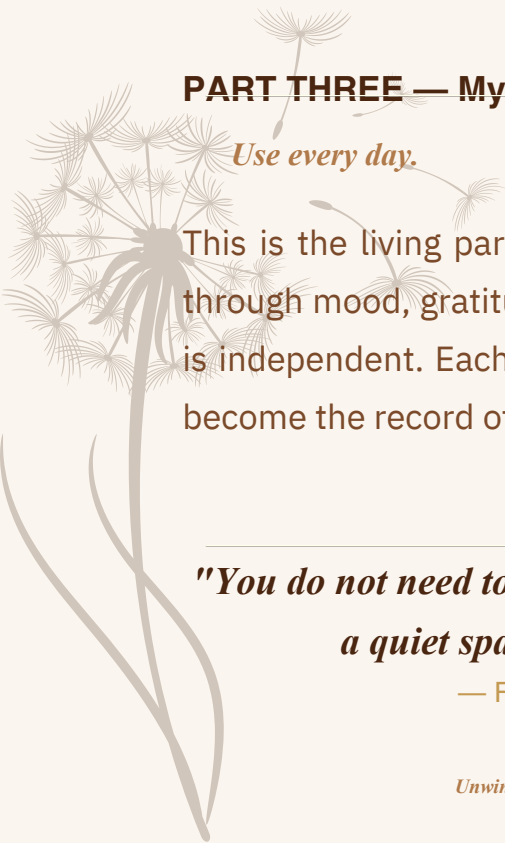
PART THREE — My Daily Journal

Use every day.

This is the living part of the system. A 10-minute daily practice that takes you through mood, gratitude, intention, reflection, emotions, and release. Each entry is independent. Each entry downloads as a dated PDF. Over time, these entries become the record of your growth.

"You do not need to complete every prompt or write in order. You simply need a quiet space and a willingness to be honest with yourself."

— From the Journaling Companion, A Life That Breathes



Simple. Honest. Yours.

A few guidelines for getting the most from this practice:

1. Set aside 10–15 minutes.

The daily journal is designed for 10 minutes. Not an hour. Not a weekend. Just 10 minutes of honest writing each day adds up to something significant over time.

2. Write for yourself, not for an audience.

There are no correct answers here. The quality of this practice is in the honesty of the noticing — not the beauty of the writing. Write messily. Write honestly. No one else needs to read it.

3. Start where it feels most alive.

If a prompt does not land today, skip it and return when it is ready. Begin with whatever feels most urgent, most tender, or most unresolved. That is usually the right place to start.

4. Download your daily entries.

Each daily journal entry can be downloaded as a PDF. Over time, these become a personal archive of your growth — entries you can read back to understand how far you have come.

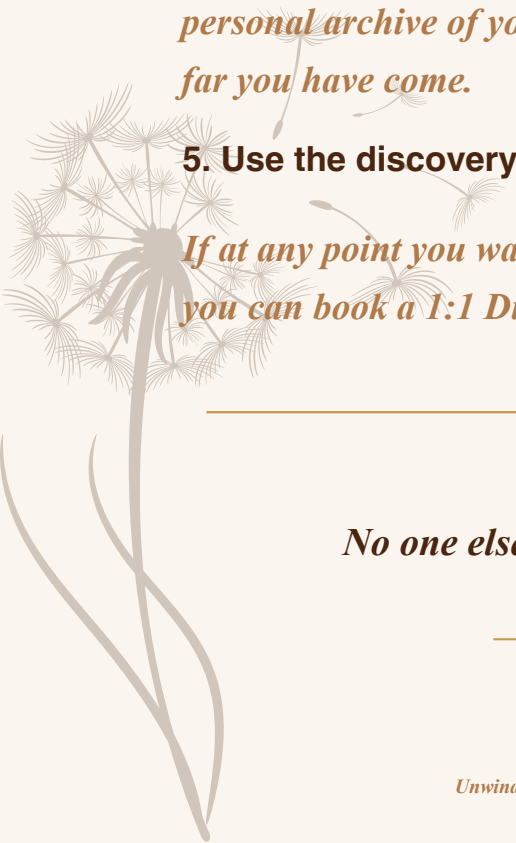
5. Use the discovery call when you need a thinking partner.

If at any point you want to work through what is coming up with Anu personally, you can book a 1:1 Discovery Call. The link is at the end of this guide.

"This journal is yours.

No one else needs to read it. That freedom is the point."

— A Life That Breathes, Journaling Companion



WHAT TO EXPECT

What this practice will do for you?

In the first week, you will notice how much you have been carrying without naming it. The act of writing — even 3 sentences — begins to create space between you and your experience. That space is where clarity lives.

In the first month, you will start to see patterns. The same worries, the same open loops, the same things you keep releasing and picking back up. Seeing the pattern is the beginning of changing it.

Over time, you will begin to feel more like yourself. Not the version of yourself that is responding to everyone else's needs. The version that knows what it wants, what it values, and where it is going.

"Clarity creates confidence. Confidence creates action.

Action creates transformation."

— Anu Taksali

READY TO GO DEEPER?

Book a 1:1 Discovery Call with Anu. A personal 40-minute coaching conversation to map your clarity, understand your patterns, and find your next aligned step.

Book Your Discovery Call with Anu

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