



**30 DAYS OF
JOURNAL
PROMPTS
TO CHANGE
YOUR LIFE**



**TAKE THE TIME EVERY
MORNING TO ANSWER
THESE PROMPTS WITH
A PEN ON A PIECE OF
PAPER**




"What am I
grateful for
in my life
now that I
didn't have 5
years ago?"



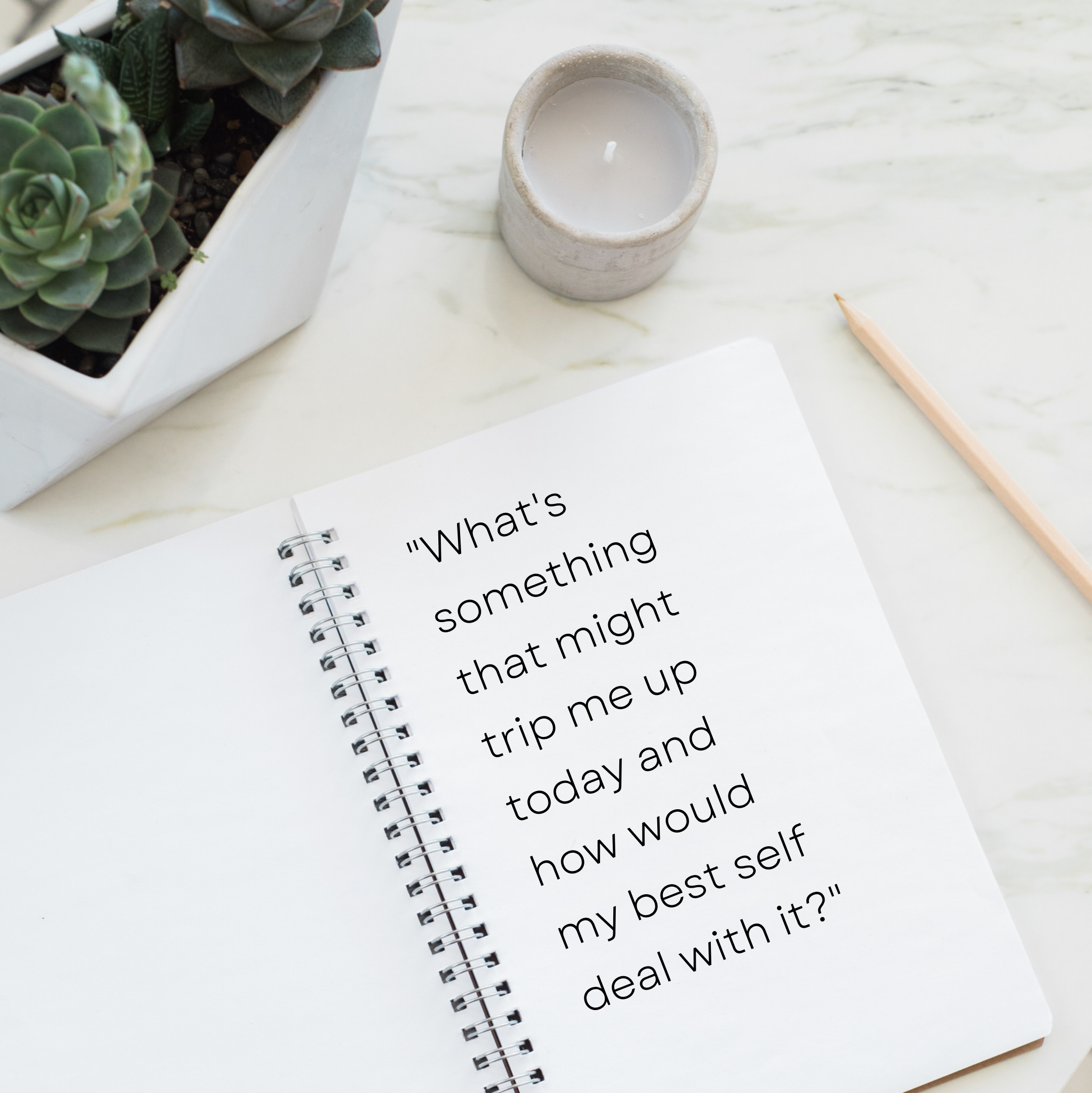
"Who can I
help today?"




"What can I
REMOVE
from my life
that's no
longer
serving me?"




"What are 3
values I want
to live by
today?"




"What's
something
that might
trip me up
today and
how would
my best self
deal with it?"




"What would
my perfect
day look like?
And how can
I align TODAY
with that?"

A top-down view of a spiral-bound notebook on a light-colored, marbled surface. The notebook is open to a blank page with the question "Where do I feel the most positive energy?" written in a simple, black, sans-serif font. To the left of the notebook is a white rectangular planter containing several green succulent plants. Above the notebook is a small, round, light-colored ceramic candle holder with a white candle inside. To the right of the notebook is a sharpened wooden pencil.

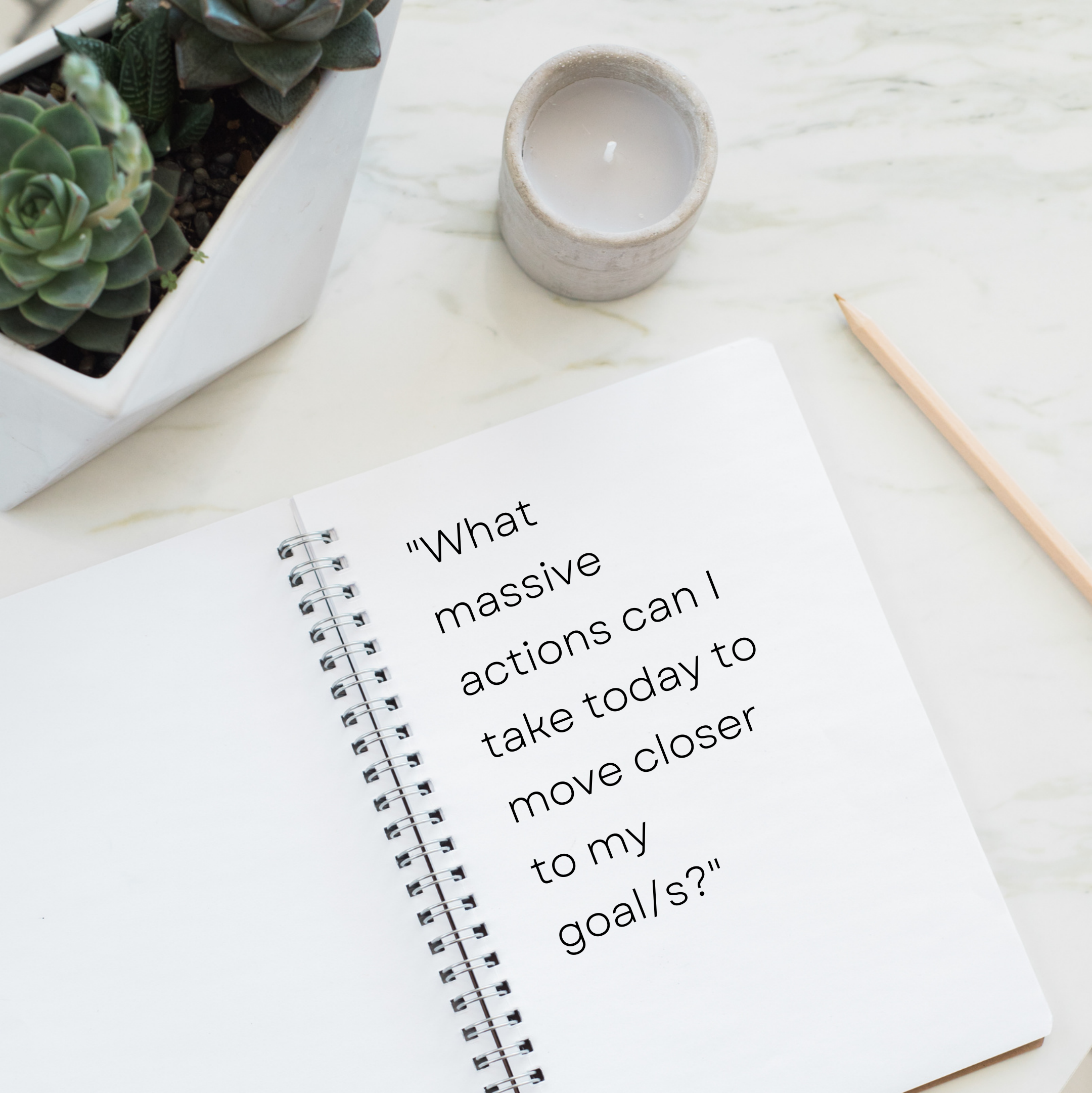
"Where do I
feel the most
positive
energy?"




"What
energy do I
want to
bring to the
day?"




"What can I
do today so
that tonight
when I lay in
bed I feel
content?"




"What
massive
actions can I
take today to
move closer
to my
goal/s?"




"What
thoughts am
I having daily
that aren't
serving me
and what
can I replace
them with?"




"Who do I
want to
become?
How do I
want to
feel?"




"Am I the
victim or
observer of
my
thoughts?"




"Who can I
reach out to
today that I
haven't
spoken with
for a while?"



"Who am I
when no one
is watching?"




"What areas
of my life am
I doubting
myself in?
And why?"




"What are 3
things that I
am proud of
myself for?"




"What can I
do different
today to
improve on
yesterday?"




"Can I be
doing more
or
something
different in
order to feel
better
daily?"



"Who can
help me
today? And
who can I
help?"




"If today was
my birthday,
how would I
feel? Now
ask how
that's
different to
any other
day?"



"If I were to
observe
myself from
someone
else's
perspective,
what would I
think?"




"What can I
do today
outside of
my comfort
zone?"



"What can I
learn today?"




"What are
my CLEAR
and
SPECIFIC
goals?"




"What do I
believe to be
true, that I
can
question?"

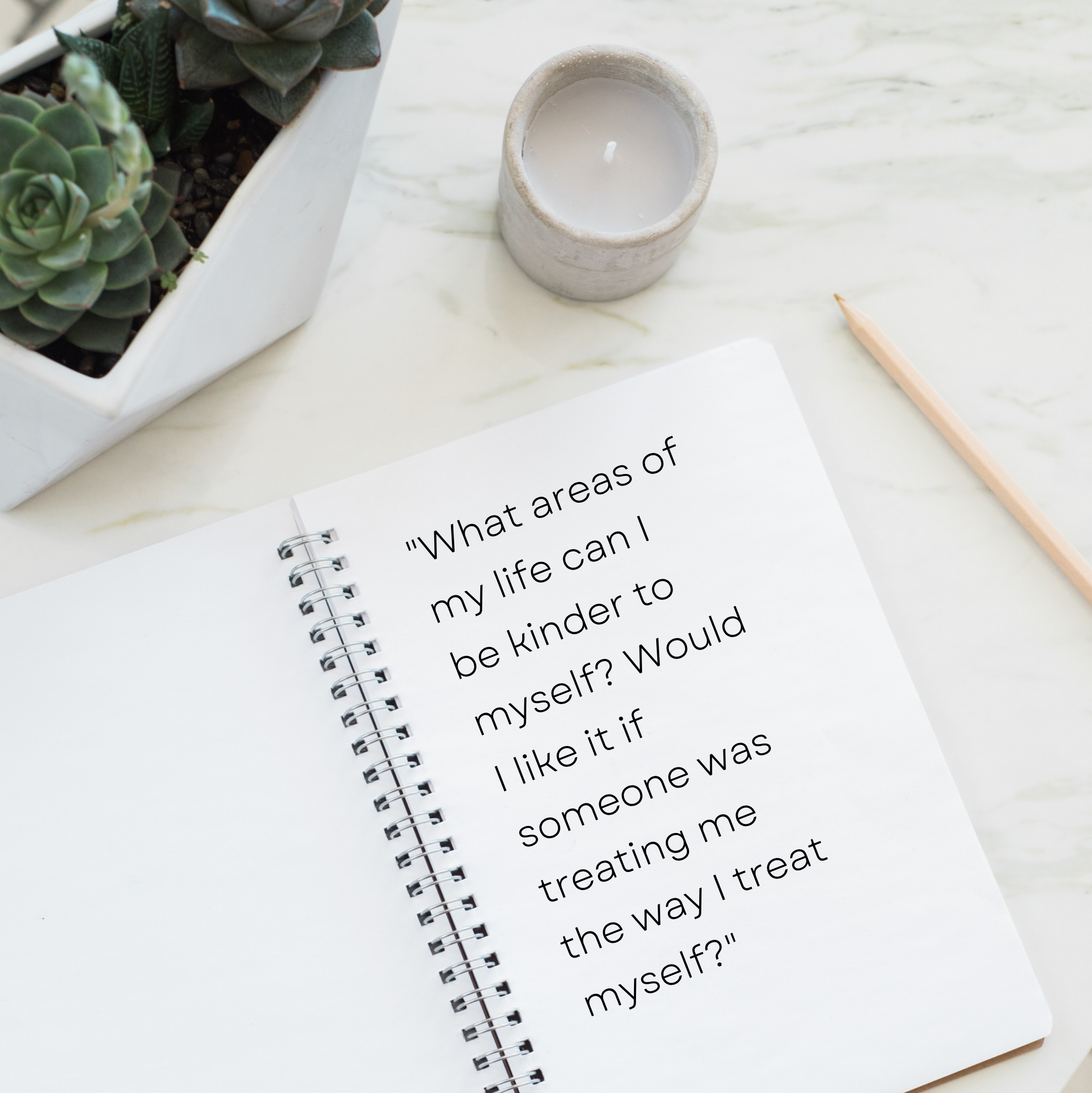
Your life is
operated off your
beliefs, are they
true?




"How can I
be a better
role model?"



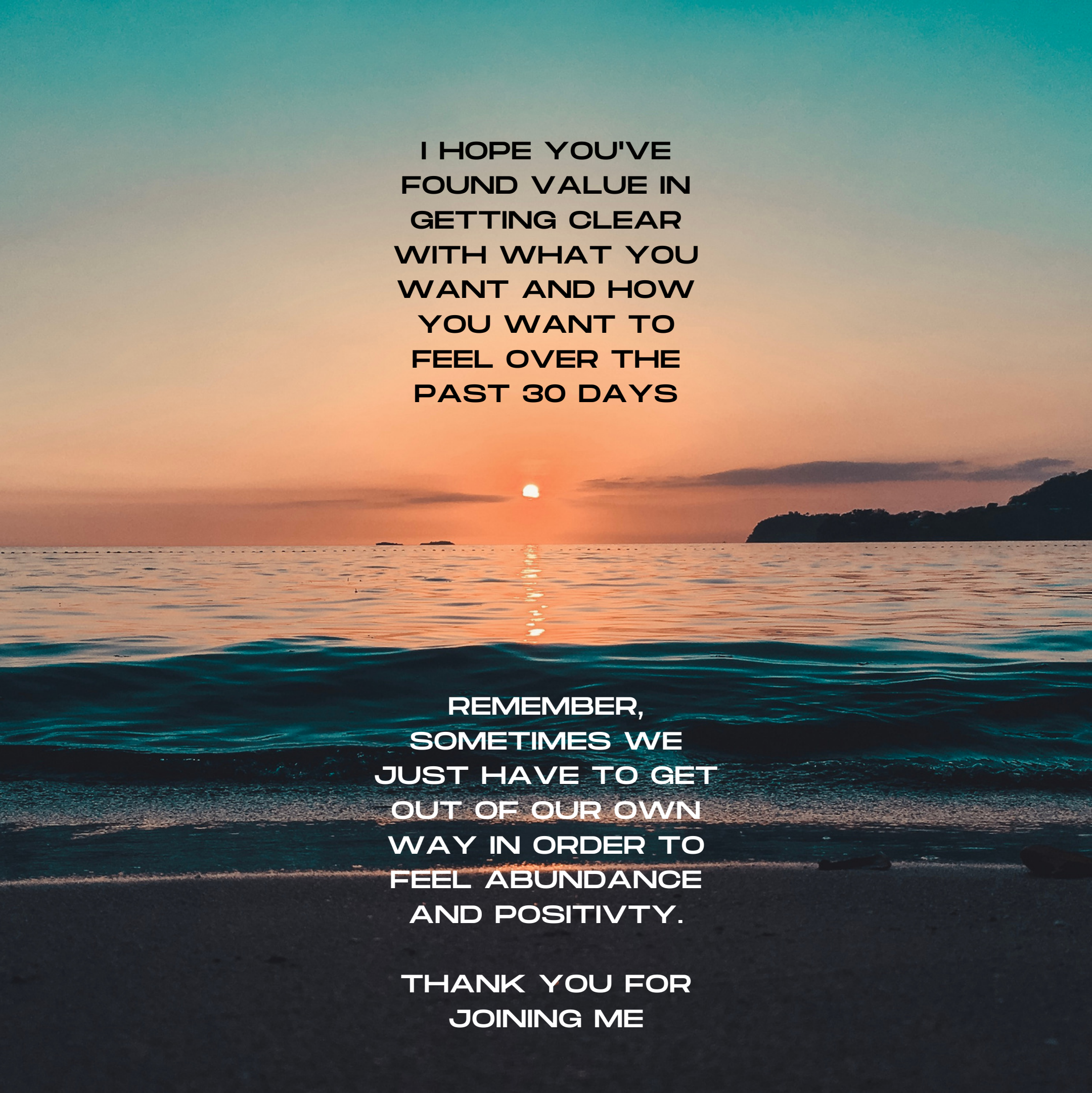
"Are the
people I'm
surrounding
myself with
helping to
improve my
life?"



"What areas of
my life can I
be kinder to
myself? Would
I like it if
someone was
treating me
the way I treat
myself?"



"What are 3
things I can do
every morning
in order to
have a
productive,
successful,
and positive
day?"

A sunset over the ocean with a teal color overlay. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. The foreground shows gentle waves washing onto a dark beach. The overall mood is serene and contemplative.

**I HOPE YOU'VE
FOUND VALUE IN
GETTING CLEAR
WITH WHAT YOU
WANT AND HOW
YOU WANT TO
FEEL OVER THE
PAST 30 DAYS**

**REMEMBER,
SOMETIMES WE
JUST HAVE TO GET
OUT OF OUR OWN
WAY IN ORDER TO
FEEL ABUNDANCE
AND POSITIVITY.**

**THANK YOU FOR
JOINING ME**