

30 DAY JOURNAL CHALLENGE

We are in constant communication with the universe. With planning we have the ability to create the future that we want. Through experience, reason and emotions, we become empowered to transform our reality. This 30 Day Journal Challenge will help you tap into that power to bring your desires to life.

Circle your "why" for this journaling challenge below. (Choose as many as you'd like!)

- To have a safe place to vent
- To write down memories
- To express myself
- To heal from painful experiences
- To celebrate the good things that happened
- To give myself room to process
- To become clearer on my goals
- _____

PROLOGUE: SET AN INTENTION

DAY 1

List at least three things that make you feel grounded.
How do you want those things to carry you today? How do they make you feel more connected to yourself and others?

CHAPTER 1: GRATITUDE

DAY 2

Write about a skill you are grateful for. Why?

DAY 3

Write about the last memory that made you happy. What does it feel like in your body?

DAY 4

What is something you have now that seemed like a wish back then? How do you feel knowing that you have it now?

DAY 5

Name a few people who keep you grounded. In what ways do they show up for you?

DAY 6

Name a skill you're good at. How do you feel when you are performing that skill?

DAY 7

What brings you joy?

DAY 8

List three things you appreciate about your body and how it supports you.

CHAPTER 2: SELF LOVE

DAY 9

Write about a time you enjoyed your own company.

DAY 10

Name something you often expect to receive from others. In what ways can you give it to yourself?

DAY 11

What do you love most about yourself?

DAY 12

Where do you feel most blocked? What small thing can you do today to release that?

DAY 13

Do you feel loved? If you loved yourself more, how would the world see you?

DAY 14

What changes can you implement more frequently to show yourself love?

DAY 15

Write an encouraging letter to your younger self.

CHAPTER 3: HEALING

DAY 16

Revisit a time you felt the most disconnected in your life. What happened? How did it impact your thoughts? What lessons did you learn from it?

DAY 17

What do you need to forgive yourself for? Write the first step towards letting go.

DAY 18

How do you show up for yourself during hard times?

DAY 19

Where and when do you feel the most safe? How can you create more of that feeling?

DAY 20

What makes you guarded? What do you need in order to trust again?

DAY 21

What moment did you realize that you healed from something that once hurt you?

DAY 22

What are you still holding on to that no longer serves you?

CHAPTER 4: TRANSFORMATION

DAY 23

Describe the highest version of you. What separates you from becoming one with that version of yourself?

DAY 24

How do you connect to your intuition? How does it speak to you?

DAY 25

Complete the sentence 'I am afraid that...' Then answer, who would you be if you were not fearful?

DAY 26

Define what success means to you. What have you succeeded at and how can you apply that formula to other areas of your life?

DAY 27

What are some things that you have outgrown? How does it make you feel?

DAY 28

What can you control right now?

DAY 29

Visualize the ideal life you want. What stands out the most? Why?

EPILOGUE: FIND THE GOOD THINGS THAT HAPPENED

DAY 30

Are you making decisions out of fear or love?
Do you show up in the world with a mindset of scarcity or abundance? How can you choose the higher call?

Made in Partnership with **Malanda Jean-Claude**

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