

A 5-DAY JOURNAL FOR WOMEN WHO ARE TIRED OF SEARCHING

# Put Down the Jar

*5 Days to Stop Searching and Start Remembering*

5 minutes a day · 1 pen · 1 truth



START HERE

# You’ve been looking for yourself in all the wrong places.

The promotion. The planner. The “yes” you didn’t mean. You’ve filled the jar again and again, and you’re still thirsty.

That’s not because you’re broken.
It’s because **nothing out there was ever going to fill what’s in here.**

## Five days. Five minutes. One pen. Let’s go.

*Each day: read it · answer one question · make one small move · claim the win.*

DAY 1

# Stop Hiding

*John 4:1-9*



She went to the well at noon so no one would see her.

You know that move. The “I’m fine.” The perfect face over the tired heart.

**Jesus was already waiting.** He didn’t make her earn it. He just showed up.

TRUTH

***You don’t have to perform for the One who’s already there.***

ANSWER ONE QUESTION

## Where am I pretending I’m okay?

SMALL WIN · 30 SECONDS

Say it out loud: *“I’m done hiding.”*

**You just stopped hiding. That’s Day 1.**

DAY 2

# Name Your Jar

*John 4:10-15*



Every woman carries a jar. Achievement. Approval. Control. Busy. Pretty. Perfect.

It works for an hour. Then you're thirsty again.

The ache isn't a flaw. **It's a signal you were made for more.**

TRUTH

***Your thirst isn't weakness. It's a compass.***

ANSWER ONE QUESTION

## What am I using to fill myself up?

SMALL WIN · 1 MINUTE

Write your jar on a sticky note. Stick it where you'll see it today.

**You named what's been running your life. That's power.**

DAY 3

# Burn the Label

*John 4:16-19*



Jesus said everything she was afraid to say. **And he didn’t leave.**

She was fully known and fully loved, at the same time. That’s what you’ve been chasing everywhere else.

TRUTH

***The labels you’re wearing were never given by God.***

ANSWER ONE QUESTION

## What name have I been answering to that isn’t mine?

SMALL WIN · 1 MINUTE

Write that label on paper. Cross it out. Write one word God calls you instead.

**You just took back your name.**

DAY 4

# Fan the Flame

*John 4:20-26*



She wanted to argue about where to worship. He told her it's about **spirit and truth.**

Truth isn't something you earn. It's the flame that was lit in you before anyone told you who to be.

You don't have to create it. **You just have to stop smothering it.**

TRUTH

***The fire was never out. It's been waiting for air.***

ANSWER ONE QUESTION

## What did I love, believe, or dream before the world told me who to be?

SMALL WIN · 3 MINUTES

Sit in silence. Ask, *"What's true about me that I forgot?"* Write down the first thing you hear.

**You just heard your own voice. Don't lose it.**

DAY 5

# Leave the Jar

*John 4:28-30*



She left her jar and **ran.**

The woman who came at noon to avoid everyone now ran toward them. Not because she got fixed, but because she'd been **seen, named, and loved.**

TRUTH

***You were never empty. You were drinking from the wrong wells.***

ANSWER ONE QUESTION

**Finish this sentence: "I'm done searching for _____. I already am _____."**

SMALL WIN · 1 MINUTE

Set something down that represents your jar and leave it there all day.

**You put down the jar. This isn't the end. It's the beginning.**



# You just did what most women never do: you stopped long enough to hear yourself.

This is the beginning, not the end.
And you don’t have to walk the next step alone.

**JOIN THE WOMEN PUTTING DOWN THEIR JARS**

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