



# **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

Motto

Prompt

 Question of the day

 Your Thoughts

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## Day 2

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

Theme

Motto

Prompt

? Question of the day



Your Thoughts



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## Day 3

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

Theme

Motto

Prompt

 Question of the day

## Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 4

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

Theme

Motto

Prompt

? Question of the day



Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 5

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

Theme

Motto

Prompt

? Question of the day



Your Thoughts



# 30-Day Self-Awareness Journal

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## Day 6

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# **Your Six-Day Reflection is ready!**

**Take a moment  
to look back.**



# Let's Keep the Spark Alive



Want to keep exploring or  
need a little guidance?



Reach out any time via email.



Your first email is warmly  
welcomed and always free.



If it grows into coaching or a  
strategy process, we'll shape  
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Thanks for your trust, curiosity,  
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[steffen@senscom-hrp.com](mailto:steffen@senscom-hrp.com)



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## Your Six-Days Reflection 1

### Question 1

### Your Thoughts

### Question 2

### Your Thoughts

# 30-Day Self-Awareness Journal

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## Your Six-Days Reflection 1

Question 3

 Your Thoughts

Question 4

 Your Thoughts



**Welcome to  
Your Next  
Stage**



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## Day 7

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 8

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

Theme

Motto

Prompt

 Question of the day

## Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 9

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

Theme

Motto

Prompt

? Question of the day



Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 10

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

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## Day 11

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

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## Day 12

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts



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## Your Six-Days Reflection 2

### Question 1

### Your Thoughts

### Question 2

### Your Thoughts



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## Your Six-Days Reflection 2

### Question 3

### Your Thoughts

### Question 4

### Your Thoughts



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## Day 13

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts



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## Day 14

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

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## Day 15

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

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## Day 16

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

Theme

Motto

Prompt

 Question of the day

## Your Thoughts

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## Day 17

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

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## Day 18

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts



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## Your Six-Days Reflection 3

### Question 1

### Your Thoughts

### Question 2

### Your Thoughts



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## Your Six-Days Reflection 3

### Question 3

### Your Thoughts

### Question 4

### Your Thoughts



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# 30-Day Self-Awareness Journal

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## Day 19

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 20

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 21

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 22

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

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## Day 23

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts



# 30-Day Self-Awareness Journal

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## Day 24

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

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## Your Six-Days Reflection 4

### Question 1

### Your Thoughts

### Question 2

### Your Thoughts

# 30-Day Self-Awareness Journal

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## Your Six-Days Reflection 4

### Question 3

### Your Thoughts

### Question 4

### Your Thoughts





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# 30-Day Self-Awareness Journal

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## Day 25

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 26

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 27

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# 30-Day Self-Awareness Journal

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## Day 28

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

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## Day 29

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts



# 30-Day Self-Awareness Journal

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## Day 30

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

Theme

Motto

Prompt

 Question of the day

 Your Thoughts

# **Your Integration & Closure is ready!**

**Take a moment  
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## Integration & Closure

### Question 1



### Your Thoughts



# 30-Day Self-Awareness Journal

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## Integration & Closure

### Question 2



### Your Thoughts



**We wish you  
exciting  
next steps**