

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

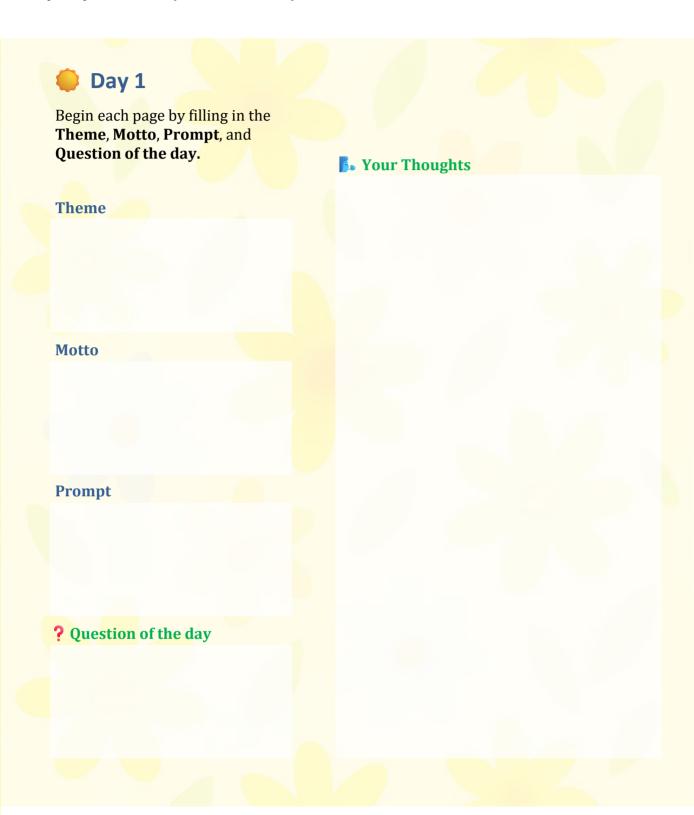
Daily Journal

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.

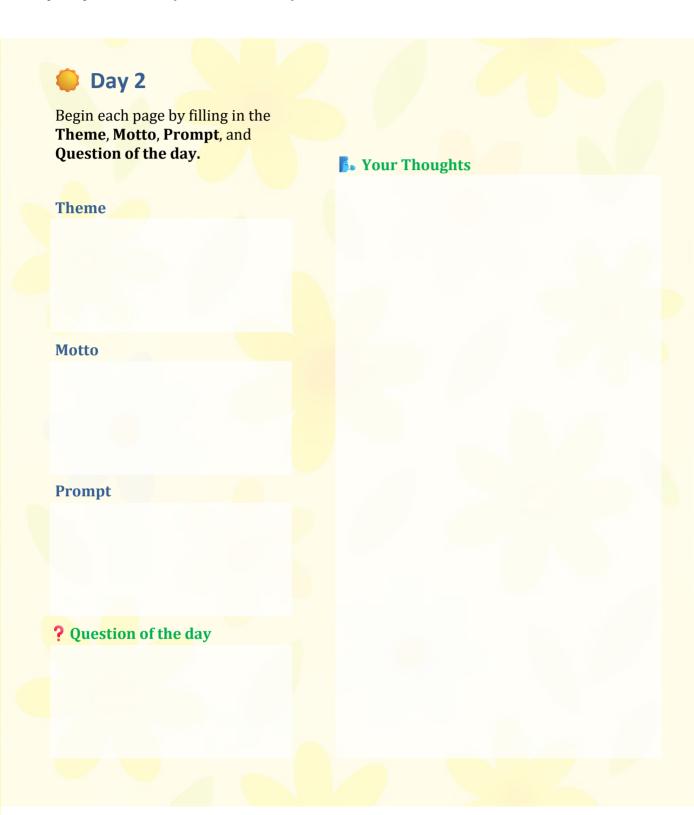


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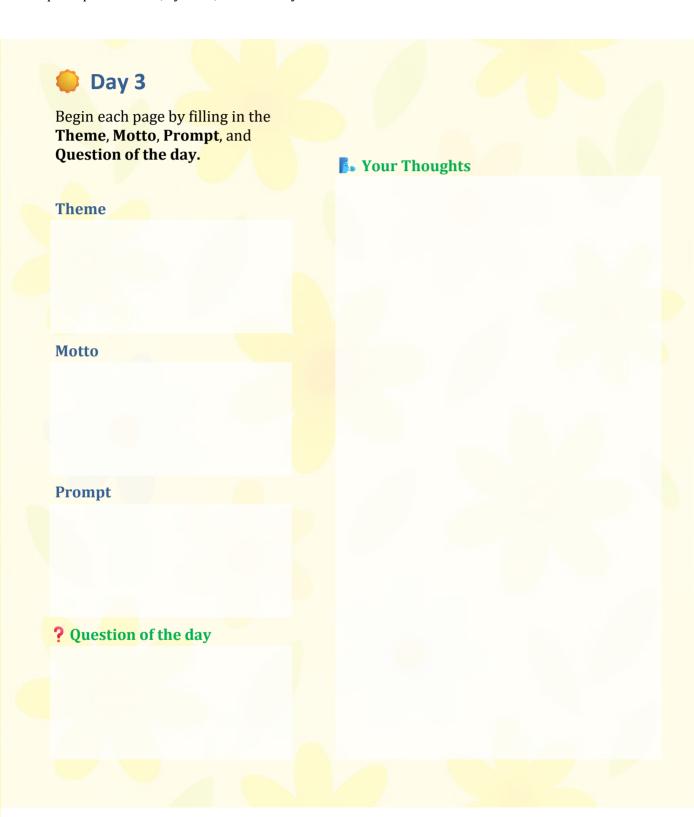


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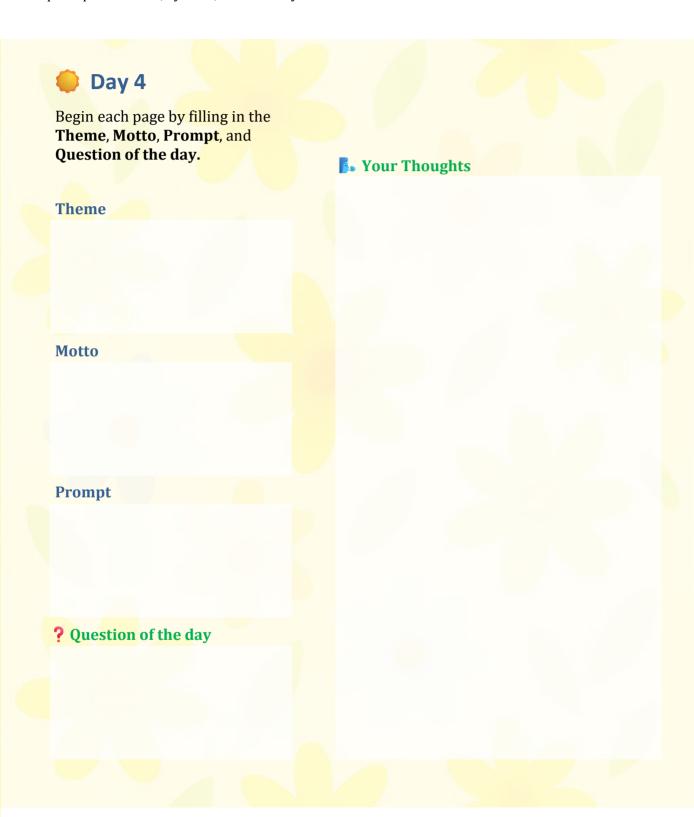


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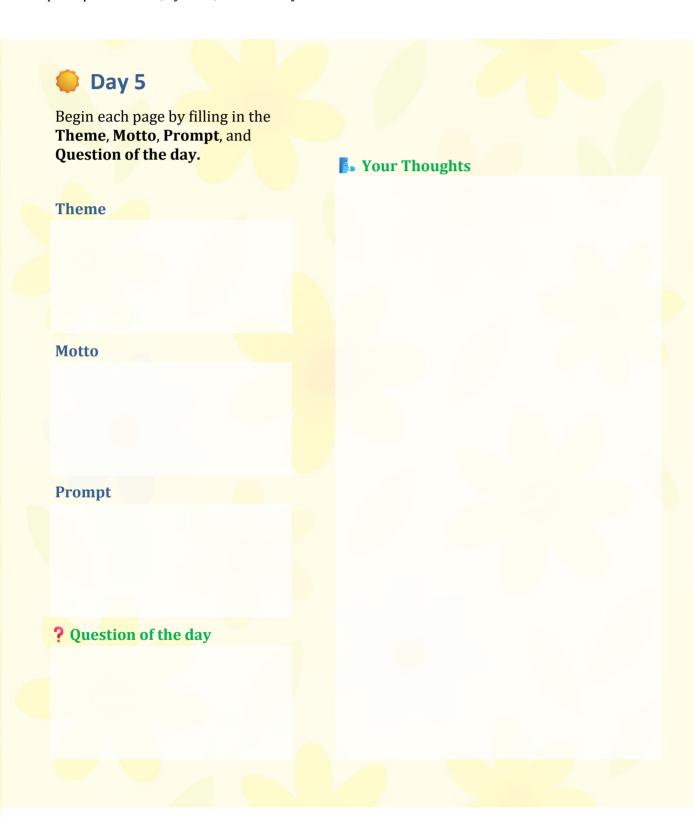


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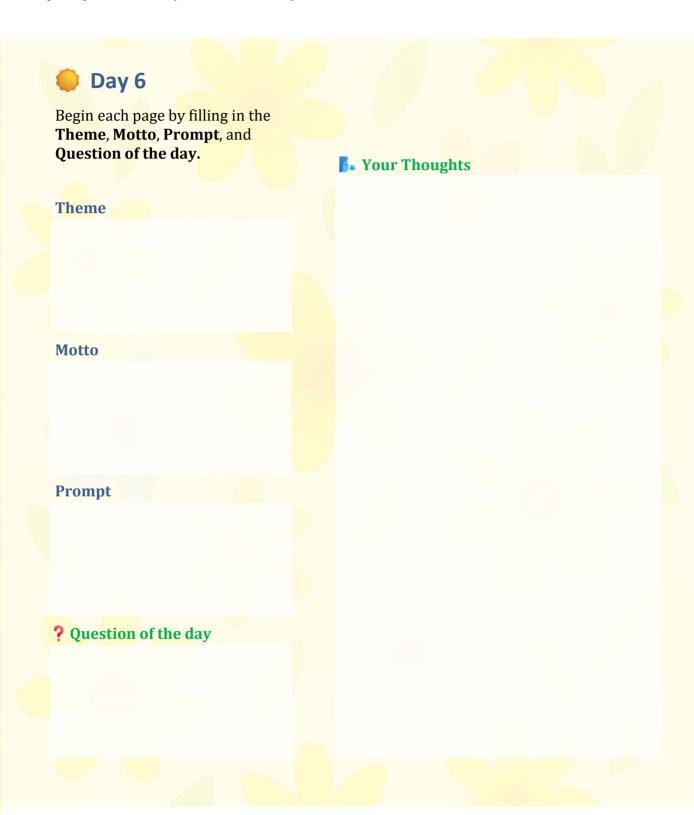


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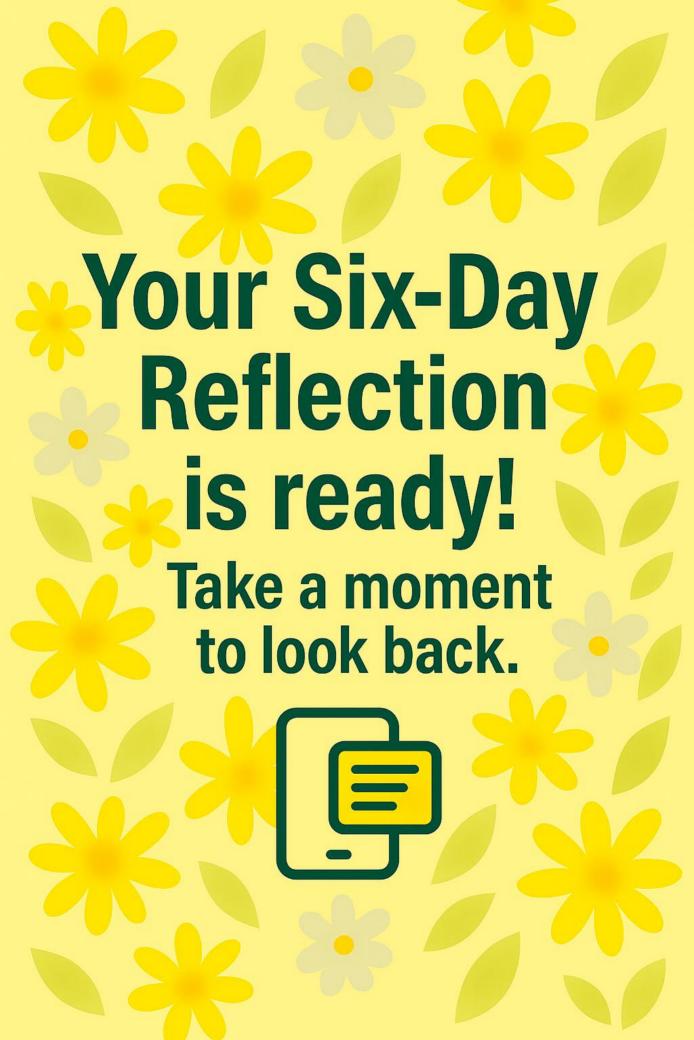




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Let's Keep the Spark Alive



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 a fair agreement together.

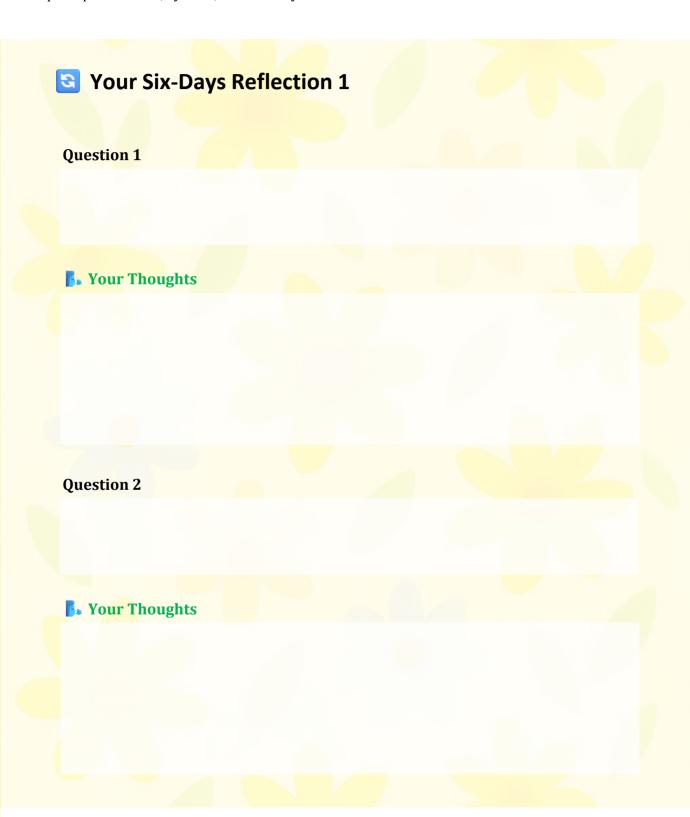


Thanks for your trust, curiosity, and continued journey.



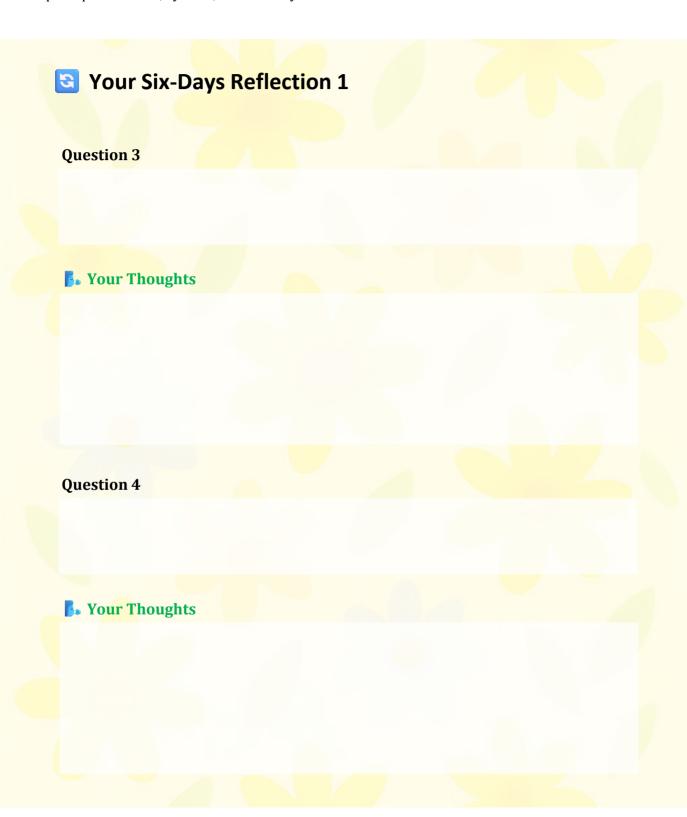
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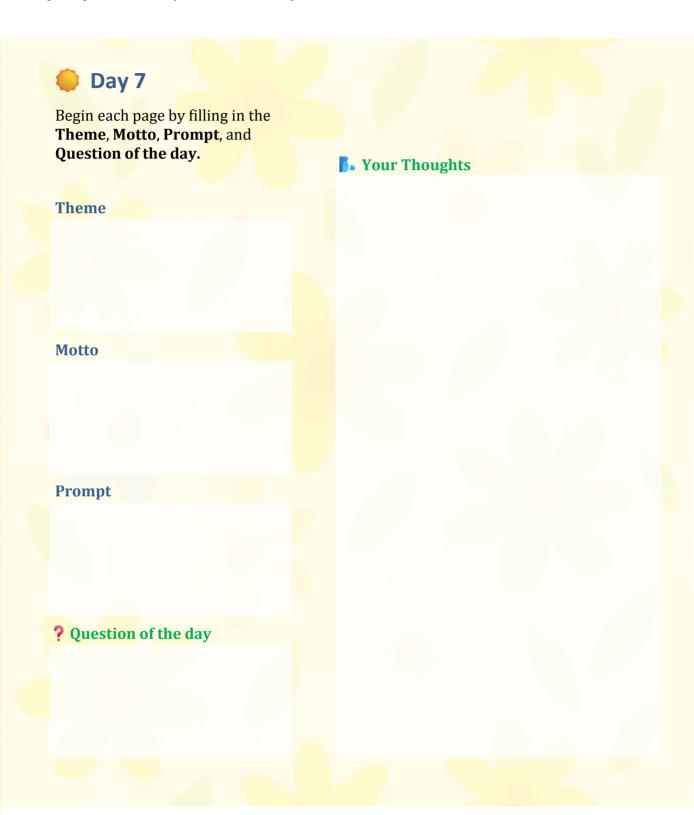
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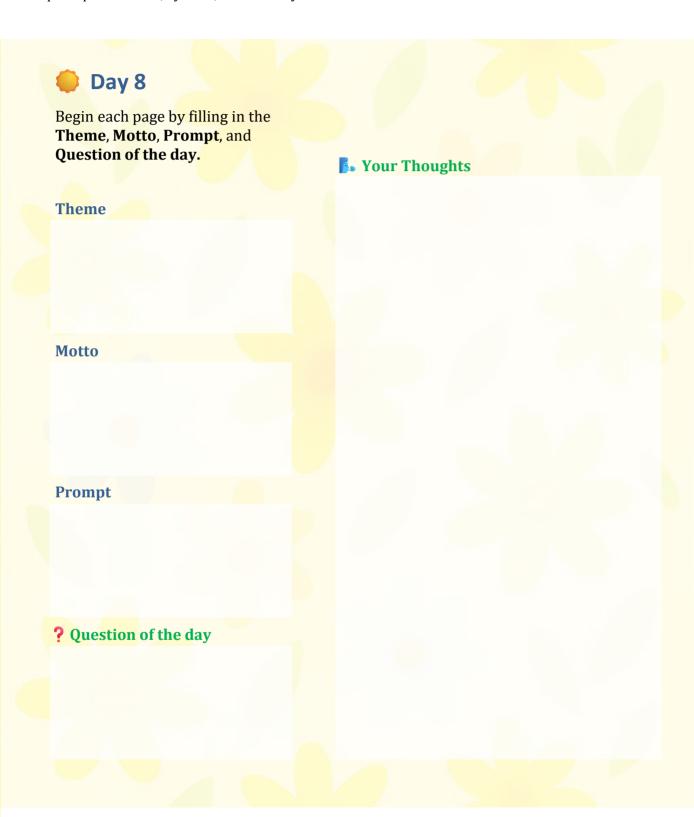


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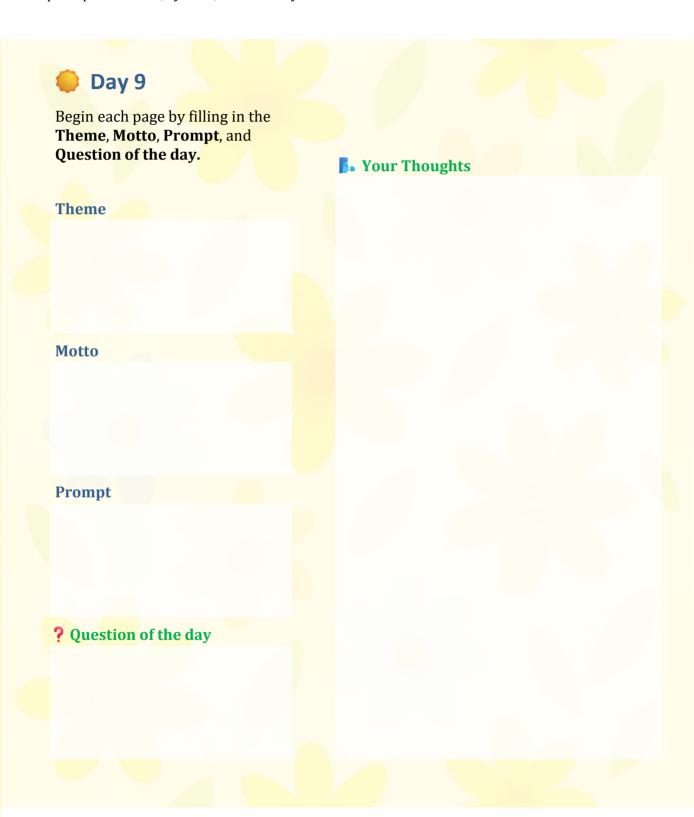


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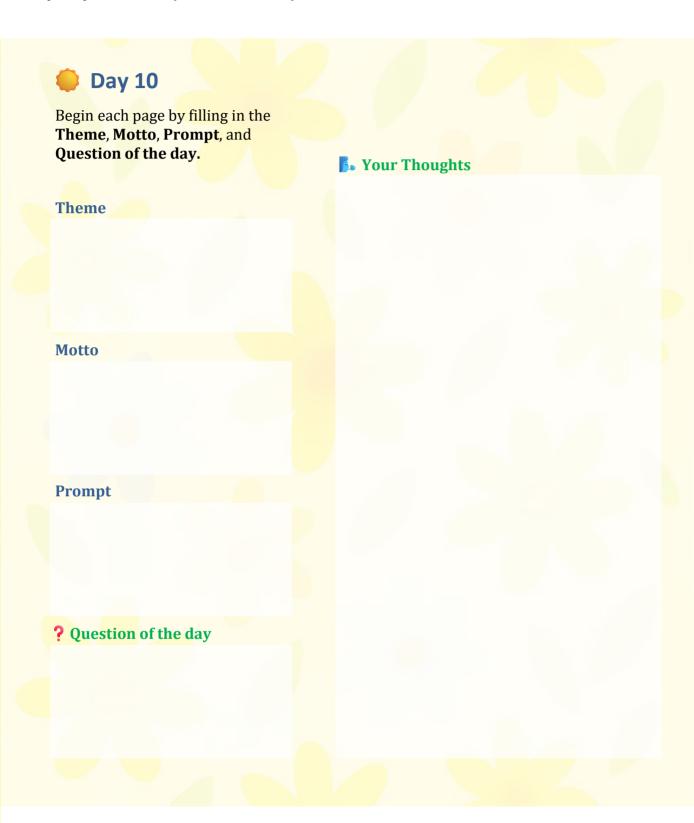


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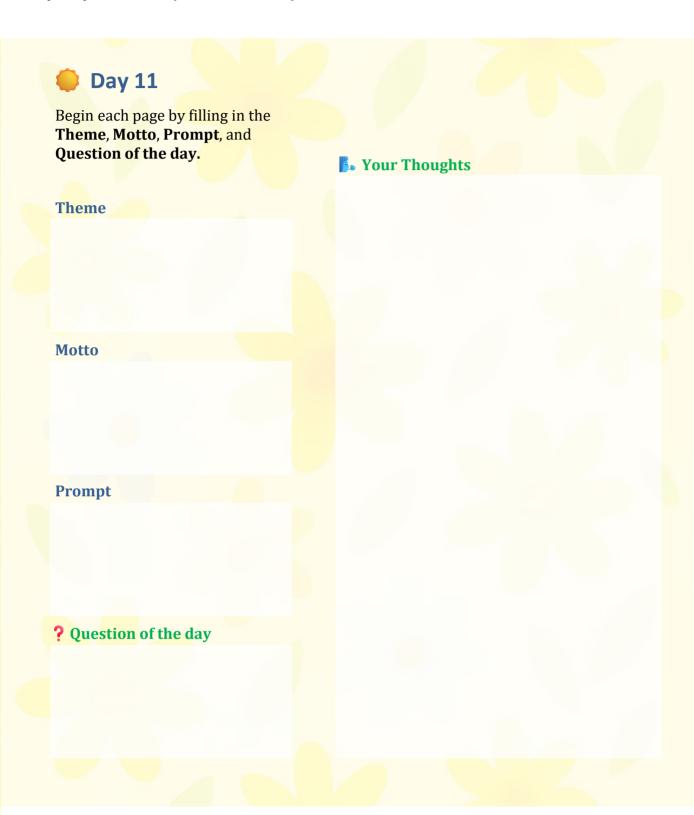


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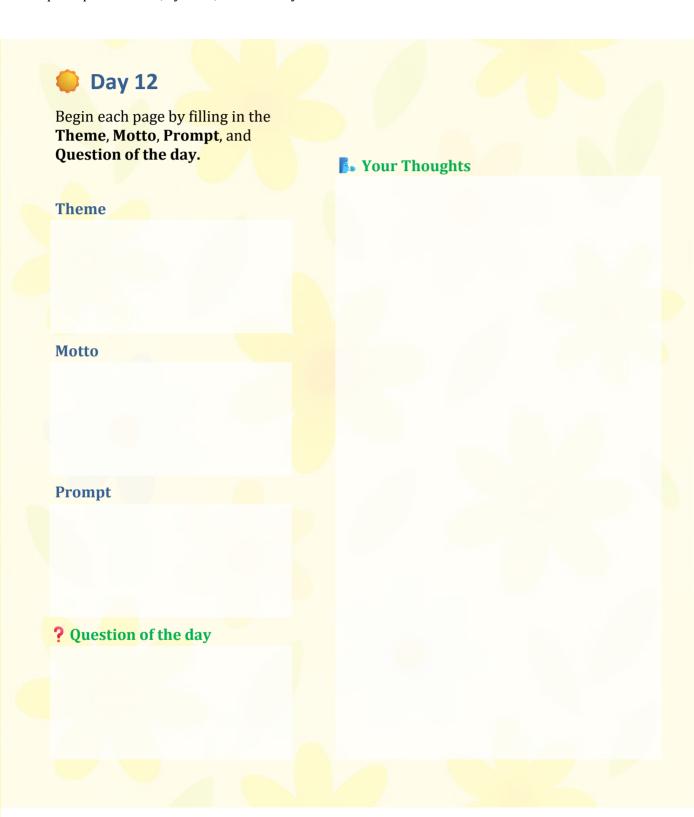


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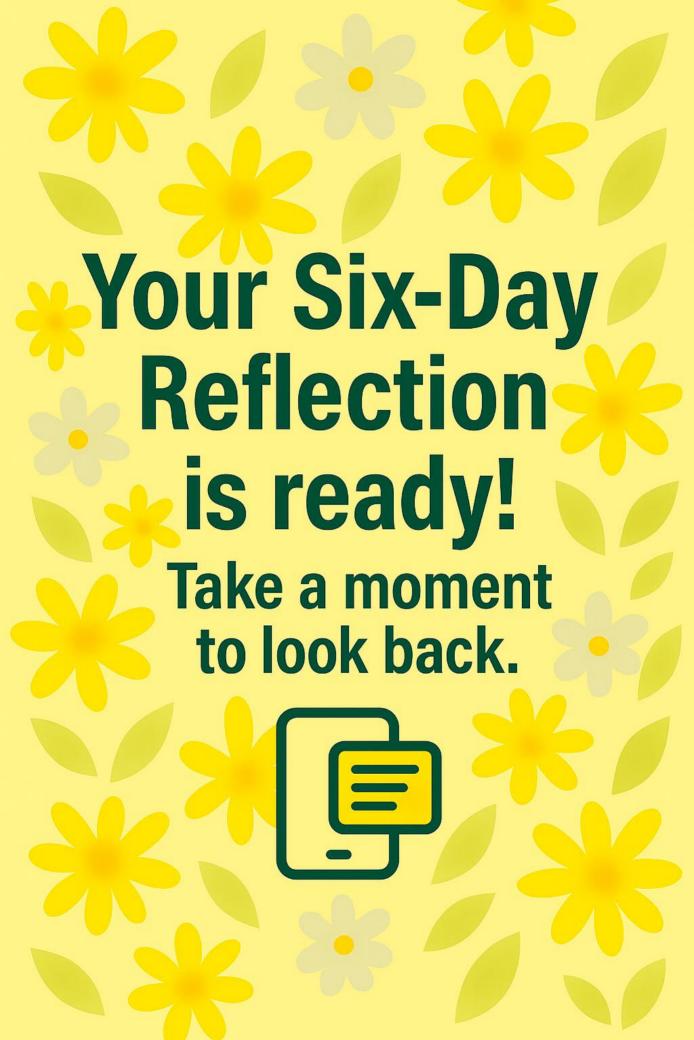




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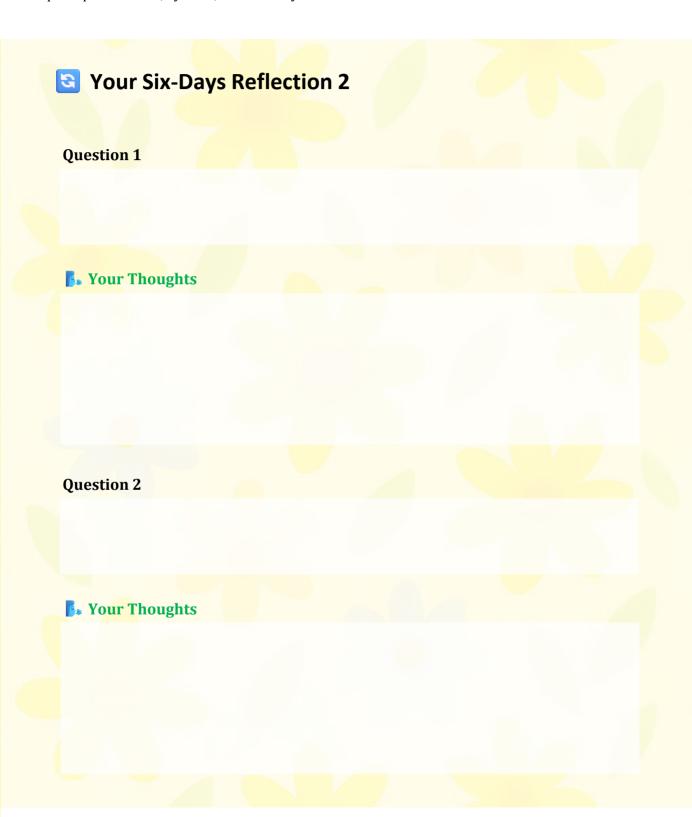


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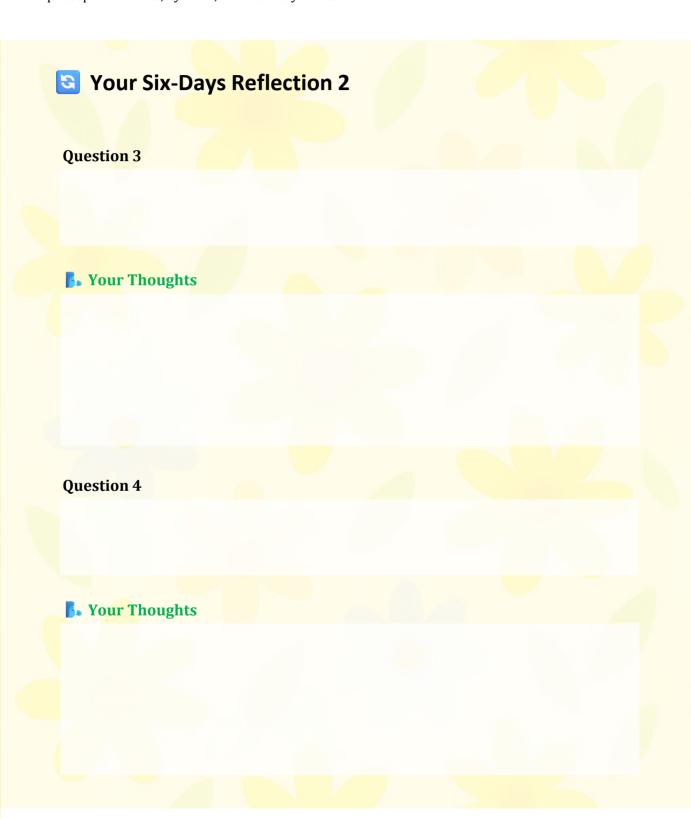
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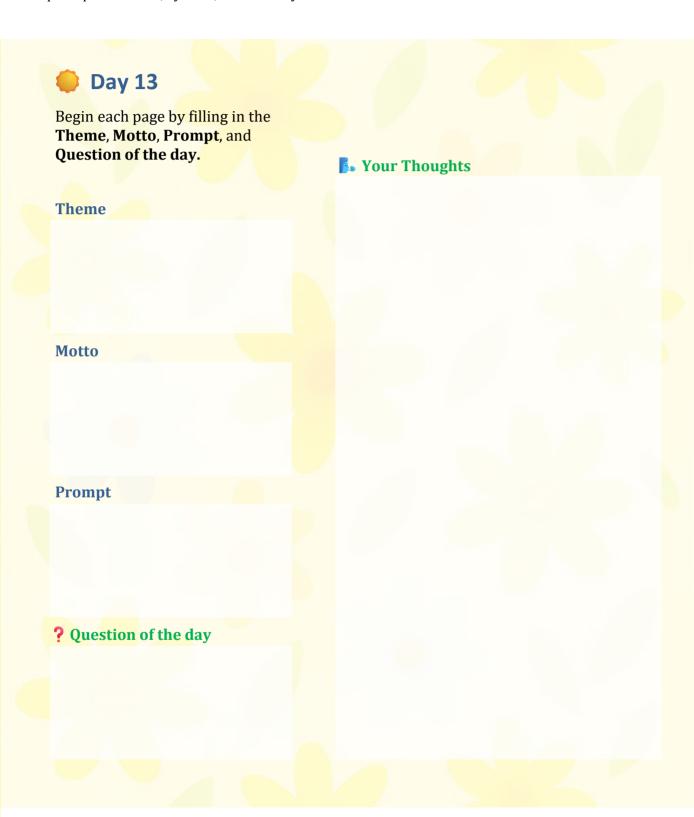
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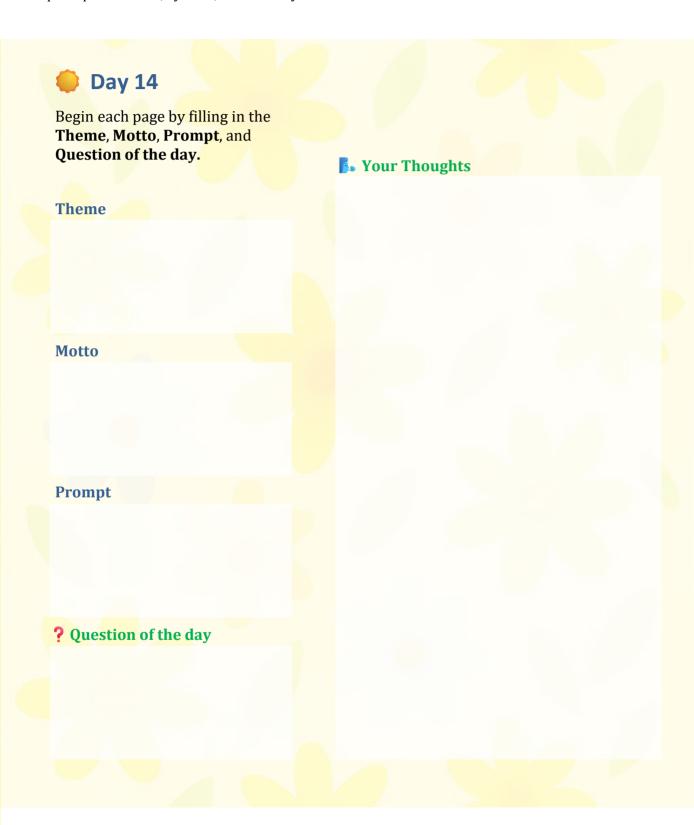


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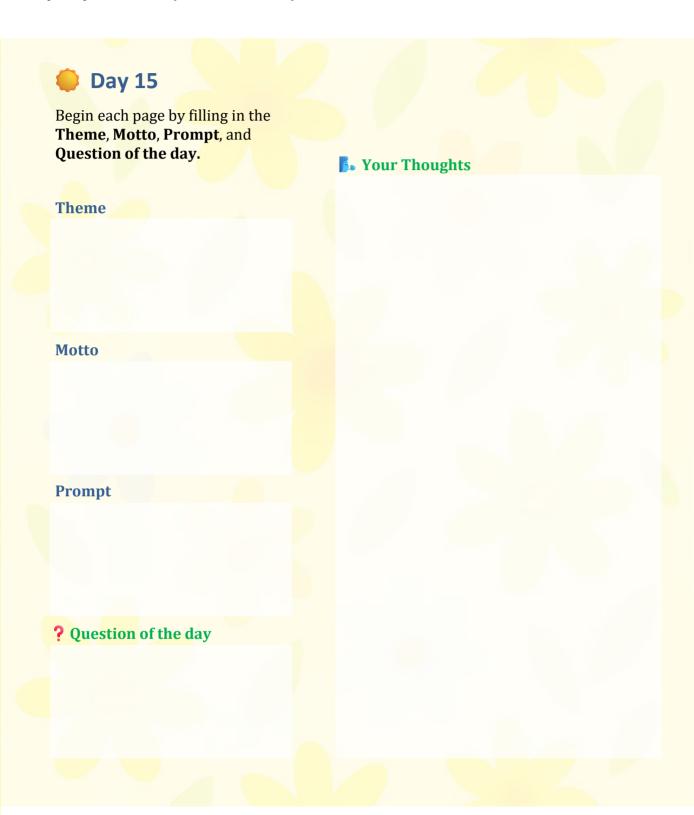


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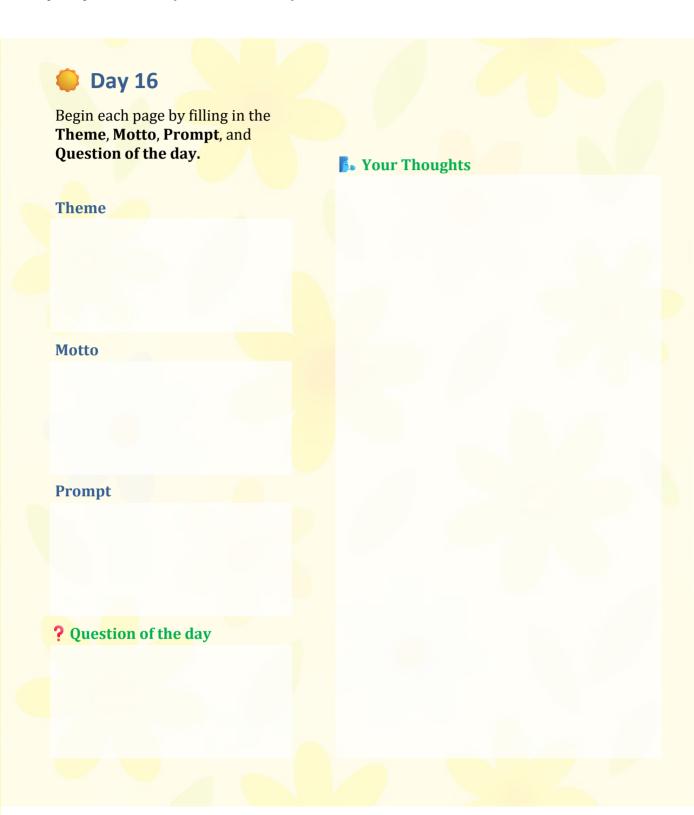


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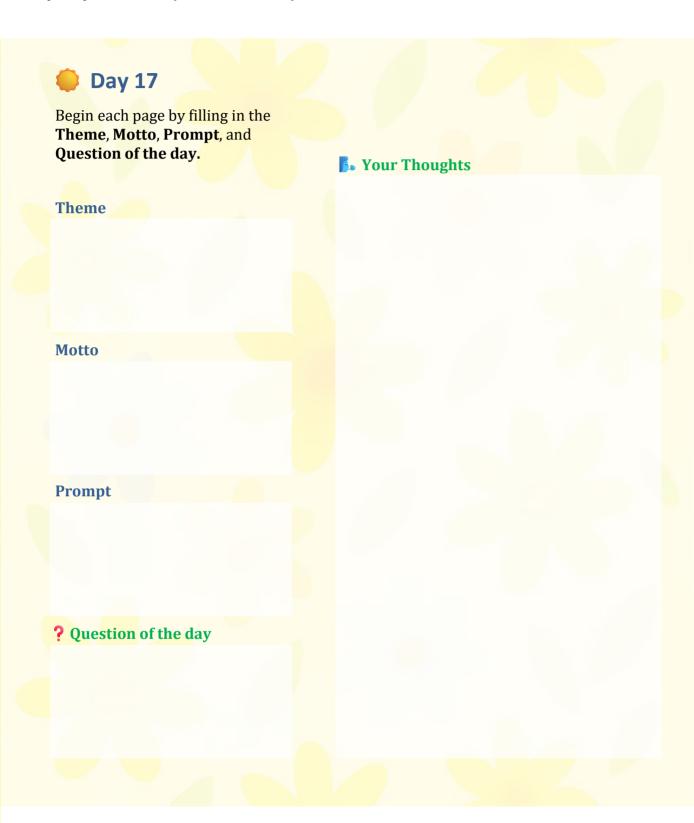


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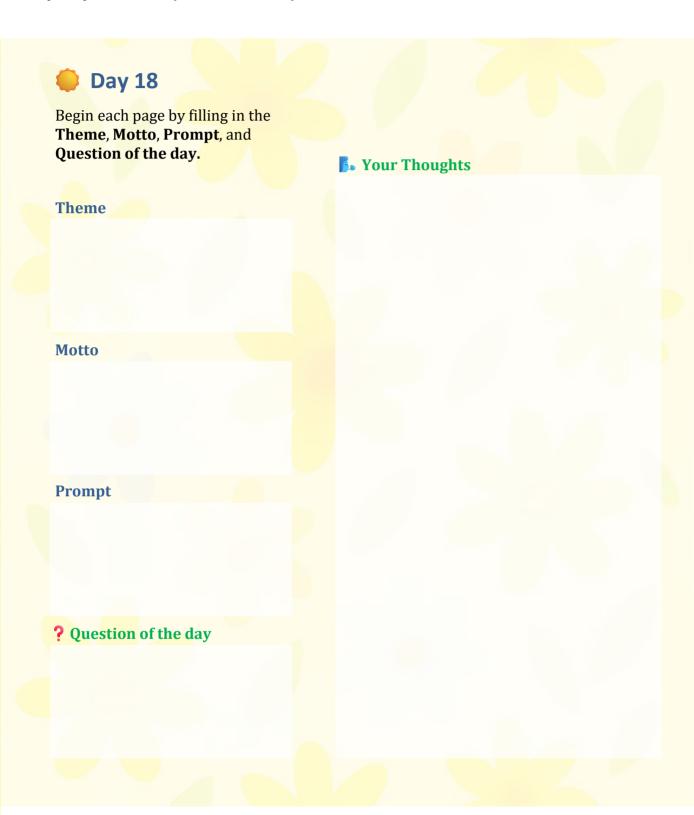


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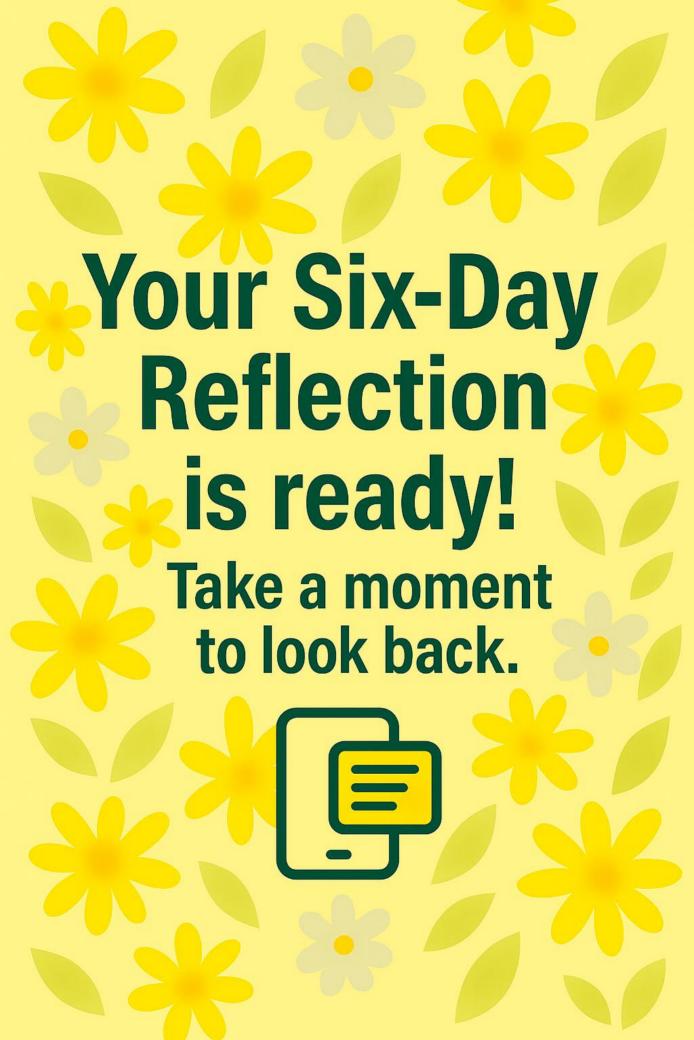




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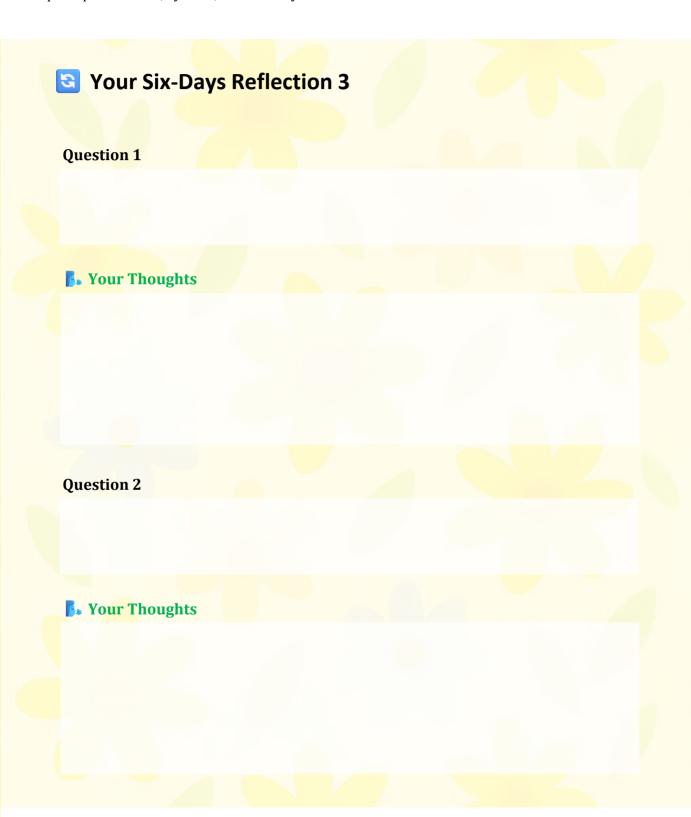


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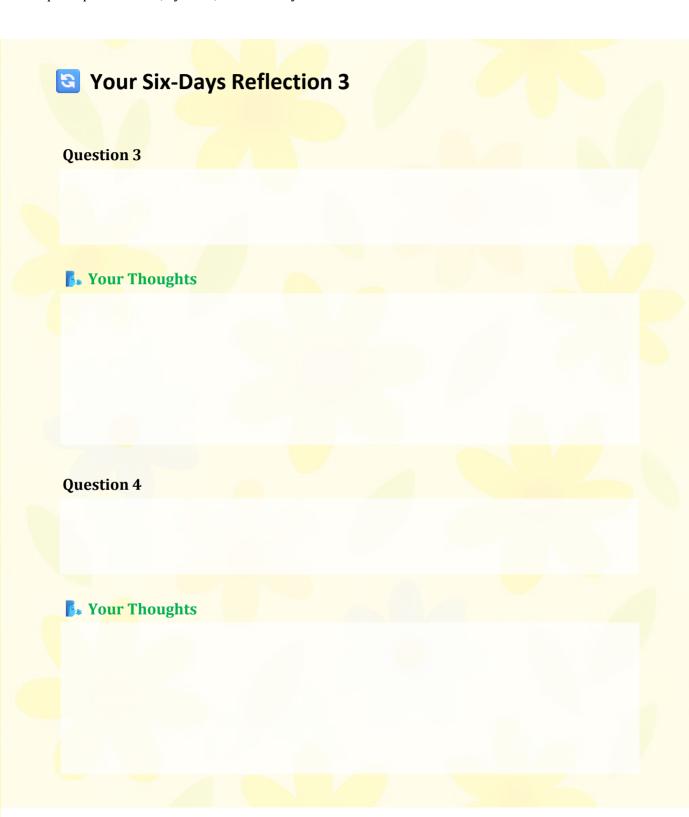
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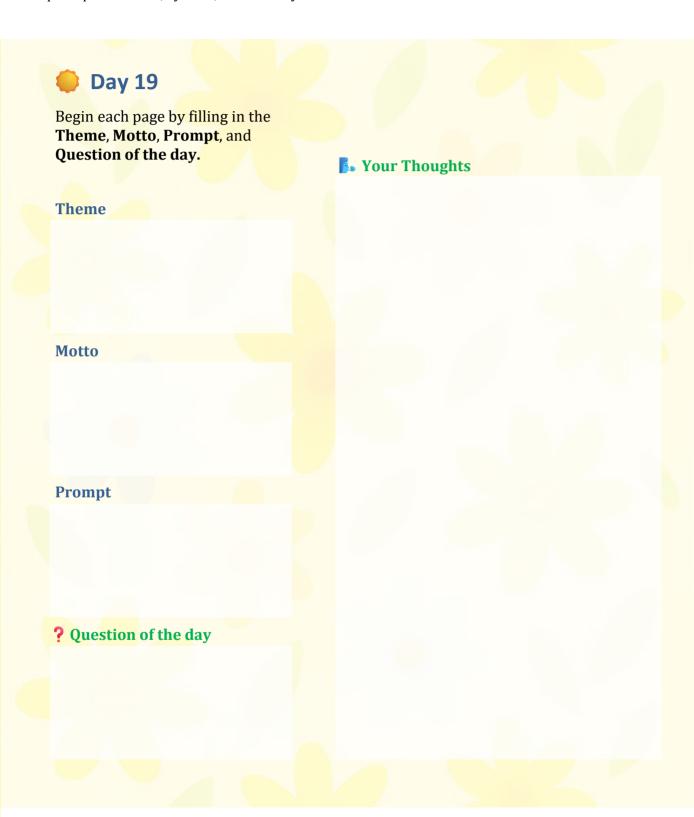
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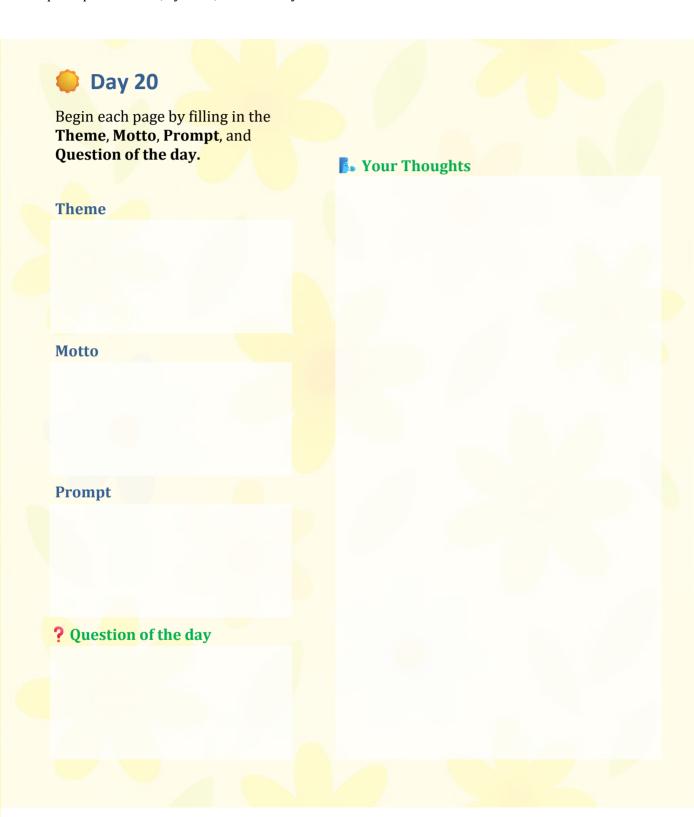


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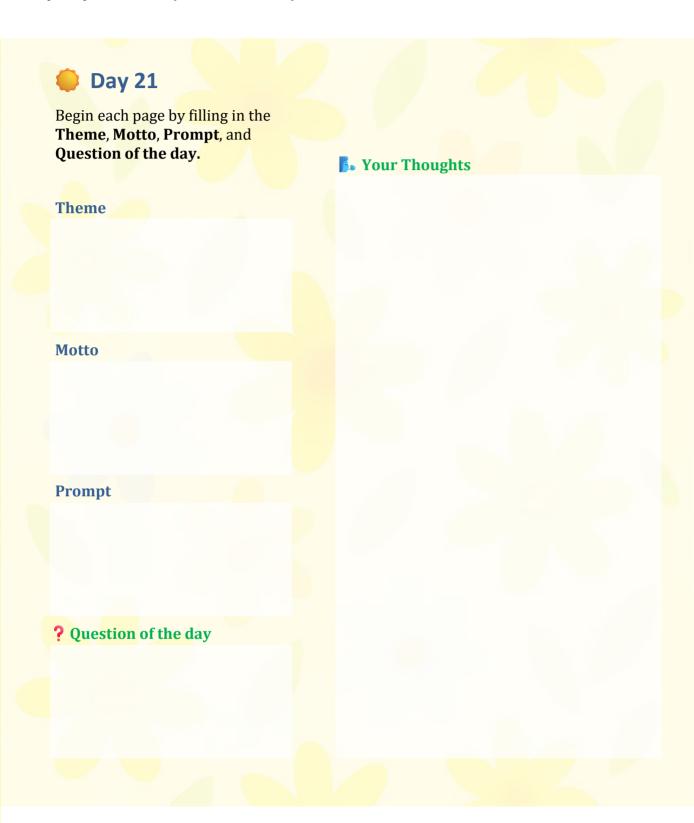


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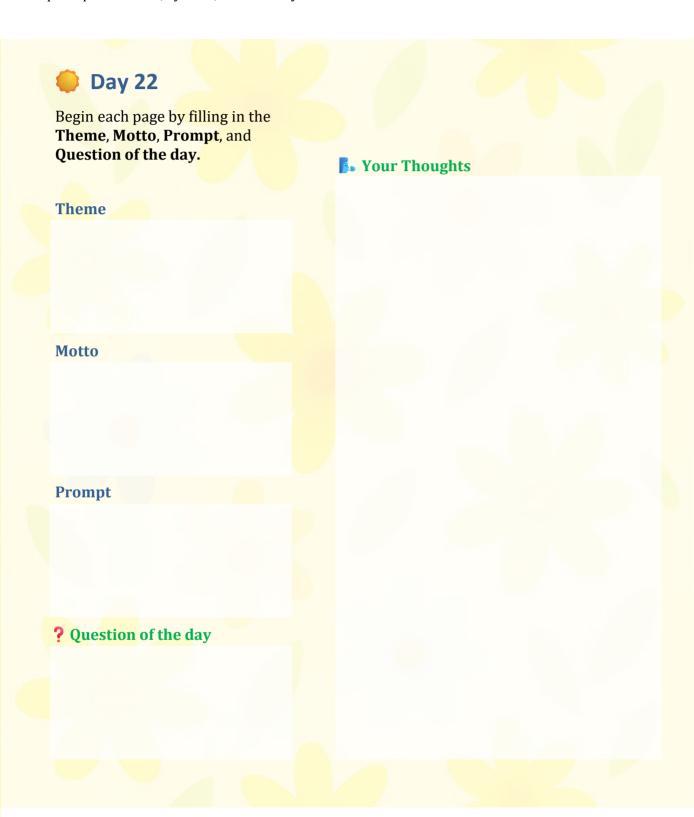


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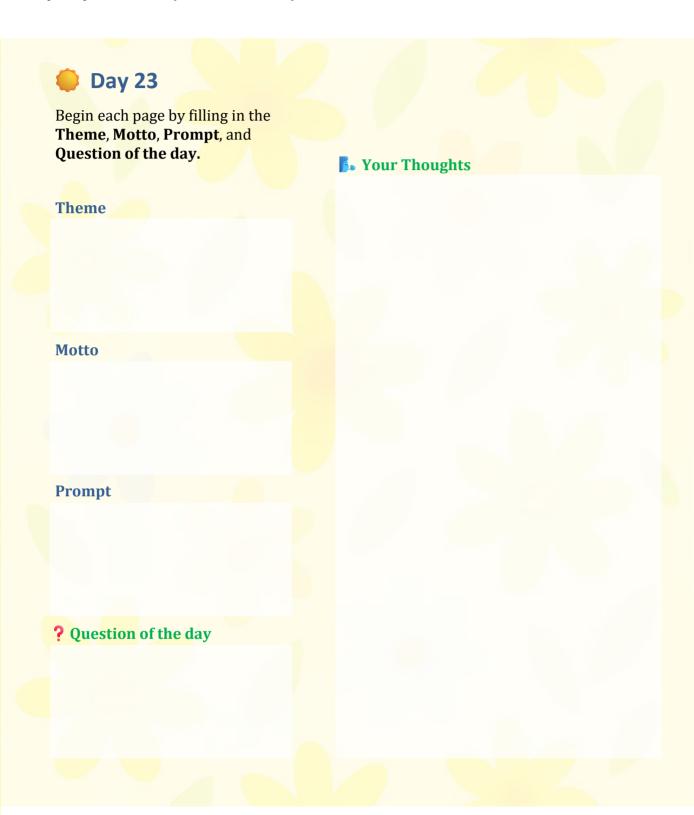


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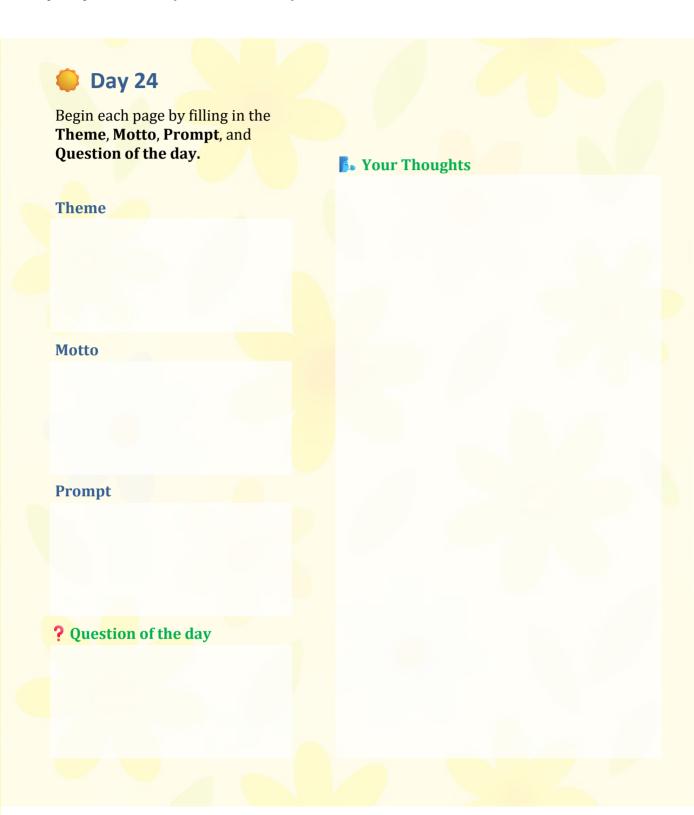


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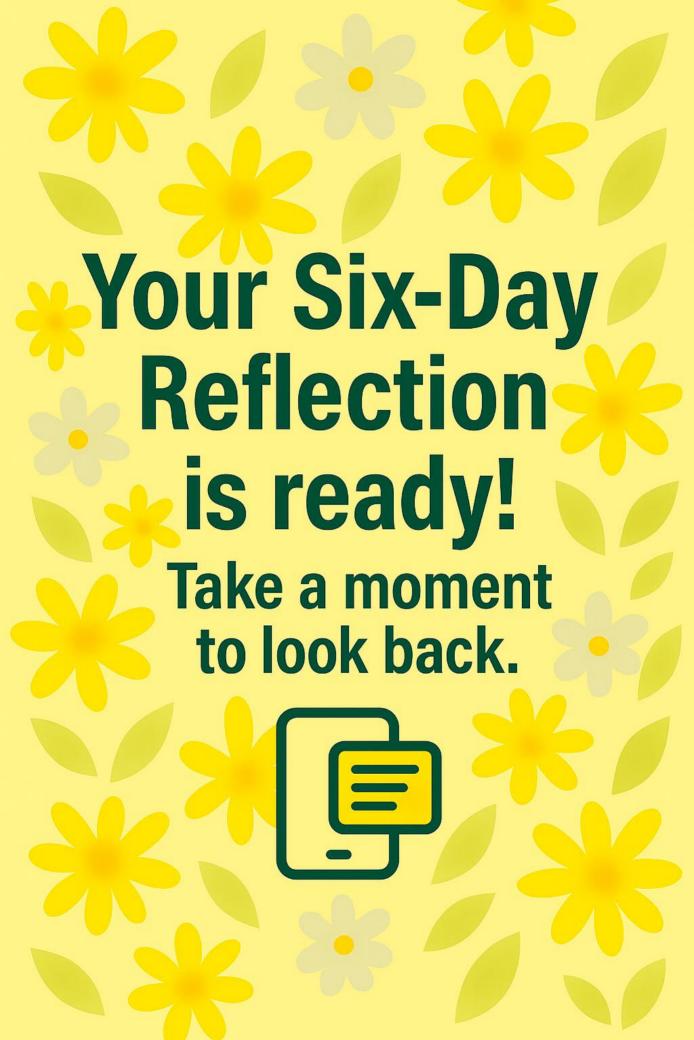




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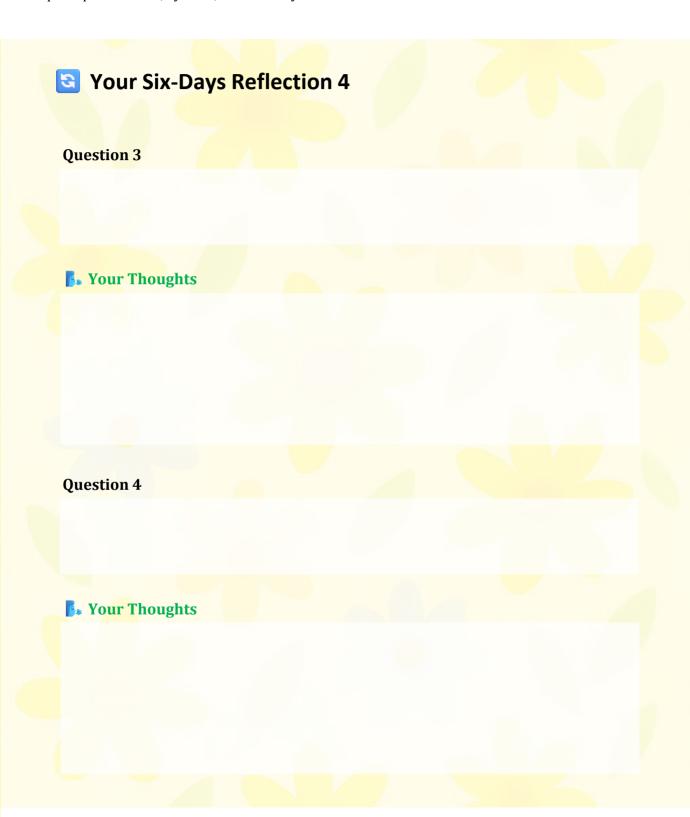
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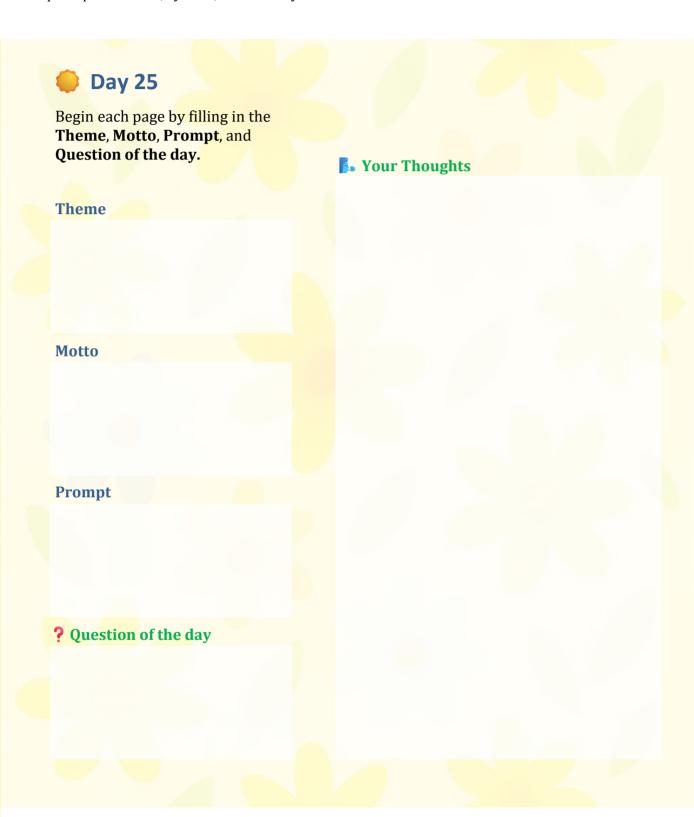
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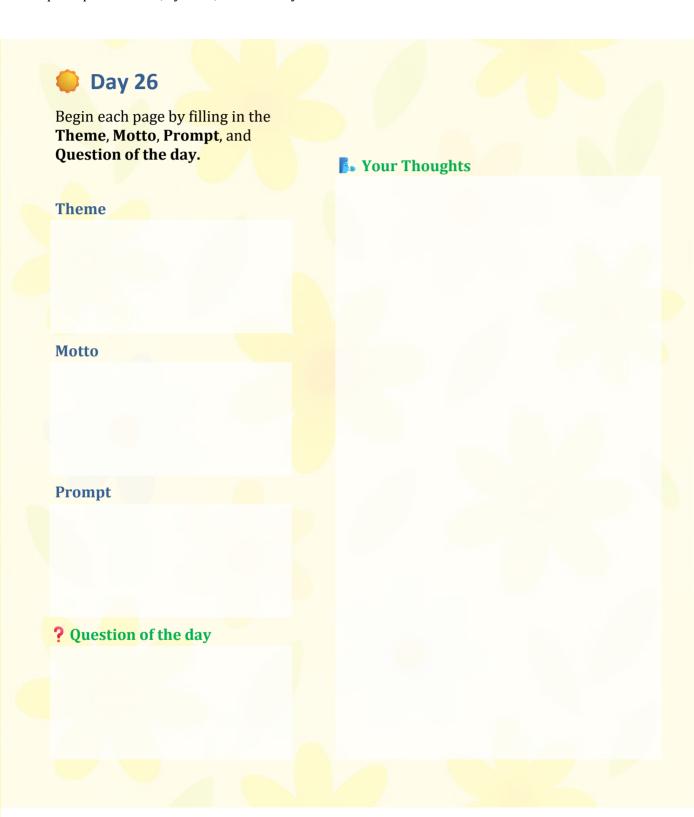


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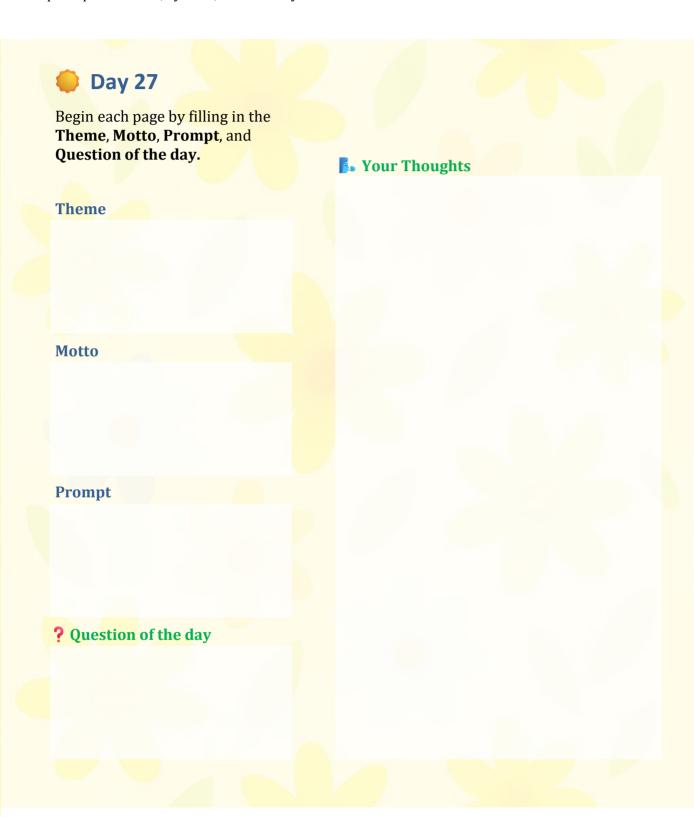


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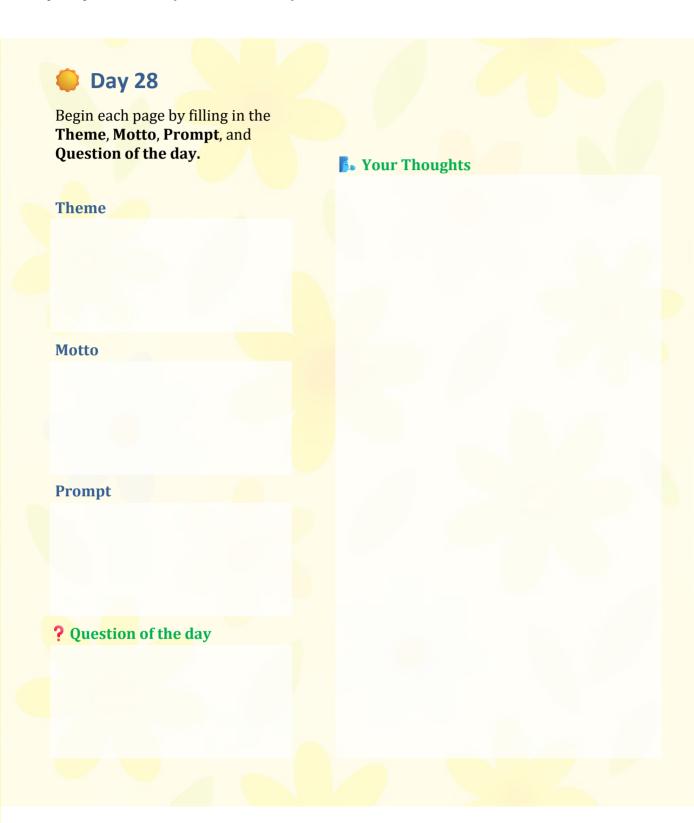


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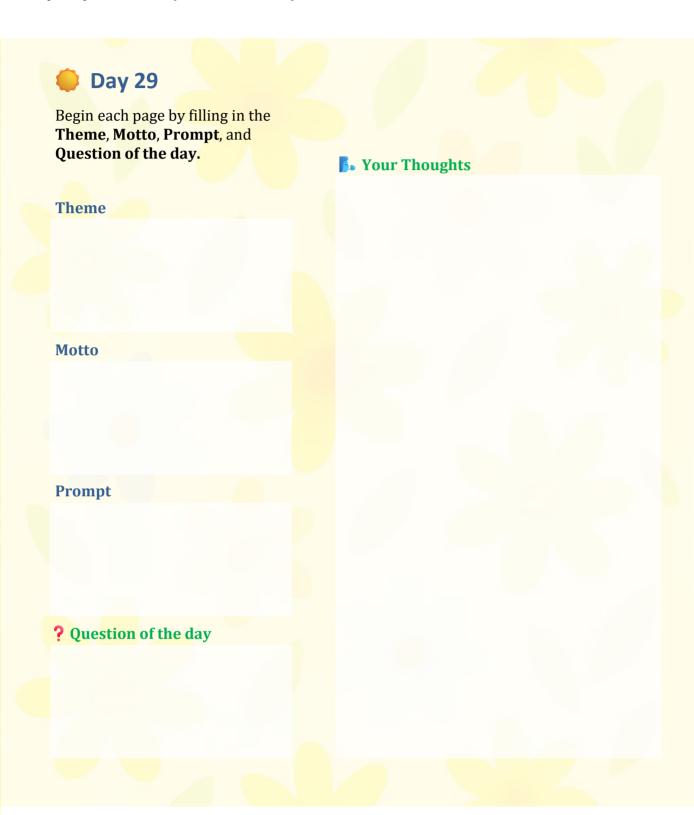


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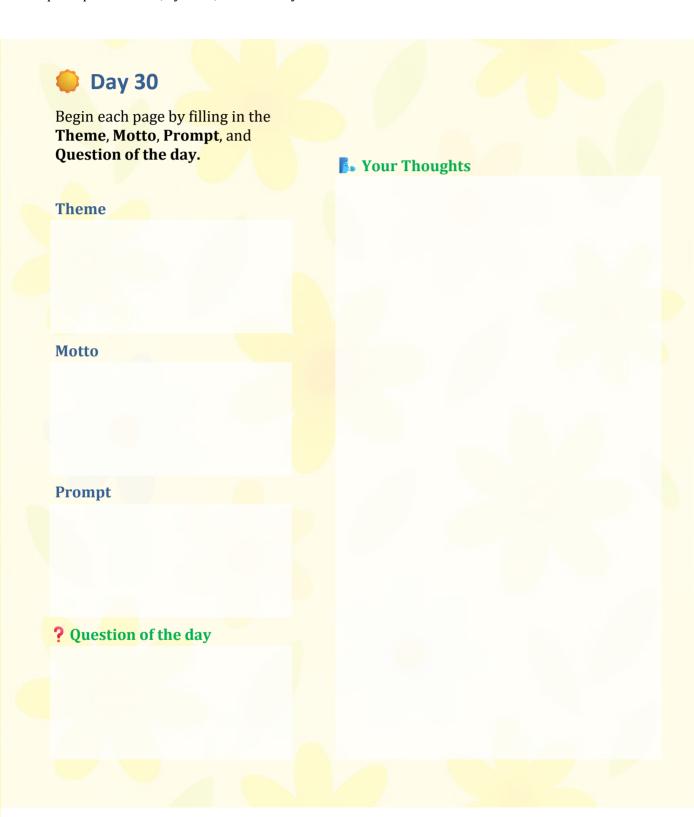


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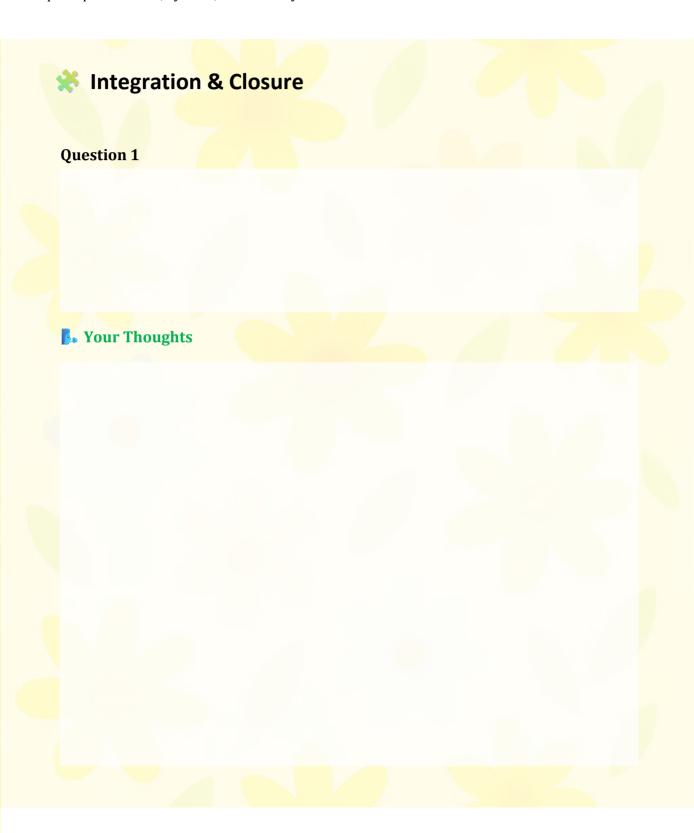


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