

30-DAYS TO
GLOW
JOURNAL



CREATED BY

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Welcome, beautiful.

I am so pleased to share this offering with you. It is an excellent sign that you are venturing into the light of self-growth, moving toward your highest and most Divine Self. I have developed this guide from my own successes and I am a big believer in journaling. I have experienced the magic first hand, which is backed by many people in the psychotherapy and spirituality world. It creates magic that unleashes your wildest dreams and sets you on a new path to achieve them.

I am certified as a psychotherapist and life coach, having deep roots in the spiritual world, and an overall wellness junkie. Everything I offer is intended to set you in your power to make your life complete and wonderful.

Join the Facebook community and share your experience with like-minded people. I look forward to connecting with you.

Chloe x



INSTRUCTIONS

How to use this journal

This self-guided monthly journal has been designed to help you delve into your deepest desires, unblock anything creating resistance, and set you up to move into your Divine self and purpose.

Begin with creating space in the day to attend to your journal. Ideally, 10 minutes in the morning and 10 minutes in the evening, before bed. This is a daily practice where you will benefit from sitting each morning and evening to attend to your growth.

Use a computer, printed paper or your favourite new journal and find a cosy spot to

There are 6 powerful steps to focus on a new part of your growth. There are also 5 days of journal prompts to help you dig deeper and get the maximum change.



STEP ONE

Start with the big picture. The dream that has you seeking to move into your higher self. What is your soul searching for and your heart dreaming of?

It might be only a feeling at present. Maybe seeing other successes have you inspired or jealous; perhaps you have always had a big dream but are stuck on moving towards it. It is the guiding light for your future. They are the places you want to grow into. It is important to have dreams, so we have meaning, purpose and direction in life. Dreams are not for people who want to stay stagnant. Your dreams can be as big as you like. Without big dreams, we wouldn't have people like Oprah Winfrey.

When you create a dream, it is important to visualise and feel the success of it. Dream it as if it were true today. Seeing the dream in this way will orientate your focus to move toward this dream becoming a reality. Consider your dreams to be fact and take them seriously. They need your whole heart and mind to believe in the potential you hold, so you align and move toward them. Your dreams align with your values, so get clear on them too what is important to you.

***"Dream big dreams; only big dreams
have the power to move men's souls."***

~ Marcus Aurelius



REVEAL YOUR DREAMS

Complete this before you begin this journey, take some time to write out what your big dream is for yourself. What is the vision you want to make a reality?

MY BIGGEST DREAMS





STEP TWO

Blocks are created when you hold onto the past. This may be past memories, past emotions or past frustrations. These turn into fears, limiting beliefs and blocks that need to healing.

As part of the human experience, we are going to come into situations that hurt us. They teach us lessons and help us grow. However, holding onto the past doesn't help in the future. Holding onto the past causes anxiety, limitations and negative self-talk. It stops us from moving into our Divine Self in the present and future.

Often we are unaware of what we are holding onto or how strongly we are. It is important to take time to acknowledge our feelings of hurt, sit with them and let us be free from our presence.

Practice compassion and kindness as you enter the space of pain. Forgive those who have hurt you, and forgive yourself for what you have done in the past.

What fears do you need to realise and release to step into your courageous, free, Divine Self?

"When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need"

~ Lao Tzu



RELEASE YOUR PAST

What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release.

MY BIGGEST STRUGGLES

MY BIGGEST FEARS

STEP THREE

Step three requires you to visualise who you want to be. With this visualisation, you are creating your future self. You are setting up for the person you want to step into.

You are not your past self, and you do not have to stay as your present self. You are on a path of growth and can choose whom you grow into.

Take time to observe people around you and what inspires you in them. Look at your role models and see why you want to model yourself after them.

Visualise who you are, what you dress like, how you walk, what you do for work, where you live, who are your friends, how you spent time with others, what you do for fun, what you do for self-care. Visualise it all. Imagine how you feel like this person. Notice what feelings you experience when you visualise your future self.

*“Life isn’t about finding yourself.
Life is about creating yourself.”
— George Bernard Shaw*



A close-up photograph of a eucalyptus branch with several round, silvery-green leaves. The branch is positioned diagonally across the top of the page.

RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish and who you want to become...

HOW DO YOU WANT TO **FEEL**?

WHAT DO YOU WANT TO **ACCOMPLISH**?

WHO DO YOU WANT TO **BECOME**?



STEP FOUR

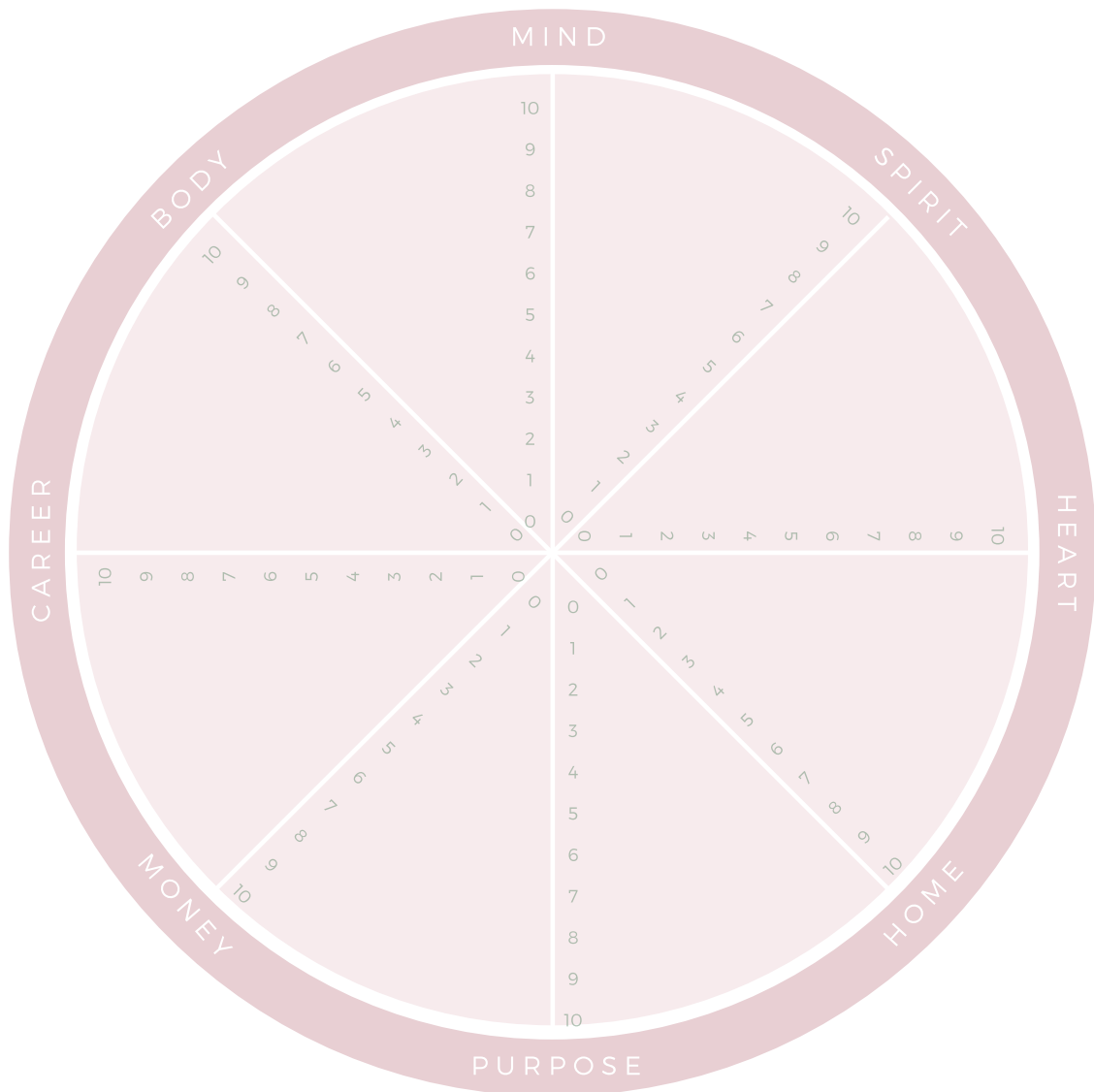
Evaluating the different domains of your life will support you to identify how balanced your life is. Where there are higher scores, you can rest in knowing you care for yourself. Where there are lower scores, you focus your attention on growth.

There are eight main life domains that need attention and energy to create a fulfilled and balanced life. Observe where you are now and where you have to go to reach your 10.

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.



STEP FIVE

Intention setting is the act of commitment to honour yourself. When you set an intention you focus your attention and energy to achieve the desired outcomes that you intend. With a clear idea of what you want to achieve you will be more guided in your life and align with the actions that support your desires to come true.

"Your future is created by what you do today not tomorrow"

Essentially intention setting is **manifestation**.

- Create a sacred space for manifesting.
- Visualise clearly what you want to manifest.
- Focus on how you feel when you have achieved it.
- Feel it with gratitude and unconditional love.
- Write it down and release it to the Universe.
- Accept that it might not come in the form you desire, but in the form that is most serving to you.



RESET YOUR INTENTIONS

Before we begin, it is crucial that you get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

STEP SIX

Set clear goals to work toward. Goals give you direction and help make your dreams and desires become reality. Your dreams are the big picture, the end goal. That is overwhelming to think about, often creating a block in its enormity. Breaking down the big picture will make your journey more manageable and achievable, not to mention more of that feel-good factor when you hit those goals.

Goals are smaller stepping stones that are easier to manage to take on. Within your goals, set smaller sub-goals to help you reach this goal.

The important thing to remember when setting goals is to make them SMART.

-Specific - What is exactly you want to achieve?

-Measurable - How do you know when you have reached this goal?

-Achievable - Set the goal so it is within your ability to achieve.

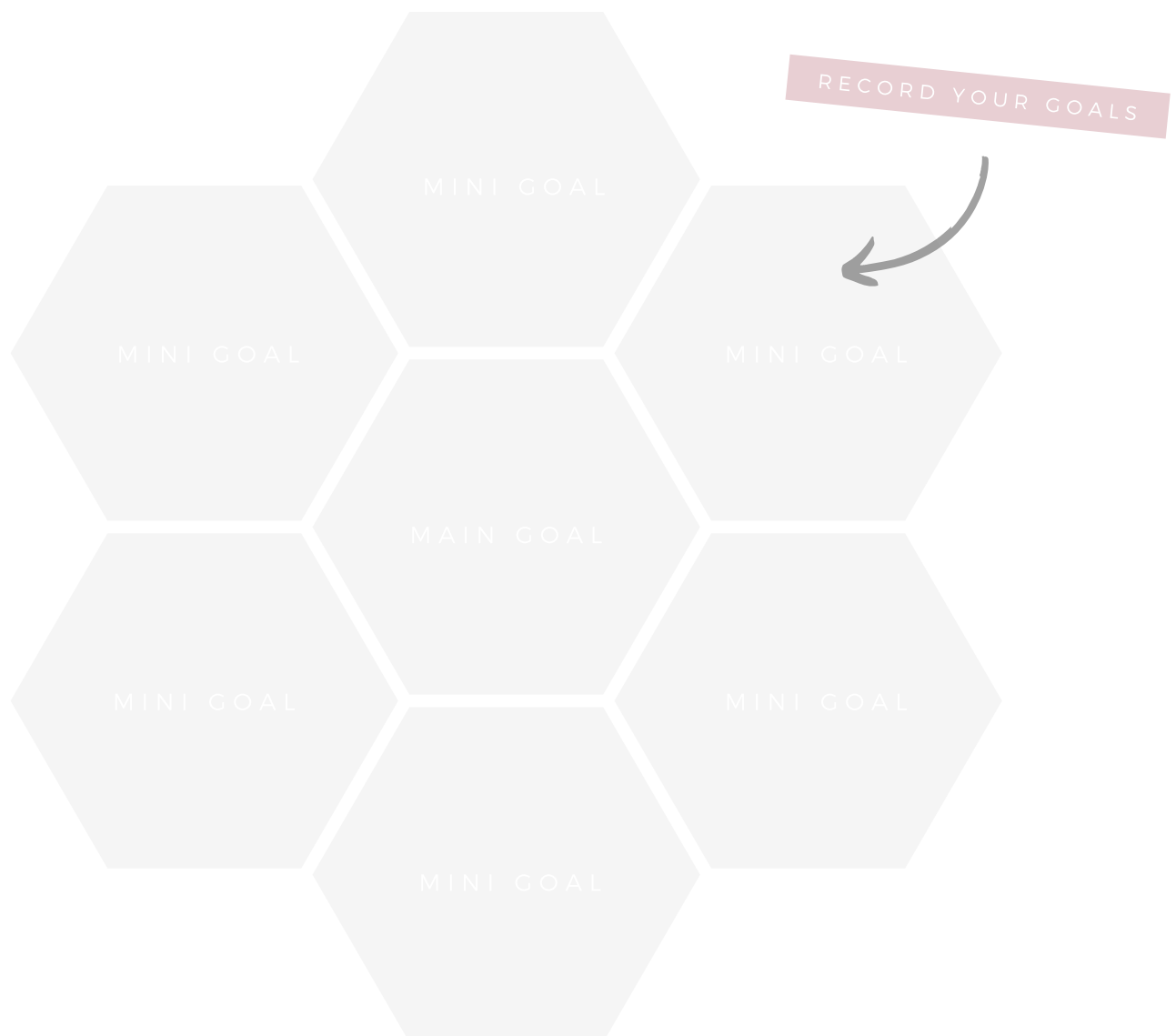
-Relevant - Your goals should align with your values and big picture desires.

-Time-frame - Set a time frame to complete the goal.



REDEFINE YOUR GOALS

It's time to redefine what you want to focus on. Set one main goal to focus on in the next 30 days and then break it down into 6 sub-goals that will help you reach it faster!



HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, gratitudes and journaling pages every single day!





30-DAYS TO
GLOW
JOURNAL

Day 1

Date:

S/M/T/W/T/F/S

- Set intentions
- Journalling
- Meditation

- Nourishing Foods
- Mindful Eating
- Went outside

- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS
Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS
Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL
1.
2.
3.

REMEMBER

AFFIRMATION

REVEAL YOUR DREAMS




What makes you happiest?

Day 2

Date:

S/M/T/W/T/F/S

-  Set intentions
-  Journalling
-  Meditation

-  Nourishing Foods
-  Mindful Eating
-  Went outside

-  Moved My Body
-  Expressed Gratitude
-  Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 3

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

REVEAL YOUR DREAMS

What values are important to you?

Day 4

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 5

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

REVEAL YOUR DREAMS

Think of a famous person you would like to be like. How are they in themselves? What do you have in common? What can you learn from them?

Day 6

Date:

S/M/T/W/T/F/S

- Set intentions
- Journalling
- Meditation

- Nourishing Foods
- Mindful Eating
- Went outside

- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

RELEASE YOUR PAST

*What is your biggest fear?
Why?*

Day 7

Date:

S/M/T/W/T/F/S

- Set intentions
- Journalling
- Meditation

- Nourishing Foods
- Mindful Eating
- Went outside

- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 8

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 9

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 10

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 11

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 12

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER




AFFIRMATION

Day 13

Date:

S/M/T/W/T/F/S

-  Set intentions
-  Journalling
-  Meditation

-  Nourishing Foods
-  Mindful Eating
-  Went outside

-  Moved My Body
-  Expressed Gratitude
-  Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

RECLAIM YOUR DESIRES




*What risks do you want to take?
What's holding you back?*

Day 14

Date:

S/M/T/W/T/F/S

-  Set intentions
-  Journalling
-  Meditation

-  Nourishing Foods
-  Mindful Eating
-  Went outside

-  Moved My Body
-  Expressed Gratitude
-  Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

RECLAIM YOUR DESIRES




*What risks do you want to take?
What's holding you back?*

Day 15

Date:

S/M/T/W/T/F/S

-  Set intentions
-  Journalling
-  Meditation

-  Nourishing Foods
-  Mindful Eating
-  Went outside

-  Moved My Body
-  Expressed Gratitude
-  Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

RECLAIM YOUR DESIRES

If fear didn't hold you back, what five things would you achieve? What do you think can help you achieve these?

Day 16

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

RECLAIM YOUR DESIRES




What are you grateful for?

Day 17

Date:

S/M/T/W/T/F/S

-  Set intentions
-  Journalling
-  Meditation

-  Nourishing Foods
-  Mindful Eating
-  Went outside

-  Moved My Body
-  Expressed Gratitude
-  Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

RATE YOUR CIRCLE

Write a love letter to yourself.

Day 18

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

RATE YOUR CIRCLE

*What rituals, routines, practices
do you have in your daily life?*

Day 19

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

RATE YOUR CIRCLE

What is your spiritual connection? How do you practice this?

Day 20

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 21

Date:

S/M/T/W/T/F/S

- Set intentions
- Journalling
- Meditation

- Nourishing Foods
- Mindful Eating
- Went outside

- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 22

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 23

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

RESET YOUR INTENTIONS

*What does your heart desire and
guide you toward?*

Day 24

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

RESET YOUR INTENTIONS

How can you take care of yourself more?

Day 25

Date:

S/M/T/W/T/F/S

- Set intentions
- Journalling
- Meditation

- Nourishing Foods
- Mindful Eating
- Went outside

- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 26

Date:

S/M/T/W/T/F/S

- Set intentions
- Journalling
- Meditation

- Nourishing Foods
- Mindful Eating
- Went outside

- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 27

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 28

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

REDEFINE YOUR GOALS

*What blocks or fears are stopping
me from meeting your goals?*

Day 29

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 30

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

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1.

2.

3.

REMEMBER

AFFIRMATION

REDEFINE YOUR GOALS

How do achieved goals make you feel? Why is it worth pursuing your goals?

FINAL REFLECTIONS



As you come to the end of this month's journal, take time to reflect on where you started, how you felt, where you had blocks, and even beliefs about this exercise - they may not have been super open back then.

Now, focusing on the same aspects, look at where you are now. What differences do you notice? Check-in with your body; how do you feel? Check-in with your mind; are there any changes?

It might not be as much progress as you hoped for, but don't fall for the trap of negativity/ Focus instead on all the benefits you have gained. .

As time moves forward new things come up. You always have this journal to come back to when you are seeking shifts in life.

This is a process of transformation. Trust that along with this journaling you are doing everything that you need to do to move to your higher self.

If this practice gave you a good flavour for self-healing and transformation work, please let me know. I would love to hear how you went!

Chloe



FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE



FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

Helpful Resources

01

Self-Compassion

<https://self-compassion.org/>

Kristen Neff is the leading psychologist in the field of self-compassion, an essential skill to learn when doing self healing and transformation work.

02

The Mindful Kind

<https://www.rachaelkable.com/podcast>

Rachel Kable has a beautiful podcast series that explores applying Mindfulness to everyday situations. Follow her podcast series to pick up tips on being Mindful about you.

03

Vulnerability

<https://brenebrown.com/downloads/>

To face our fears we need to learn to be comfortable with vulnerability. Check out Brene Brown's guidance to help you open up to your fears, limits and shame.

04

Gut Health

<https://www.theguthealthdoctor.com/education-hub/>

Gut health is the newest focus on health and wellbeing. Research has found the important role gut health plays in feeling happy. Check out Megan Rossi's offerings for more information and guidance.



MEET CHLOE

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I'm an online counsellor and psychotherapist, yoga teacher, certified life coach, NLP practitioner and soon to be Naturopath. Fascinated by psychology, mindfulness and spirituality, I've worked extensively with youth and provided support to people affected by trauma.

Everything I offer is not only supported by psychology but I have lived experiences of their effectiveness. It has seen me grow my self-love, strengthen my intuition and master manifestation. My calling is to inspire and guide others with my own journey so they too can nurture their mind, body and soul and embark on a path towards a life full of healing, growth, abundance and joy.



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