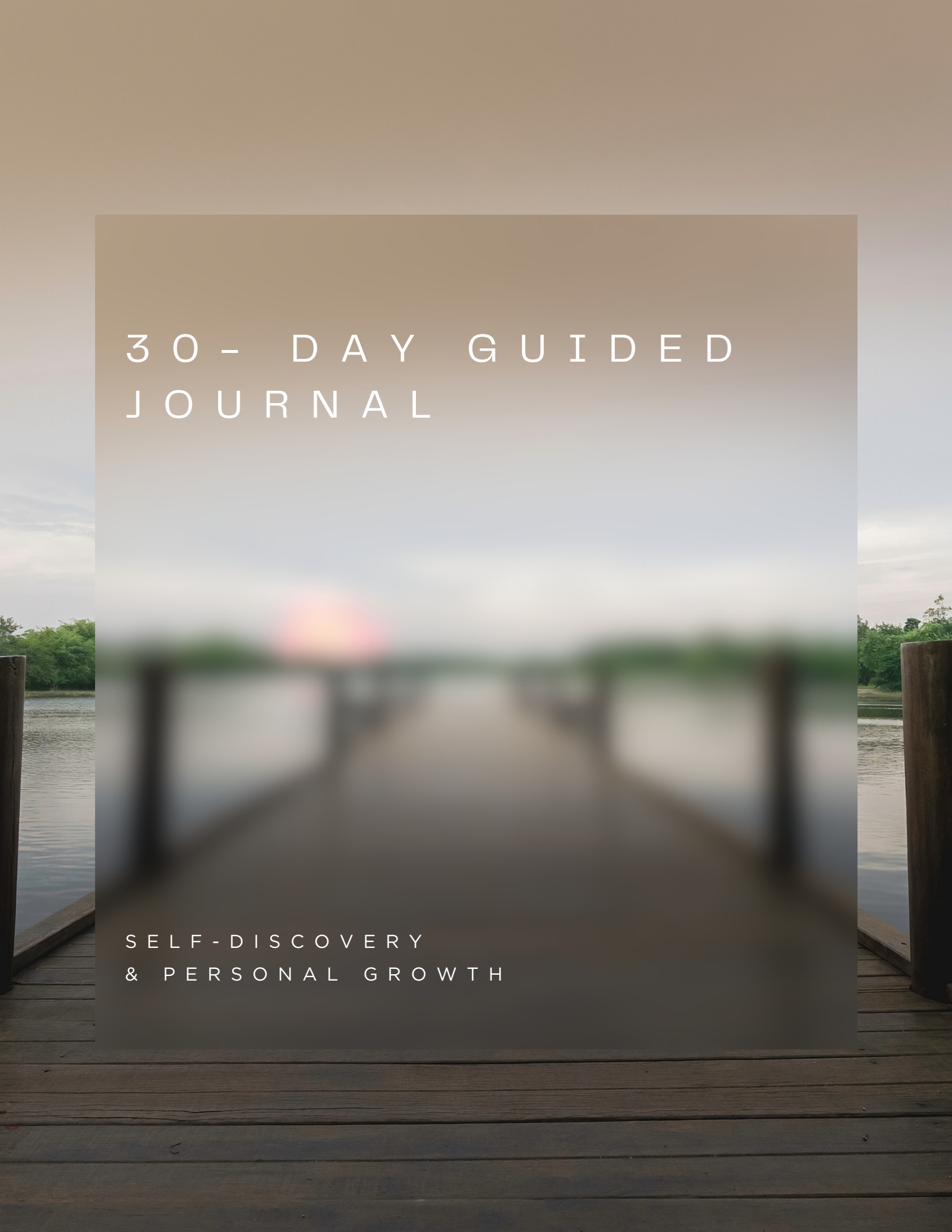




30 - DAY GUIDED JOURNAL

SELF-DISCOVERY
& PERSONAL GROWTH

How to Use This Journal

The 10-Minute Daily Practice:

Minutes 1-2: Choose today's prompt or card

Minutes 3-8: Write or reflect (voice memos count!)

Minutes 9-10: Mark your mood tracker and celebrate one win

Flexible timing: Morning, afternoon, or bedtime—find what works

Multiple formats: Write, type, voice record, or draw

No pressure: Missing days doesn't mean starting over

Dopamine hits: Built-in celebration after each entry

Progress Indicators:

Increased self-awareness

Stronger personal boundaries

More authentic relationships

Clearer life direction

Greater self-compassion

The Promise

In 30 days, you won't be a different person—you'll be MORE of who you already are. This isn't about fixing yourself; it's about remembering that you were never broken to begin with.

You are not too much. You are not too little. You are exactly who you need to be.

*Welcome to your new
journey*

W E E K 1:

F O U N D A T I O N S

W H O A M I B E Y O N D T H E
C H A O S ?



Day 1

Date: _____

Before I became a mom, (parent...) I was someone who...



Day 2

Date: _____

Three things I do that make me feel most like myself...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves.



Day 3

Date: _____

I see and experience the world in my own way, and that's valuable because...



Day 4

Date: _____

Values I want to pass down vs. values I inherited...



Day 5

Date: _____

What I need to feel human again...



Day 6

Date: _____

My superpowers that others might call “quirks”...



Day 7

Date: _____

Permission I'm giving myself this week...



W E E K 2 :

D E S I R E S

W H A T D O I A C T U A L L Y
W A N T ?



Day 8

Date: _____

If energy wasn't a factor, I would...



Day 9

Date: _____

Dreams I've been too afraid to say out loud...



10
Day 10

Date: _____

What success looks like for my neurodivergent or neurotypical brain...



Day 11

Date: _____

Environments where I feel most alive...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves pointing upwards and to the right.



Day 12

Date: _____

Goals I'm choosing vs. goals I think I should have...

[illegible]

Day 13

Date: _____

What I want my kids to remember about me...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves pointing upwards and to the right.



Day 14

Date: _____

The version of me I'm growing toward...



W E E K 3 :

S T R E N G T H S

C E L E B R A T I N G M Y
U N I Q U E W I R I N G



Day 15

Date: _____

Problems I solve differently than others...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves pointing upwards and to the right.



16
Day 16

Date: _____

*My hyperfocus (anything unique about you)
has helped me achieve...*



Day 17

Date: _____

Ways my sensitivity is actually a strength...



18
Day 18

Date: _____

Times my “scattered thinking” led to breakthroughs...



19
Day 19

Date: _____

*Skills I've developed from managing my
ADHD (depression, anxiety ect)...*



Day 20

Date: _____

What I appreciate about my brain today...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Day 21

Date: _____

Evidence that I'm already enough...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves pointing upwards and to the right.



W E E K 4 :

I N T E G R A T I O N

M O V I N G F O R W A R D A S
M E



Day 22

Date: _____

Systems that work with my brain, not against it...



Day 23

Date: _____

Boundaries I'm setting to protect my energy...



Day 24

Date: _____

How I want to show up in relationships...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves pointing upwards and to the right.



Day 25

Date: _____

My definition of a life well-lived...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves pointing upwards and to the right.



Day 26

Date: _____

What I'm releasing to make room for growth...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Day 27

Date: _____

My identity statement: I am...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown leafy branch. The overall appearance is that of a clean, unused notebook or ledger page.



Day 28

Date: _____

Three promises I'm making to myself...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves pointing upwards and to the right.



B O N U S D A Y S



Day 29

Date: _____

Letter to my younger self...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



Day 30

Date: _____

My vision for the next 30 days...

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a brown branch with several leaves pointing upwards and to the right.





You're not at the finish line
—
you're at the starting point
of a
new chapter

The start of something
new!

