



# **Welcome to your 30-Day-Journey**

**So glad you are  
joining us!**

# 30-Day Self-Awareness Journal

*Reflect. Realign. Rise.*

A quiet space to write, by hand, with honesty and care

## Important Information

This 30-day self-awareness journey is a free and voluntary coaching resource designed to support your personal development. It invites reflection, inspiration, and mindful growth—but it is not therapy, nor a substitute for a holistic and professional advice.

No guarantees can be made regarding specific results or outcomes. What you take from this experience—and how you apply it—is entirely up to you. Your journey is your own.

**We trust your inner compass. We encourage you to stay open, curious, and kind to yourself as you explore.**

Please note: We do not accept liability for any unmet expectations or lack of results.

This offer is shared in good faith, and with the hope that it supports your self-discovery.

**Stay open. Stay responsible. Grow in your own way.**

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## How to use your journal

No tech, no pressure—just presence

### Daily Journal

Write a little each day. You'll find **30 daily prompts** to help you pause, realign, and grow—with space for honest, free writing.



Begin each page by filling in the **Theme, Motto, Idea,** and **Question of the day.** You'll find the four information in your daily post.



**Tip:** Set a timer for 5–10 minutes per entry. Let your thoughts flow.



**Just you, your thoughts, and a pen.**

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## Day 1

Begin each page by filling in the **Theme, Motto, Prompt,** and **Question of the day.**

### Theme

*Start With You!*

### Motto

*Every great journey begins  
with attention.*

### Prompt

*Today, give 5 minutes only to  
yourself and listen in.*

### ? Question of the day

*“What’s the first word that  
comes to mind when I think of  
myself today?”*



### Your Thoughts

*The first word that comes to mind today is:  
Becoming — I’m not finished, and that’s  
a good thing.*