

MY 30-DAY ADVENTURE

Growing Stronger &
Feeling Better!

CRAFTED BY DEANA | THE RAW RELEASE PODCAST



RawRelease.com

TRANSFORM YOUR TRAUMA, SPEAK YOUR TRUTH

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IMPORTANT NOTICE:

I am not a licensed therapist, psychologist, or healthcare provider. The content in this workbook represents my personal views, experiences, and research. This material is intended for self-development purposes only and should not be considered as professional medical, mental health, or psychological advice, diagnosis, or treatment.

The information provided in this workbook is for general informational and educational purposes only. It is not intended to replace professional medical or mental health treatment. If you are experiencing mental health challenges, trauma, or any medical conditions, please seek appropriate professional help from licensed healthcare providers, mental health professionals, or emergency services.

This workbook is designed to help children ages 8-10 develop emotional awareness, resilience, and positive thinking habits. It is NOT a replacement for professional counseling or therapy. If your child is experiencing trauma, anxiety, depression, or other mental health challenges, please seek help from: - Licensed child therapists - School counselors - Pediatricians - Mental health professionals Crisis Resources: - Emergency: 911 - National Crisis Hotline: 1-800-273-8255 - Crisis Text Line: Text HOME to 741741 This journal works best when used alongside supportive adults who can help children process their feelings in a safe, healthy way.

 My 30-Day Adventure of
Growing Stronger & Feeling Better!

A Special Journal Just For You

Your Name: _____

Drawing Space Below



WELCOME TO YOUR SPECIAL JOURNAL!



Hi there, amazing kid!

This journal is YOUR special place to:

- ★ Write about your feelings
- ★ Dream about your future
- ★ Learn cool ways to feel better
- ★ Become even more awesome than you already are!

HOW TO USE THIS JOURNAL:

1. Spend 10-15 minutes each day (that's about as long as 2 cartoons!)
2. Be honest - there are no wrong answers
3. If you miss a day, that's okay! Just keep going
4. Ask a grown-up for help if you need it
5. Have FUN!

Remember: You are special, you are loved, and you can do hard things!



Let's start this adventure together!

MY STARTING POINT

Date: _____

Draw a picture of yourself today:

RIGHT NOW IN MY LIFE:

- Things that are hard for me:

- My biggest dreams:

- Feelings I want to let go of (like being sad, angry, or worried):

- Things I want to create (like being happier, making friends, doing better in school):

MY PROMISE TO MYSELF:

I, _____, promise to try my best during these 30 days.
I deserve to feel happy and strong!

My Signature: _____ Date: _____

Put a sticker here when you finish!

DAY 1: My Adventure Begins!

Date: _____



MORNING TIME:

☐ Take 3 big, deep breaths (in through your nose, out through your mouth)

☐ Say these magic words out loud:

"I am special and important."

"I can do hard things."

"Today is going to be a good day."

"I am brave and strong."

SOMETHING NICE FOR ME:

☐ Today I will do something fun for 10 minutes:

(Examples: draw, play outside, read, dance, build something)

NIGHTTIME THOUGHTS:

• Good things that happened today:

• Hard things I faced today:

• How I was brave today:

• Tomorrow I want to:

Circle how you feel tonight: 😊 😐 😢 😡 😴

DAY 2: Taking Small Steps

Date: _____



MORNING TIME:

☐ Take 3 big, deep breaths

☐ Say your magic words:

"I am special and important."

"I can do hard things."

"Today is going to be a good day."

"I am brave and strong."

SOMETHING NICE FOR ME:

☐ Today I will do something fun for 10 minutes:

TODAY'S SPECIAL ACTIVITY:

1. One thing I want to get better at or change:

2. Why is this important to me?

3. One small thing I can do today to help:

NIGHTTIME THOUGHTS:

• Good things that happened: _____

• Hard things I faced: _____

• How I was brave: _____

• Tomorrow I want to: _____

Circle how you feel tonight:



DAY 3: Being Kind to Myself

Date: _____



MORNING CHECK-IN:

☐ How do I feel today? (Circle a number)

1 2 3 4 5 6 7 8 9 10

(Not good)

(Great!)

☐ Today's special words: "I forgive myself and I'm learning to grow."

LETTING GO ACTIVITY:

(You can write this on a different paper and then rip it up, crumple it, or throw it away when you're done!)

Dear Me,

I forgive myself for...

After writing, how do you feel?

NIGHTTIME THOUGHTS:

• What I let go of today:

• How I feel lighter (like a weight came off):

• One nice thing I did for myself:

Circle how you feel tonight:



DAY 4: Changing Negative Thoughts

Date: _____



MORNING TIME:

☐ Take 3 big, deep breaths

OLD THOUGHT THAT MAKES ME FEEL BAD:

☐ Now draw a BIG X through it! 

NEW THOUGHT THAT MAKES ME FEEL GOOD:

Write your new good thought 3 times:

1. _____
2. _____
3. _____

ANOTHER ONE!

OLD THOUGHT THAT MAKES ME FEEL BAD:

☐ Draw a BIG X through it! 

NEW THOUGHT THAT MAKES ME FEEL GOOD:

Write your new good thought 3 times:

1. _____
2. _____
3. _____

How does thinking these new thoughts make your body feel?

Circle how you feel tonight:



DAY 5: Imagining My Future!

Date: _____



FIVE YEARS FROM NOW...

(Imagine you're _____ years old!)

Where do I live?

Who are my friends and family?

How do I feel most days?

What cool things am I doing? (sports, hobbies, school, etc.)

DRAW YOUR FUTURE!

Draw a picture of yourself in 5 years doing something you love:

5 COOL THINGS ABOUT MY FUTURE:

1. _____
2. _____
3. _____
4. _____
5. _____

Circle how you feel tonight: 😊 😐 😢 😡 😴

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DAY 6: My Action Plan

Date: _____



MY BIG GOAL:

What's one thing I really want to do or get better at?

BREAKING IT INTO SMALL STEPS:

Step 1:

What: _____

When I'll do it: _____

What I need: _____

Step 2:

What: _____

When I'll do it: _____

What I need: _____

Step 3:

What: _____

When I'll do it: _____

What I need: _____

MY PROGRESS TRACKER:

☐ I started Step 1

☐ I started Step 2

☐ I started Step 3

Draw a star  next to each step when you complete it!

Circle how you feel tonight:



DAY 7: My Support Team

Date: _____



THREE PEOPLE WHO MAKE ME FEEL GOOD:

Person #1:

Name: _____

How they help me feel good:

How I'll spend time with them:

Person #2:

Name: _____

How they help me feel good:

How I'll spend time with them:

Person #3:

Name: _____

How they help me feel good:

How I'll spend time with them:

DRAW YOUR SUPPORT TEAM: Draw yourself with the people who care about you!

Circle how you feel tonight:



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DAY 8: My Gratitude Day

Date: _____



MORNING THANKFULNESS:

1. Something in nature I'm thankful for:

2. Something about my body I'm thankful for:

3. Something about my life I'm thankful for:

SURPRISE GIFTS TODAY:

What good surprises happened today?

WHAT I LEARNED:

What new thing did I learn or get better at today?

NIGHTTIME THANKFULNESS:

Three things I'm grateful for tonight:

1. A small good thing: _____

2. A person I'm thankful for: _____

3. Something I did well: _____

Pick ONE and write more about why it's special:

BEDTIME THOUGHT:

Tonight I'm thankful for: _____

Circle how you feel tonight: 😊 😐 😢 😡 😴

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DAY 9: Self-Care Day

Date: _____



WHAT IS SELF-CARE?

Self-care means doing nice things for yourself to feel good!

HOW DO I TAKE CARE OF MYSELF NOW?

WHAT NEEDS MORE ATTENTION?

MY SELF-CARE MENU:

(Check the things you want to try!)

FOR MY BODY:

☐ Play outside ☐ Dance to music ☐ Take a relaxing bath ☐ Get enough sleep

☐ Other: _____

FOR MY BRAIN:

☐ Read a fun book ☐ Do a puzzle ☐ Learn something new ☐ Draw or color

☐ Other: _____

FOR MY FEELINGS:

☐ Talk to someone I trust ☐ Write in this journal ☐ Hug someone I love ☐ Do something that makes me laugh

☐ Other: _____

FOR MY SPIRIT:

☐ Spend time in nature ☐ Be quiet and calm ☐ Think about good things ☐ Help someone

☐ Other: _____

MY WEEKLY PROMISE:

This week, I will take care of myself by:

Circle how you feel tonight: 😊 😐 😞 😡 😴

DAY 10: Building My Strength

Date: _____



STOP, THINK, AND CHOOSE:

When something hard happens, I can STOP, THINK, and CHOOSE what to do!

MORNING CHALLENGE:

What's something hard I'm dealing with?

STOP:

- ☐ I took 3-5 big, deep breaths
- ☐ I noticed how I'm feeling right now

THINK:

What can I learn from this?

CHOOSE:

What's one thing I can do to make it better?

NIGHTTIME REVIEW:

How I was strong today:

What worked well:

How I'll be ready for tomorrow:

Circle how you feel tonight: 😊 😐 😢 😡 😴

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DAY 11: How Am I Doing?

Date: _____



CHANGES I'VE NOTICED:

1. _____

2. _____

3. _____

CHECKING MY DREAMS:

Do my goals from Day 5 still feel right? ☐ Yes ☐ No

What do I want to change or add?

NEW GOALS FOR THIS WEEK:

Goal 1: _____

First step: _____

Goal 2: _____

First step: _____

YOU'RE DOING GREAT!



You've been working on this for 11 days! Every step counts, even the small ones!

Draw how you feel about your progress:

Circle how you feel tonight:



DAY 12: My Dream Gets Clearer!

Date: _____



THE MOST EXCITING PART OF MY DREAM:

MAKING MY DREAM BETTER:

Things I want to ADD to my dream:

Things I want to CHANGE in my dream:

Things I want to TAKE OUT of my dream:

HOW DOES MY DREAM FEEL?

When I think about my dream, my body feels:

When I think about my dream, I feel these emotions:

NEXT STEP:

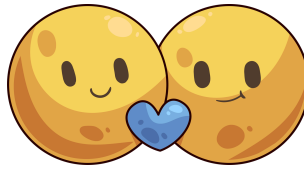
One thing I can do this week to get closer to my dream:

Circle how you feel tonight: 😊 😐 😢 😡 😴

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DAY 13: Being a Good Friend

Date: _____



WHAT MAKES A GOOD FRIEND?

Quality #1: _____

How I can be this way:

Quality #2: _____

How I can be this way:

Quality #3: _____

How I can be this way:

LOOKING AT MYSELF:

I'm already good at:

I can get better at:

DRAW IT!

Draw yourself being a good friend:

Circle how you feel tonight:



2 WEEK CHECK-IN!

Date: _____



WOW! You've been doing this for 2 whole weeks! That's amazing!

WHERE I AM NOW:

- Things that are still hard for me:

- My biggest dreams now:

- Feelings I still want to let go of:

- Things I want to create:

MY NEW PROMISE TO MYSELF:

I, _____, promise to keep going for the next 2 weeks!
I deserve to feel happy and strong!

My Signature: _____ Date: _____

Put a sticker here! You're halfway done! Continue on next page



Circle how you feel tonight:



Understanding My Patterns



PATTERNS are things we do over and over. Some patterns help us, and some patterns don't help us anymore.

PATTERN EXPLORATION:

Something I do when I'm scared or upset:

Why do I do this? (It might have helped me feel safe before)

Is this still helping me? ☐ Yes ☐ No

A NEW WAY I COULD HANDLE THIS:

ANOTHER PATTERN:

Something else I do when I'm scared or upset:

Why do I do this?

Is this still helping me? ☐ Yes ☐ No

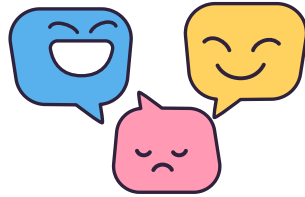
A NEW WAY I COULD HANDLE THIS:

YOU'RE HALFWAY DONE!

You've completed 14 days! That's so awesome! Keep going!

DAY 15: My Inner Voice

Date: _____



MEAN THOUGHTS TRACKER:

Sometimes I think mean things about myself. Let's change that!

When does my brain say mean things?

What makes this happen?

NEW KIND WORDS TO SAY INSTEAD:

DAILY KINDNESS PRACTICE:

Morning kind words I'll say to myself:

Afternoon reminder:

Nighttime kind words:

CHANGING MY THOUGHTS:

Old mean thought:

New kind thought:

How does being kind to myself feel?

Circle how you feel tonight:



DAY 16: Letting Go of Heavy Feelings

Date: _____



Sometimes we hold onto feelings that make us feel heavy.
Today we're going to let them go!

SOMETHING THAT STILL BOTHERS ME:

What I need to let this go:

HOW I'LL LET IT GO:

(Pick one or make up your own!)

- ☐ Write it down and rip up the paper
- ☐ Draw it and then scribble over it
- ☐ Tell a trusted grown-up about it
- ☐ Imagine putting it in a balloon and letting it float away
- ☐ Other: _____

AFTER LETTING GO:

How do I feel now?

What does my body feel like?

Do I need help from a grown-up? ☐ Yes ☐ No

If yes, who can I talk to? _____

Circle how you feel tonight:



DAY 17: Looking at My Progress

Date: _____

100

17-DAY MILESTONE!

My goal from the beginning was:

Progress I've made:

Surprise good things that happened:

MY ACTION PLAN:

This week I'll focus on:

My next step is:

I need help with:

KEY LEARNING:

The most important thing I learned recently:

How I'll use this:

Circle how you feel tonight: 😊 😐 😞 😡 😴

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DAY 18: Picture It!

Date: _____



VISUALIZATION means imagining something so clearly that it feels real!

Time I'm doing this: _____ Where I am: _____

MY GOAL (Pretend it already happened!):

USING MY 5 SENSES:

What do I SEE?

What do I HEAR?

What do I FEEL (touching)?

What do I SMELL?

What do I TASTE?

HOW DOES MY BODY FEEL?

WHAT EMOTIONS DO I FEEL?

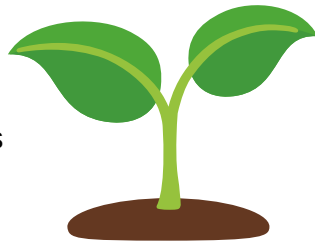
MY SPECIAL WORD:

Pick one word that reminds you of your goal: _____

☐ I set a reminder on my phone/tablet to think about this word!

DRAW YOUR VISION:

Circle how you feel tonight: 😊 😐 😭 😡 😴



DAY 19: My Good Habits

Date: _____

HABITS are things we do every day. Good habits help us grow!

MORNING HABITS TO TRY:

- ☐ Make my bed
- ☐ Drink a glass of water
- ☐ Write in this journal
- ☐ Read for 10 minutes
- ☐ Stretch or move my body
- ☐ Say something kind to myself

SCHOOL/LEARNING HABITS:

- ☐ Practice something for 15 minutes
- ☐ Ask questions when I don't understand
- ☐ Help a friend or classmate
- ☐ Try something new

HEALTHY BODY HABITS:

- ☐ Eat a healthy snack
- ☐ Play outside for 10 minutes
- ☐ Go to bed on time
- ☐ Wash my hands

FEELING GOOD HABITS:

- ☐ Talk to someone I trust
- ☐ Do something creative
- ☐ Laugh or play
- ☐ Help someone

MY HABIT PLAN:

I choose THIS habit to work on:

I'll do it every day for 21 days!

When I complete 7 days in a row, I'll celebrate by:

PROGRESS TRACKER - Color in a star each day you do your habit!

Week 1: ★ ★ ★ ★ ★ ★ ★

Week 2: ★ ★ ★ ★ ★ ★ ★

Week 3: ★ ★ ★ ★ ★ ★ ★

Circle how you feel tonight: 😊 😐 😢 😡 😴

DAY 20: Self-Compassion

Date: _____



COMPASSION means being kind and understanding.

Mean things I thought about myself today:

KIND WORDS INSTEAD:

"I am learning and doing my best because..."

REMINDER NOTES:

I'll put kind reminder notes in these places:

Place 1: _____

What it says: _____

Place 2: _____

What it says: _____

SOMETHING NICE I DID FOR MYSELF TODAY:

Remember: Everyone makes mistakes. That's how we learn!

Circle how you feel tonight: 😊 😐 😭 😡 😴

DRAW A HEART:

Inside the heart, write or draw things you love about yourself!

DAY 21: I'm Growing!

Date: _____



WOW! 21 DAYS! You've created new pathways in your brain!
That's like building new roads for your thoughts to travel on!

THREE WAYS I'VE GROWN:

1. I've grown in this area:

Here's my proof:

This makes me feel:

2. I've grown in this area:

Here's my proof:

This makes me feel:

3. I've grown in this area:

Here's my proof:

This makes me feel:

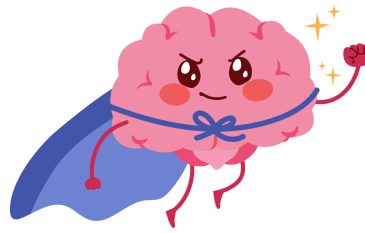
HOW I'LL CELEBRATE:

DRAW YOUR CELEBRATION:
Draw yourself celebrating!

Circle how you feel tonight: 😊 😐 😭 😡 😴

DAY 22: Discovering My Superpowers!

Date: _____



Everyone has special strengths - like superpowers!

MY CHARACTER SUPERPOWERS (Circle yours):

- ☐ I bounce back when things are hard (Resilience)
- ☐ I understand how others feel (Empathy)
- ☐ I think of creative solutions (Problem-solving)
- ☐ I'm good with feelings (Emotional smarts)
- ☐ I'm a natural leader
- ☐ I'm a good friend
- ☐ Other: _____

MY SKILL SUPERPOWERS:

I'm good at communicating by:

I'm good at these activities:

I'm good at organizing:

Other things I'm good at:

MY HIDDEN SUPERPOWERS:

What do people say I'm good at?

What do I do that makes me lose track of time (because I love it so much)?

What comes easily to me that might be hard for others?

Circle how you feel tonight: 😊 😐 😢 😡 😴

DAY 23: It's Okay to Ask for Help!

Date: _____

HELP!

Asking for help is BRAVE, not weak!

SOMETHING I NEED HELP WITH:

Who can help me?

What exactly will I ask for?

MY SUPPORT TEAM:

People I feel close to:

People I want to get closer to:

New friends I want to make:

SAYING THANK YOU:

Someone I'll thank today: _____

How I'll thank them:

☐ Say "thank you" ☐ Draw them a picture ☐ Write them a note ☐ Give them a hug ☐ Help them with something

☐ Other: _____

DRAW YOUR UPDATED DREAM:

Circle how you feel tonight: 😊 😐 😭 😡 😴

DAY 25: Good Things Take Time

Date: _____



Being PATIENT means waiting calmly while good things grow!

BREATHING CHECK-INS TODAY:

Morning: ☐ Afternoon: ☐ Evening: ☐

MY SMALL WINS THIS WEEK:

1. _____
2. _____
3. _____

WHAT I LEARNED THIS WEEK:

1. _____
2. _____
3. _____

MY BIG GOAL:

BREAKING IT INTO SMALLER PIECES:

Step 1: _____

How long it might take: _____

Step 2: _____

How long it might take: _____

Step 3: _____

How long it might take: _____

THINGS THAT MIGHT SLOW ME DOWN:

HOW I'M GETTING BETTER:

Today I improved at:

Remember: Every big tree started as a tiny seed!

Circle how you feel tonight:





DAY 26: Celebrating My Wins!

Date: _____

THREE THINGS I'VE ACCOMPLISHED THIS MONTH:

1. _____

2. _____

3. _____

I'M PROUD OF MYSELF BECAUSE:

These accomplishments are helping me reach these goals:

MY CELEBRATION REWARD:

I'm going to celebrate by:

YOU'RE ALMOST DONE! Only 4 more days! You're doing AMAZING!



DRAW YOUR CELEBRATION:



Circle how you feel tonight: 😊 😐 😭 😡 😴

DAY 27: My Values (What's Important to Me)

Date: _____



VALUES are the things that matter most to you!

MY TOP 3 MOST IMPORTANT THINGS:

1. What matters to me: _____

Why this is important: _____

How I show this every day: _____

2. What matters to me: _____

Why this is important: _____

How I show this every day: _____

3. What matters to me: _____

Why this is important: _____

How I show this every day: _____

LIVING MY VALUES TODAY:

- ☐ I was honest about something ☐ I was kind to someone ☐ I tried my best at something
☐ I helped someone ☐ I stood up for what's right ☐ Other: _____

MORNING PLAN:

Today I will show what's important to me by:

EVENING REFLECTION:

How I lived my values today:

Circle how you feel tonight: 😊 😐 😢 😡 😴

DAY 28: My Circle of Care

Date: _____



BOUNDARIES are like invisible fences that keep us safe and happy!

PEOPLE WHO MAKE ME FEEL GOOD:

1. Name: _____

How they help me:

How I'll spend more time with them:

2. Name: _____

How they help me:

How I'll spend more time with them:

SETTING HEALTHY BOUNDARIES:

Sometimes I need to say "no" or "stop" to feel safe. That's okay!

A time when I need to set a boundary:

What I need to say (in a kind way):

WHAT I NEED RIGHT NOW:

I need help with my feelings: _____

I need help with doing things: _____

I need help with learning: _____

WHO I'LL TALK TO THIS WEEK:

Circle how you feel tonight:



DAY 29: Abundance (Having Enough Good Things)

Date: _____



ABUNDANCE means believing there's enough good stuff for everyone!

MY FRIENDSHIPS:

Right now: _____

What I want: _____

I believe: "I can have great friends who care about me."

How this will feel: _____

MY LEARNING & SCHOOL:

Right now: _____

What I want: _____

I believe: "I can learn new things and do well."

How this will feel: _____

MY HAPPINESS:

Right now: _____

What I want: _____

I believe: "I deserve to be happy and have fun."

How this will feel: _____

CHANGING MY THINKING:

Old thought that limits me:

New thought that helps me grow:

TODAY I'M OPEN TO RECEIVING:

Circle how you feel tonight:



DAY 30: My Vision Board!

Date: _____



A VISION BOARD is a collection of pictures and words that show your dreams!

WHAT I'LL MAKE:

- ☐ Vision Board (poster)
- ☐ Vision Book (notebook with pictures)
- ☐ Both!

MATERIALS I NEED:

- ☐ Poster board or notebook
- ☐ Magazines or printed pictures
- ☐ Scissors (ask a grown-up for help!)
- ☐ Glue or tape
- ☐ Markers or crayons
- ☐ Stickers

THINGS TO INCLUDE ON MY VISION BOARD:

- ☐ Friends & Family
- ☐ School & Learning
- ☐ Health & Feeling Good
- ☐ Fun & Hobbies
- ☐ Dreams for the Future
- ☐ Places I Want to Go
- ☐ Things I Want to Learn

PICTURES I WANT TO FIND:

WORDS I WANT TO ADD:

QUOTES THAT INSPIRE ME:

YOU DID IT!

You completed 30 days! You should be SO proud of yourself!

Circle how you feel tonight:



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BONUS DAY: Making My Vision Board!

Date: _____



SECTION 1: FRIENDS & FAMILY

Pictures I chose: _____

Words I added: _____

Why this matters: _____

SECTION 2: SCHOOL & LEARNING

Pictures I chose: _____

Words I added: _____

Why this matters: _____

SECTION 3: HEALTH & FEELING GOOD

Pictures I chose: _____

Words I added: _____

Why this matters: _____

SECTION 4: FUN & HOBBIES

Pictures I chose: _____

Words I added: _____

Why this matters: _____

SECTION 5: MY FUTURE DREAMS

Pictures I chose: _____

Words I added: _____

Why this matters: _____

WHERE I'LL PUT MY VISION BOARD:

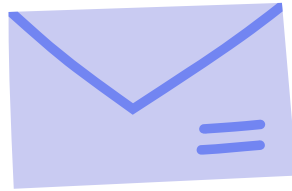
WHEN I'LL LOOK AT IT:

Every morning: ☐ Every night: ☐ Both: ☐

Circle how you feel tonight: 😊 😐 😢 😡 😴

BONUS: Letter from Future Me

Date: _____



Imagine you're writing a letter from yourself 5 years in the future!

Dear Present Me,

Hi! It's me from the future! I'm _____ years old now, and I wanted to tell you some cool things!

The best thing that happened is:

I'm most proud of:

Here's how I got here:

My advice for you today is:

Keep going! You're going to do amazing things!

Love,
Future Me

P.S. Don't forget: _____

Circle how you feel tonight: 😊 😐 😢 😡 😴

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BONUS: My Special Impact

Date: _____

IMPACT means the difference you make in the world!

HOW I WANT PEOPLE TO REMEMBER ME:

GOOD THINGS I WANT TO SHARE:

HOW I WANT TO HELP OTHERS:

MY ACTION STEPS:

Every day I can:

Every week I can:

Every month I can:

MY SPECIAL PROJECT:

Something I want to do to help others:

First step:

Who can help me:

Circle how you feel tonight: 😊 😐 😢 😡 😴



BONUS: My Journey Complete!

Date: _____

YOU DID IT! You finished your 30-day journey!

MY BIGGEST CHANGES:

WHAT I LEARNED:

About myself:

About what I can do:

About my future:

HOW I'LL CELEBRATE:

WHO I'LL SHARE THIS WITH:

WHAT I'M MOST PROUD OF:

MOVING FORWARD:

Things I'll keep doing every day:

Things I'll check on every week:

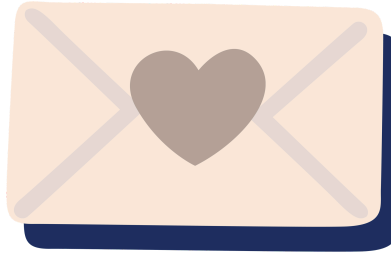
Things I'll review every month:

Circle how you feel tonight:



My Final Letter

Date: _____



Dear Future Me,

I just finished my 30-day journey! Here's what I want to remember:

The most important thing I learned:

How I've changed:

What I'm excited about:

My promise to keep growing:

Something I never want to forget:

I'm proud of myself because:

Love,

YOU ARE AMAZING! Never forget that!



This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

Congratulations on completing your 30-day transformation journey! Remember, this is just the beginning. Keep this workbook as a reference and continue to build upon the foundation you've created. The raw release that started this journey should have allowed you to begin attracting the life and future you want by taking actions to step into the best version of yourself. Don't let anything holding you back from shining bright ✨

With love,

Deana



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