



# Your Rising Horizon Journal

A SOV-LINE™ Companion Tool

PREPARED FOR

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MY RISING HORIZON

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A ZEST FOR LIFE LLC · SOV-LINE™ FRAMEWORK

WELCOME

## How to Use This Journal

*You've already done the brave part — you took an honest look at where you stand. This little journal simply picks up from there.*

Your Self-Assessment surfaced one Horizon where your reactive patterns have been the loudest lately. We call that your Rising Horizon, and it's the only thing this journal is about. Not all seven. Just the one asking for your attention right now.

You also have an Active Horizon — a place where you already stand fairly steady. Think of it as a resource, not a separate assignment. A couple of times this week, you'll be invited to borrow its strength.

There's no right way to fill these pages. Some days you'll write a paragraph; some days, three honest words will do. Write what's true, not what sounds good.

Bring whatever you notice back to our next session. That's where we'll go further with it.

BEFORE YOU BEGIN

# Naming Your Horizon

Fill this in once, here at the start. You'll see these names echoed throughout the week — this page makes the rest of the journal speak directly to you.

My Rising Horizon this week is:

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The Below the Line pattern I'm watching for is:

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What it usually sounds or feels like when this pattern shows up:

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My Active Horizon — the place I already stand steady, and can borrow from this week:

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## Day One - NOTICING

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*Before you write anything else, just notice. Where in your body do you feel [Below polarity] when it shows up – tight jaw, held breath, a knot somewhere? Describe the sensation, not the story.*

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## Day Two - CATCH YOURSELF

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*Today, try to catch [Below polarity] in the act — the exact moment it starts, not an hour later when you're replaying it. What was happening right before? Who was there, or what had just been said?*

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## Day Three - SMALL EXPERIMENT

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*Pick one small, real moment today to practice [Above polarity] on purpose — not a grand gesture, just one instance. What did you choose to do differently, and what happened in the seconds right after?*

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## Day Four - BORROWING STRENGTH

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*You already know how to stand steady somewhere — your [Active Horizon] is proof of that. What does that steadiness actually feel like in you? And what is one piece of it you could lend to [Horizon Name] this week?*

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A reminder: you're not starting from zero. You're transferring a skill you already have.

## Day Five- NOTICING

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*Think of the last time [Below polarity] ran the show. If it had a voice, what tone would it use on you – pleading, scolding, panicked? Write down the actual words it tends to say.*

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## Day Six - CATCH YOURSELF

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*Today, the moment you feel [Below polarity] rising, pause and ask: what would [Above polarity] do right now, in this exact situation? You don't have to act on it yet — just name what it would look like.*

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## Day Seven - LOOKING BACK

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*Flip back through this week. What's one moment that surprised you — either because [Below polarity] showed up somewhere unexpected, or because you found your footing in [Above polarity] sooner than you thought you could?*

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CLOSING

## Before You Go

You spent a week paying attention to something most people spend a lifetime avoiding. That alone counts for something.

Don't worry about tying it up neatly. Bring these pages — messy handwriting and all — into our next session, and we'll keep going from exactly where you are.



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