

30-Day Challenge Journal Prompts for Self- Improvement



Welcome to Your Journey of Transformation



Congratulations on starting your journey to a better you! The next 30 days are about more than just setting goals. They're about finding your true self and living your best life.

This journey is about making progress, not being perfect. Every day is a chance to learn and move closer to your dreams. It's okay if some days are harder than others. What's important is showing up for yourself every time.

As you face these daily challenges, celebrate your successes and learn from your setbacks.

Remember, change takes time, but with dedication and an open heart, you'll see amazing progress.

This is your chance to focus on yourself. Explore your passions, use your strengths, and live a life full of purpose and happiness. Trust the journey, stay in the moment, and believe in the incredible changes coming your way.

Let's celebrate 30 days of growth, gratitude, and new beginnings. Make this year your best one yet!



THIS BOOK
BELONGS TO:

How are you
feeling today?

Things you are
grateful for :

1. -----

2. -----

3. -----

Today's
affirmations :

My mood today is...

- | | | |
|-------------------------------|-------------------------------|--------------------------------|
| <input type="radio"/> Calm | <input type="radio"/> Rested | <input type="radio"/> Creative |
| <input type="radio"/> Happy | <input type="radio"/> Angry | <input type="radio"/> Sad |
| <input type="radio"/> Anxious | <input type="radio"/> Playful | <input type="radio"/> _____ |

Monthly Overview

www.liftedme.com

Date

milestones

memories

THINGS I ALWAYS WANT TO REMEMBER

www.liftedme.com



TODAY'S REMINDER

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Week 1: Self-Reflection and Awareness

How are you
feeling today?

Things you are
grateful for :

1. -----

2. -----

3. -----

Today's
affirmations :

My mood today is...

Calm

Rested

Creative

Happy

Angry

Sad

Anxious

Playful

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Week 2: Goal-Setting and Planning

How are you
feeling today?

Things you are
grateful for :

1. -----

2. -----

3. -----

Today's
affirmations :

My mood today is...

Calm

Rested

Creative

Happy

Angry

Sad

Anxious

Playful

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Week 3: Growth and Mindset

How are you
feeling today?

Things you are
grateful for :

1. -----

2. -----

3. -----

Today's
affirmations :

My mood today is...

- Calm
- Rested
- Creative
- Happy
- Angry
- Sad
- Anxious
- Playful
- _____

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Week 4: Relationships and Fulfillment

How are you
feeling today?

Things you are
grateful for :

1. -----

2. -----

3. -----

Today's
affirmations :

My mood today is...

Calm

Rested

Creative

Happy

Angry

Sad

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Final Days: Reflection and Moving Forward

How are you
feeling today?

Things you are
grateful for :

1. -----

2. -----

3. -----

Today's
affirmations :

My mood today is...

Calm

Rested

Creative

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