



30 Day Journal

By Karsten Bush

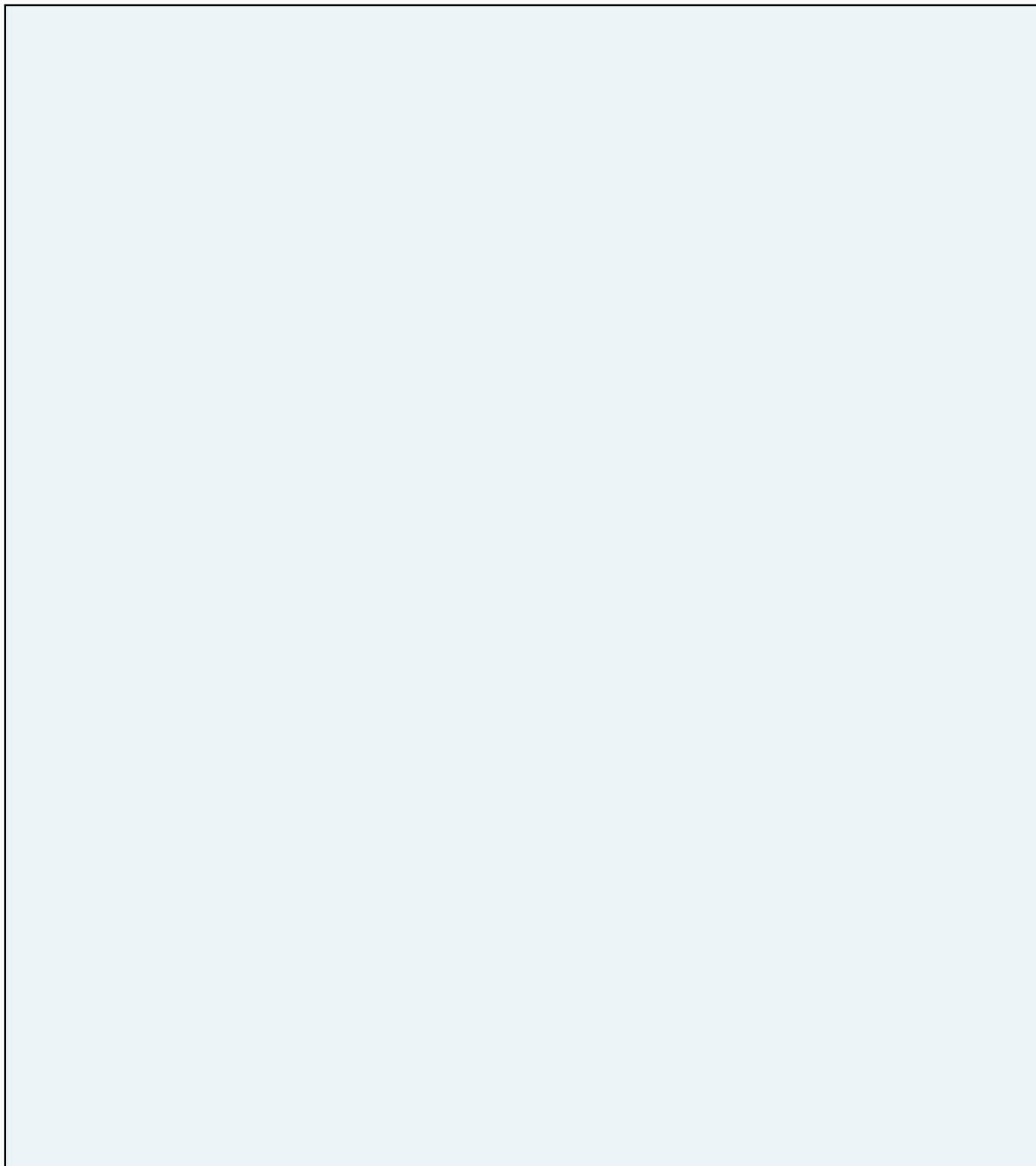
Who is this journal for?

Journaling is something that can help you start your healing journey by encouraging introspection and putting the power in your hands to start creating the life you want to live.

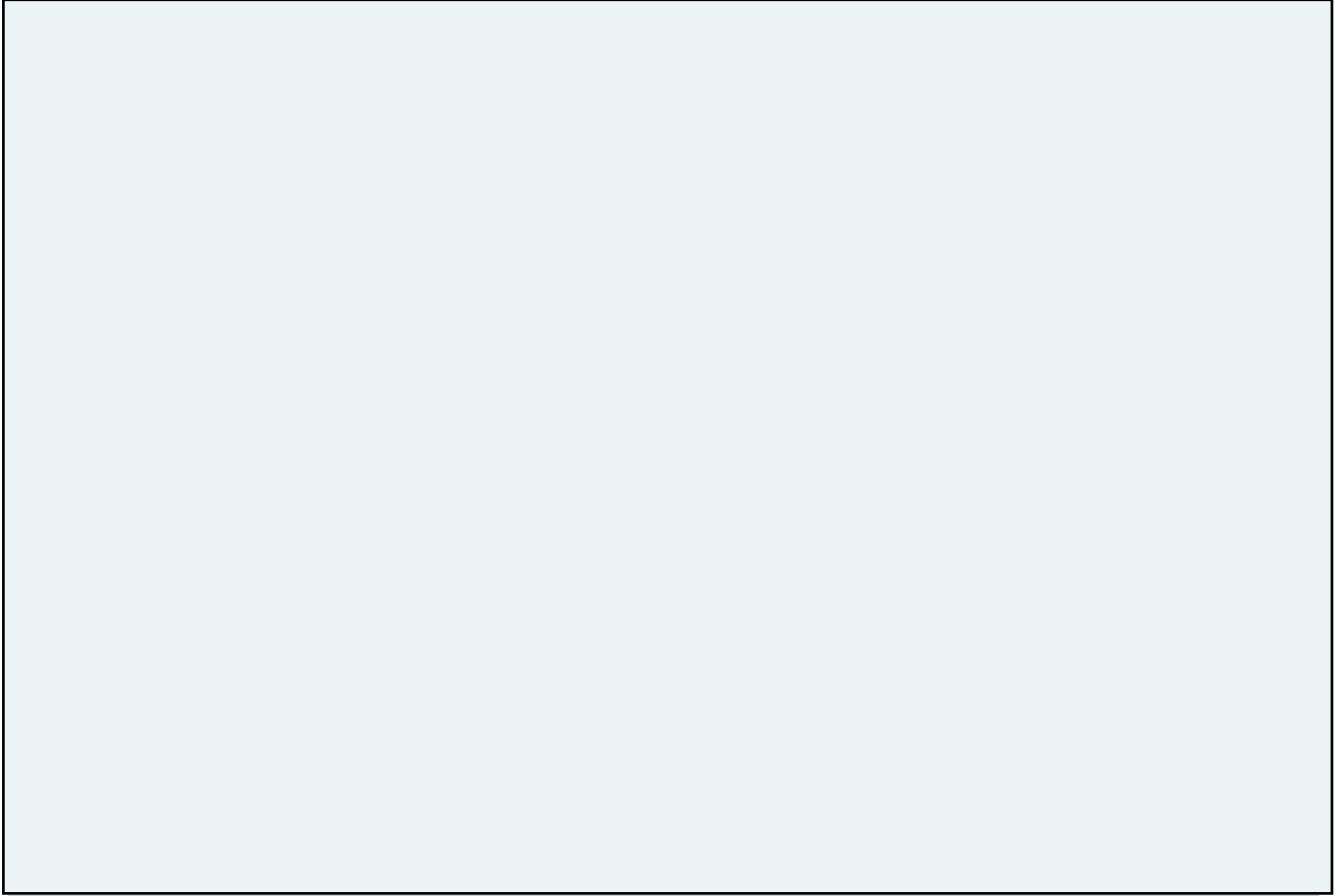
The goal of this journal is to help start making journaling a routine practice in your life. Building up small habits can help you cultivate discipline and live with intention. This 30 day journal is meant to be an aid to start doing the work to understand yourself better.

Day 1:

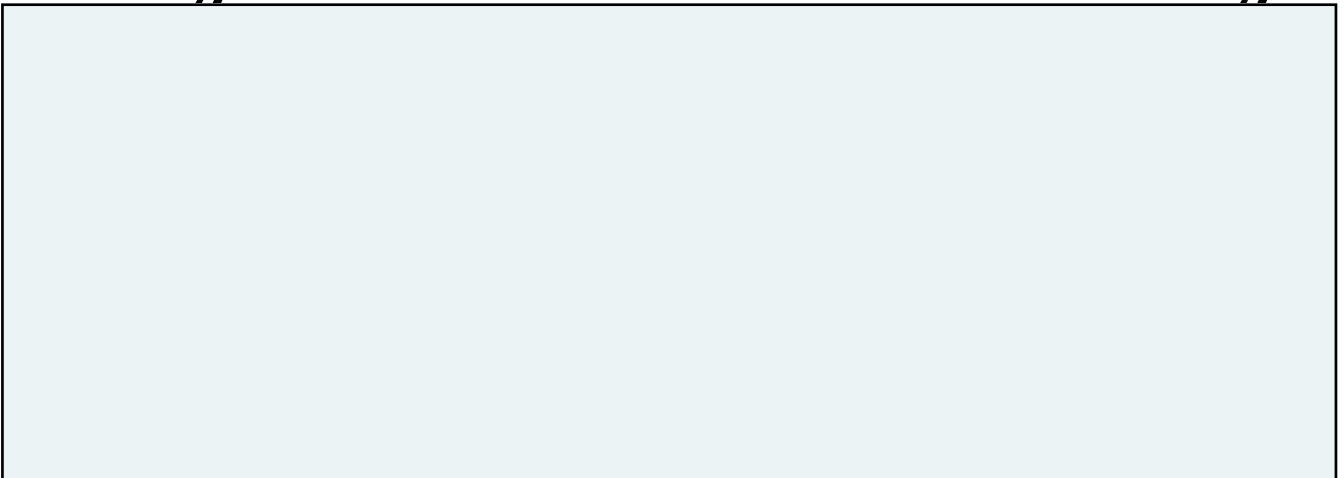
Theme for the Day: Gratitude

A large, empty rectangular box with a light blue background and a black border, intended for writing or drawing. It occupies the lower two-thirds of the page.

What are you grateful for and why?

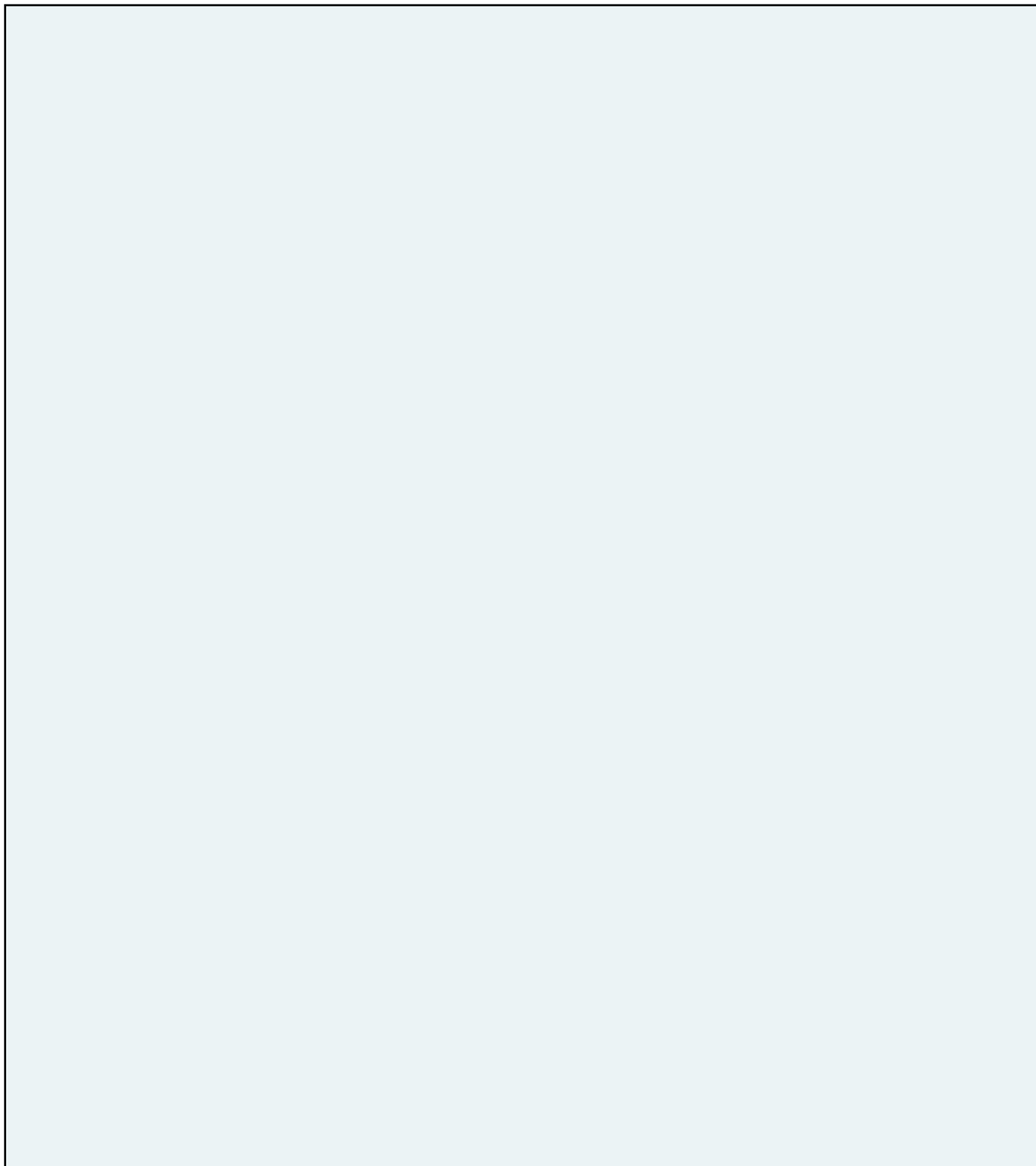


Write your affirmation for the day:

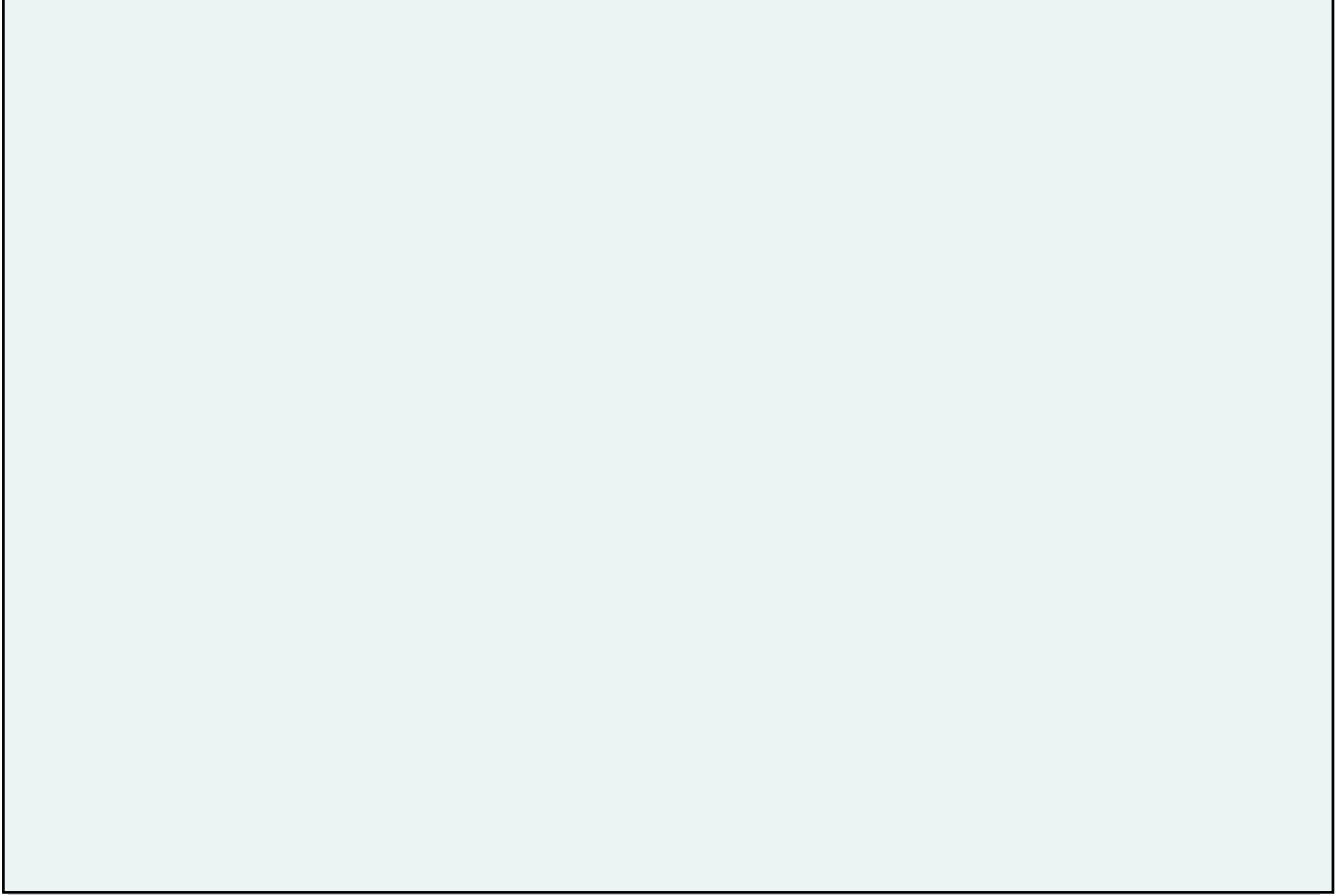


Day 2:

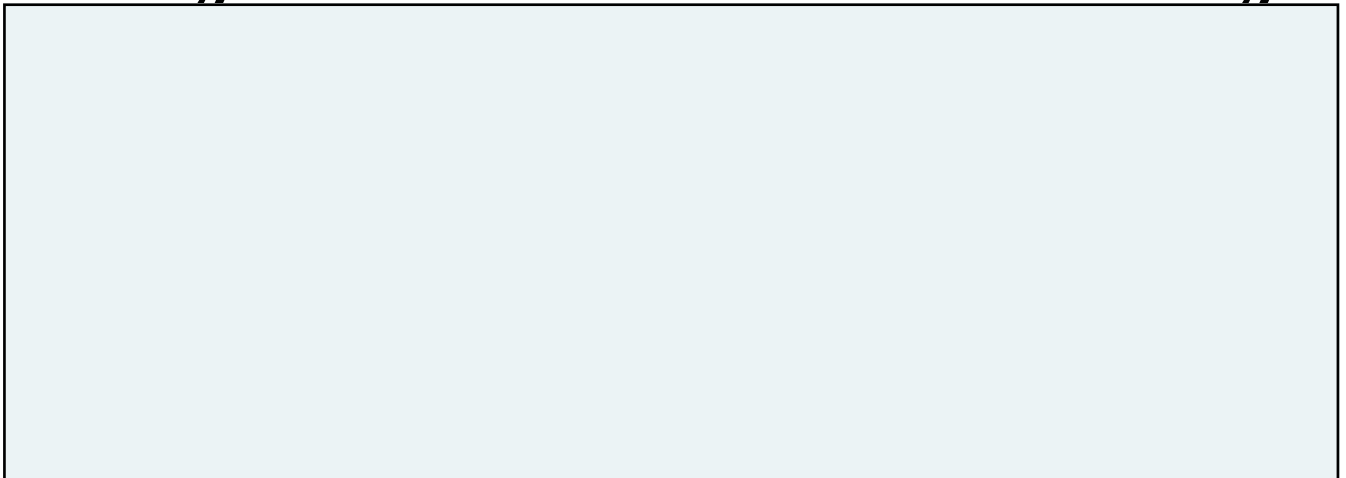
Theme for the Day: Intentions

A large, empty rectangular box with a light blue background and a black border, intended for writing or drawing.

How are you going to add intentionality into your life?

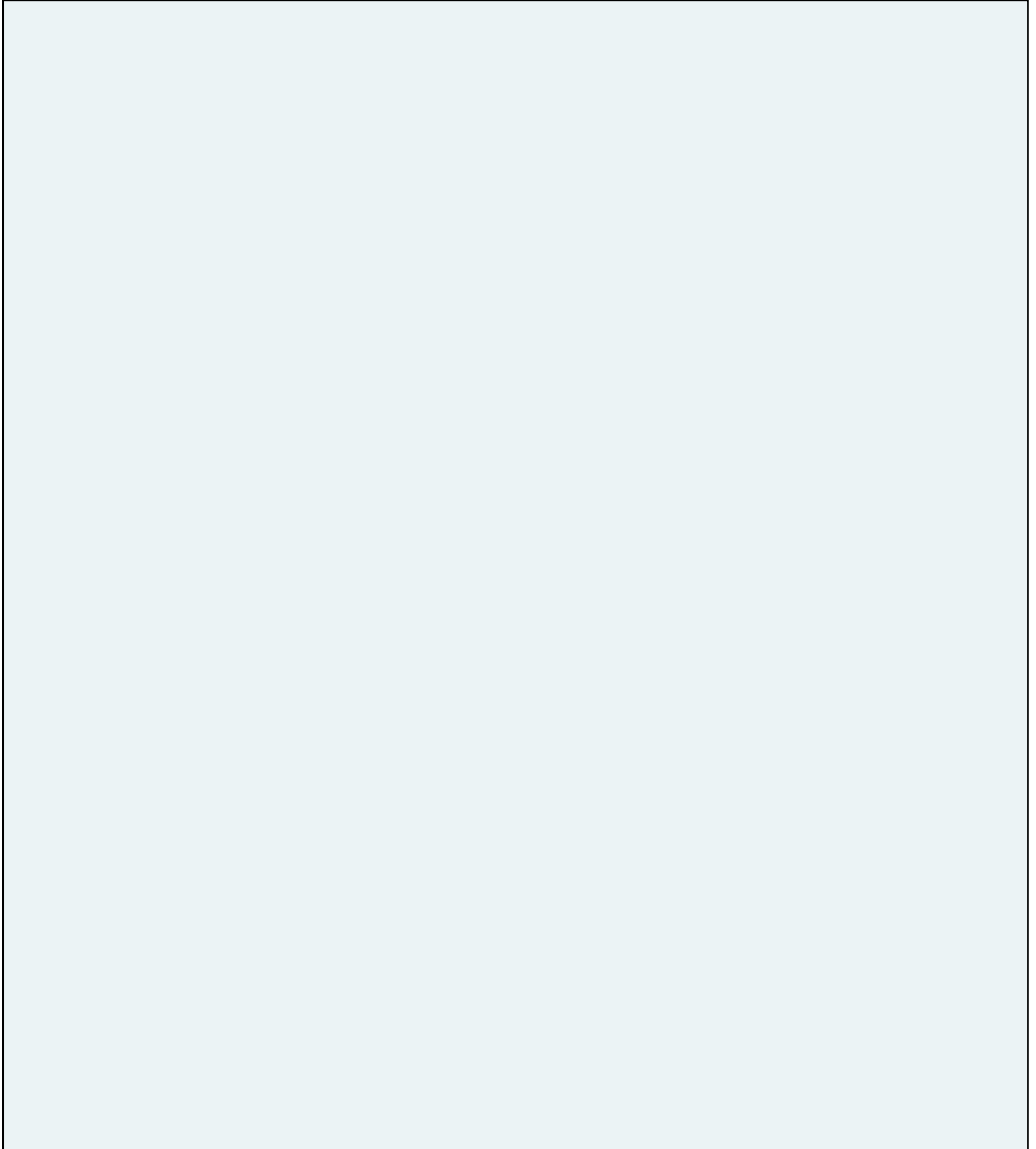


Write your affirmation for the day:

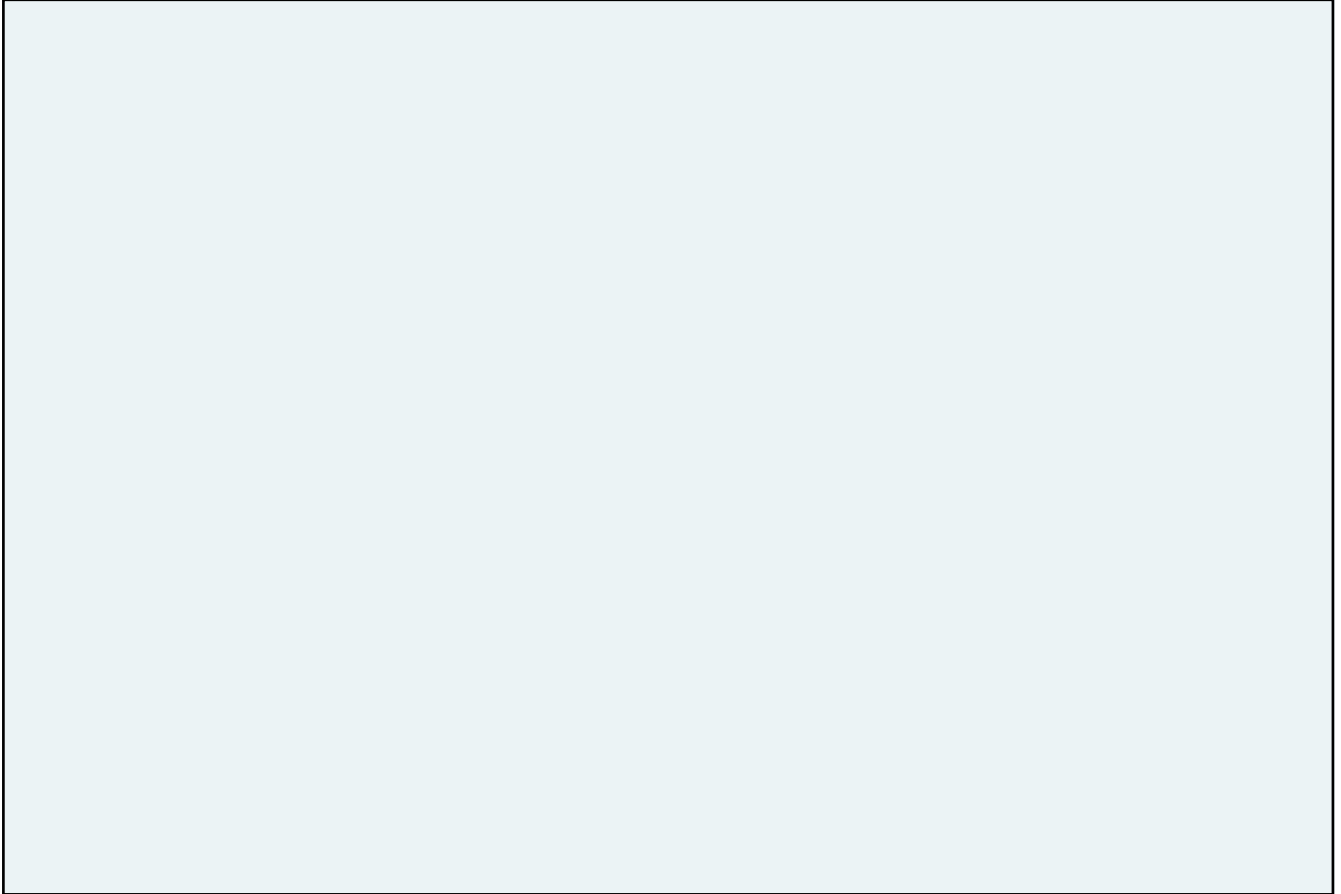


Day 3:

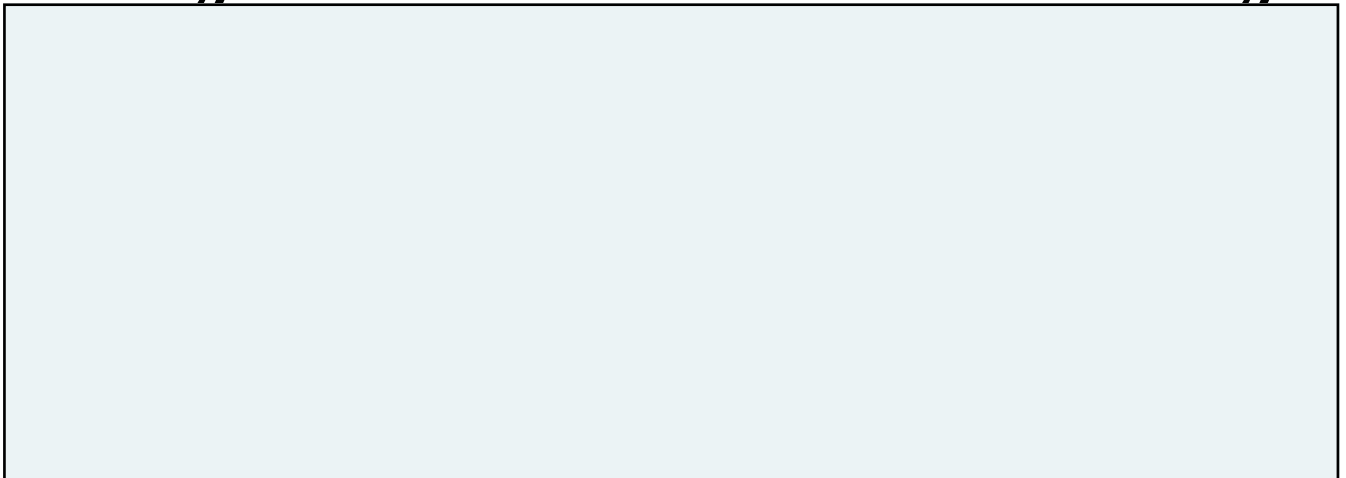
Theme for the Day: Life Lessons



*What is the most important lesson
you've learned in life?*

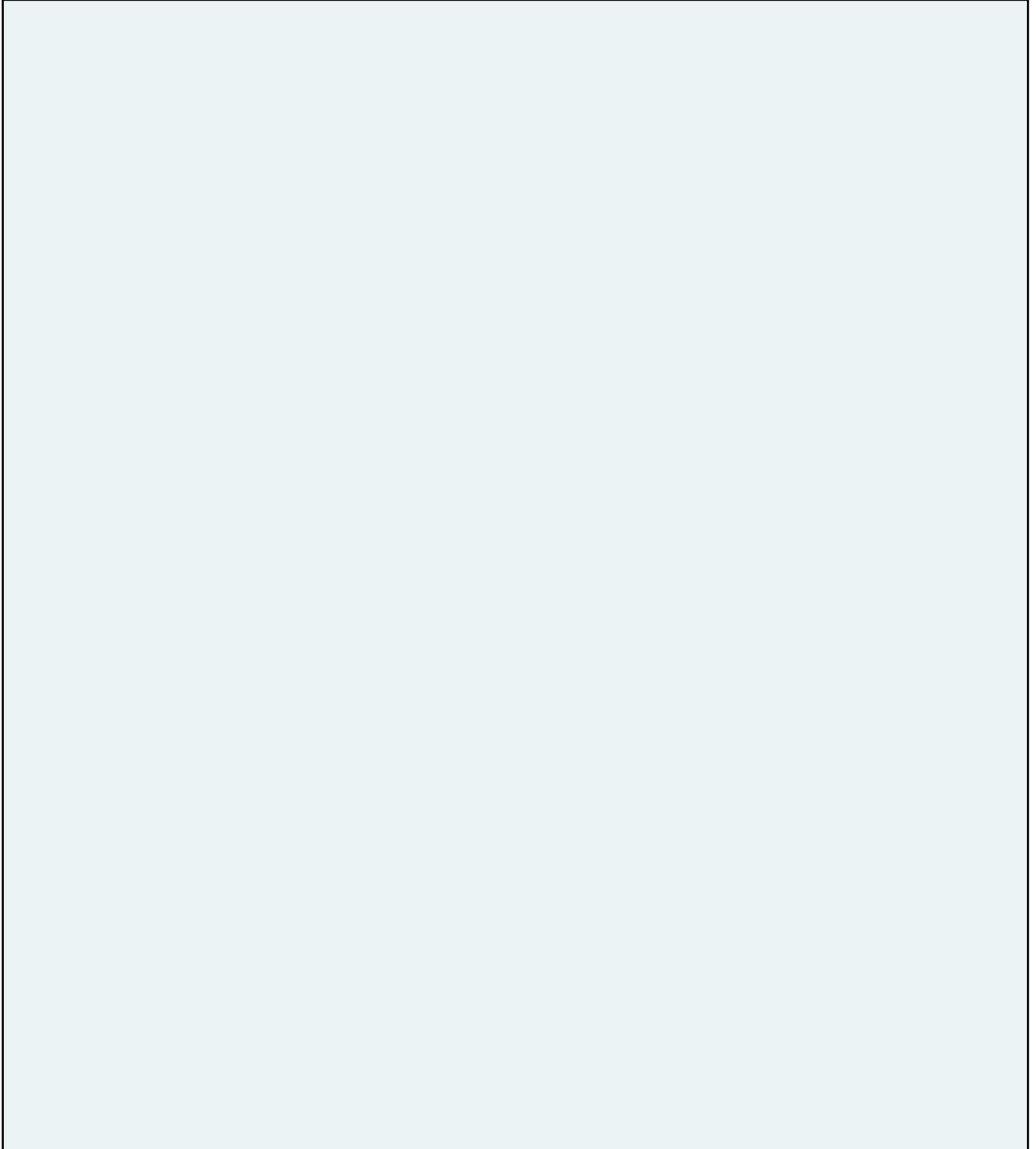


Write your affirmation for the day:

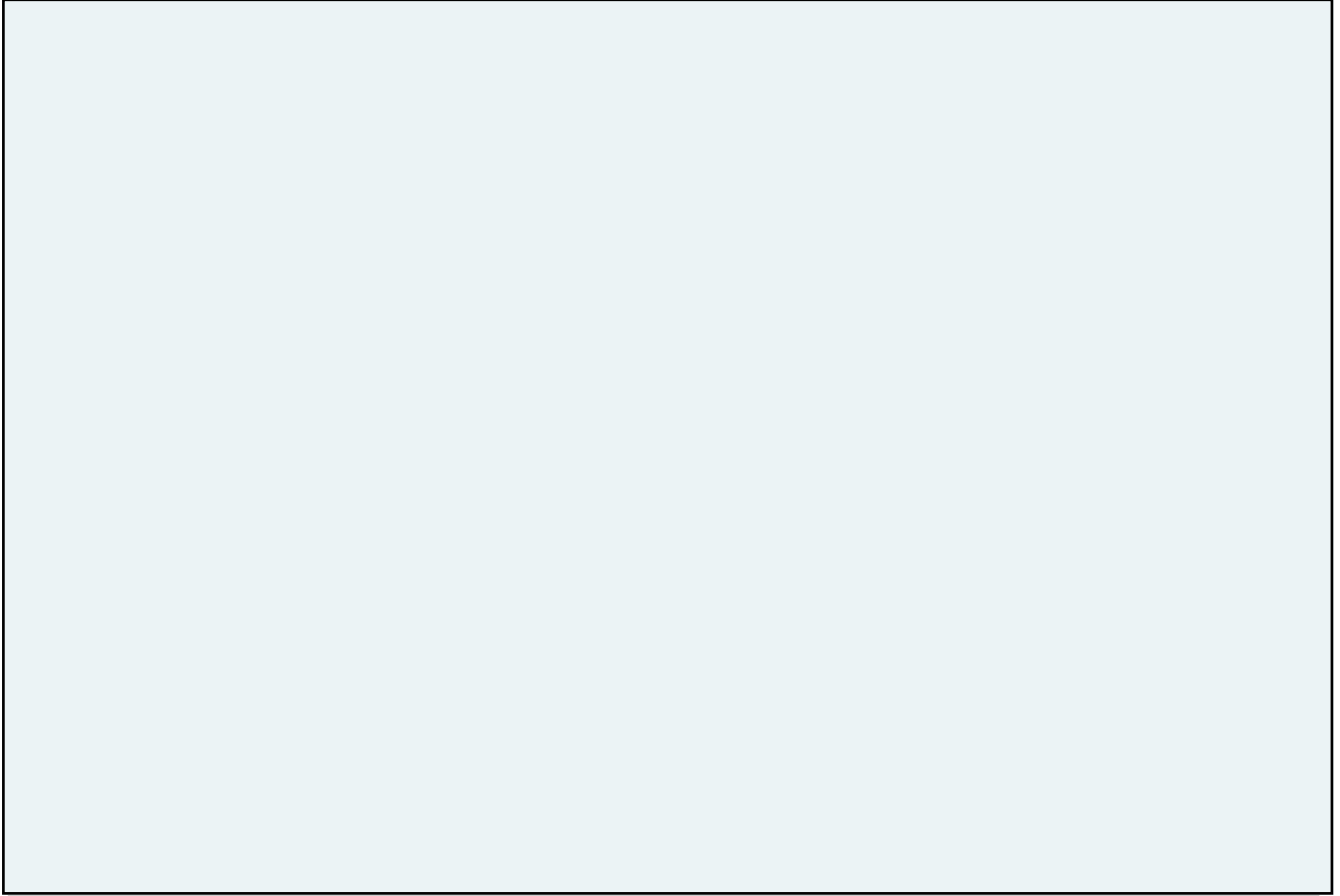


Day 4:

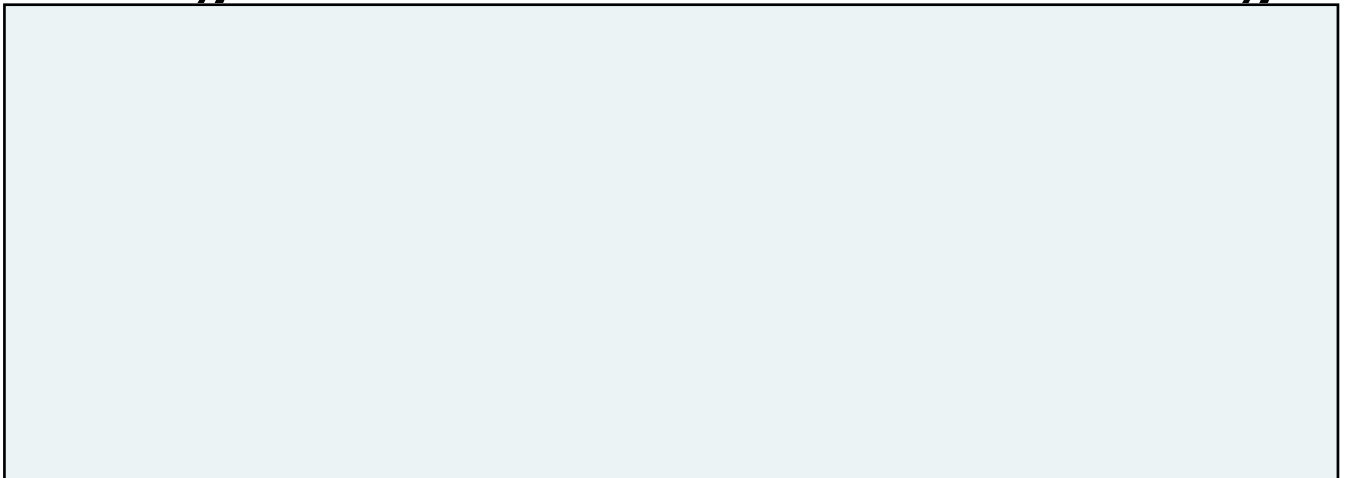
Theme for the Day: Beliefs



*What do you believe about yourself?
Is that belief true?*

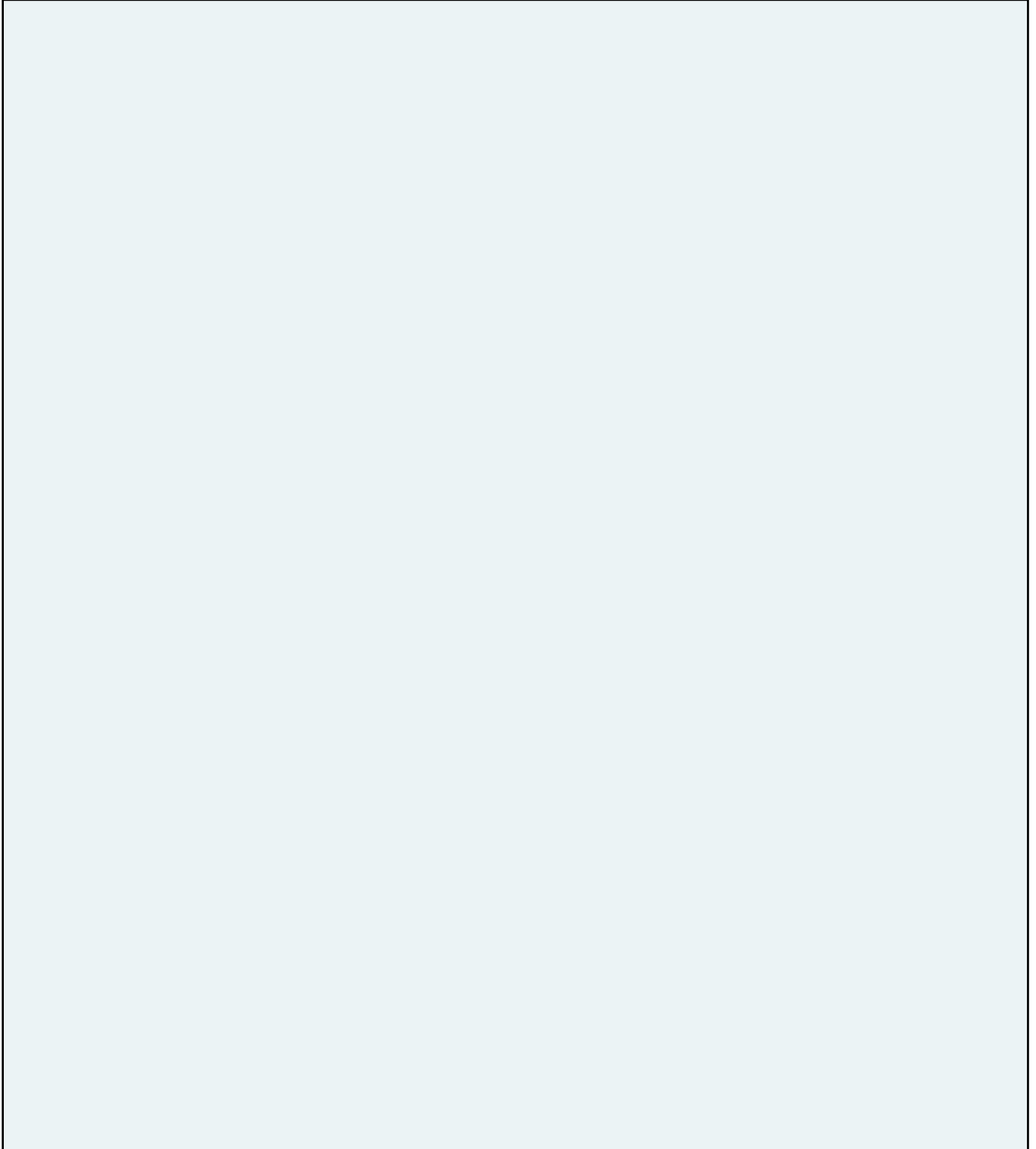


Write your affirmation for the day:



Day 5:

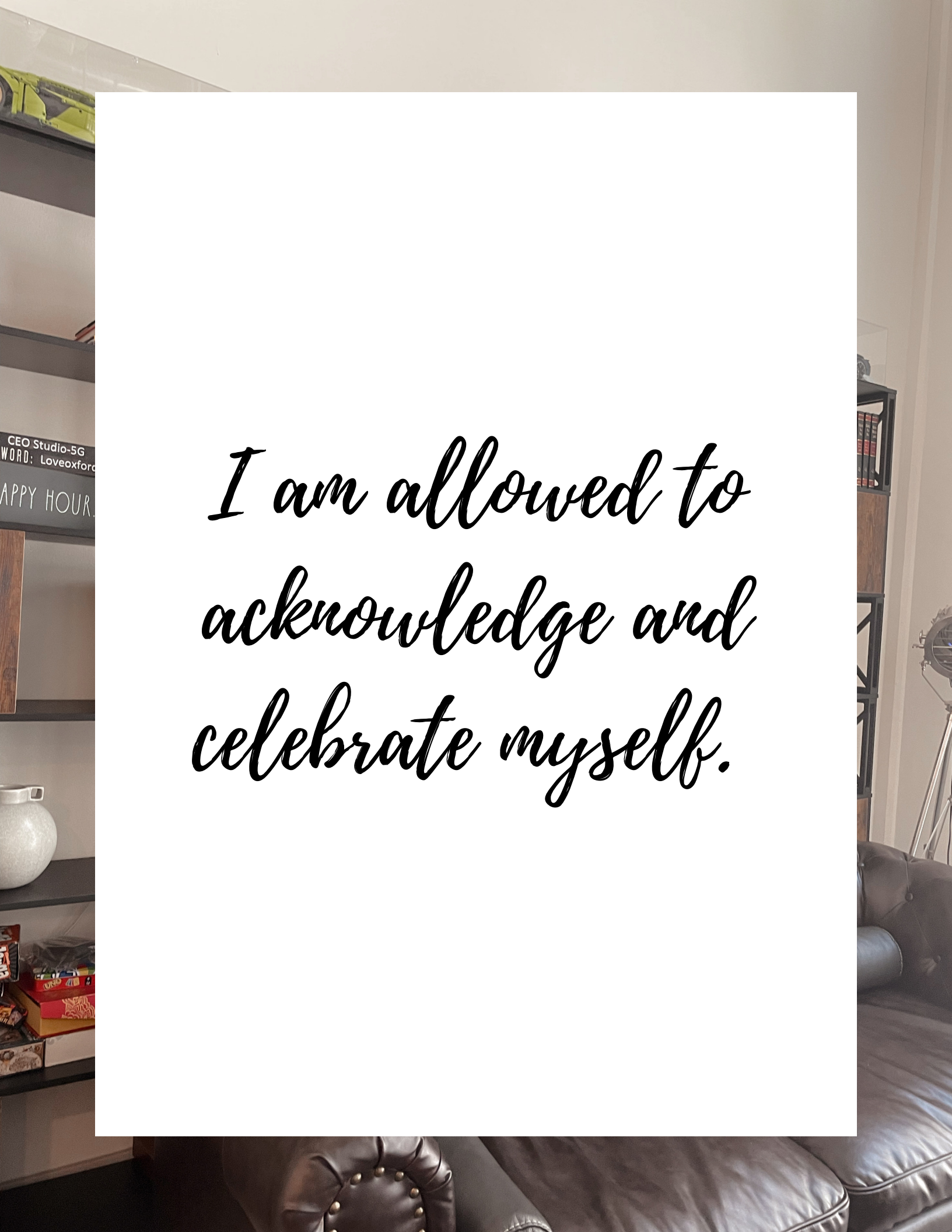
Theme for the Day: Free Write

A large, empty rectangular box with a light blue background, intended for free writing. The box is outlined with a thin black border and occupies the majority of the page below the title.

A large, empty rectangular box with a light blue background and a thin black border, occupying the upper half of the page. It is intended for writing a journal entry or a long affirmation.

Write your affirmation for the day:

A smaller, empty rectangular box with a light blue background and a thin black border, located below the text prompt. It is intended for writing a daily affirmation.

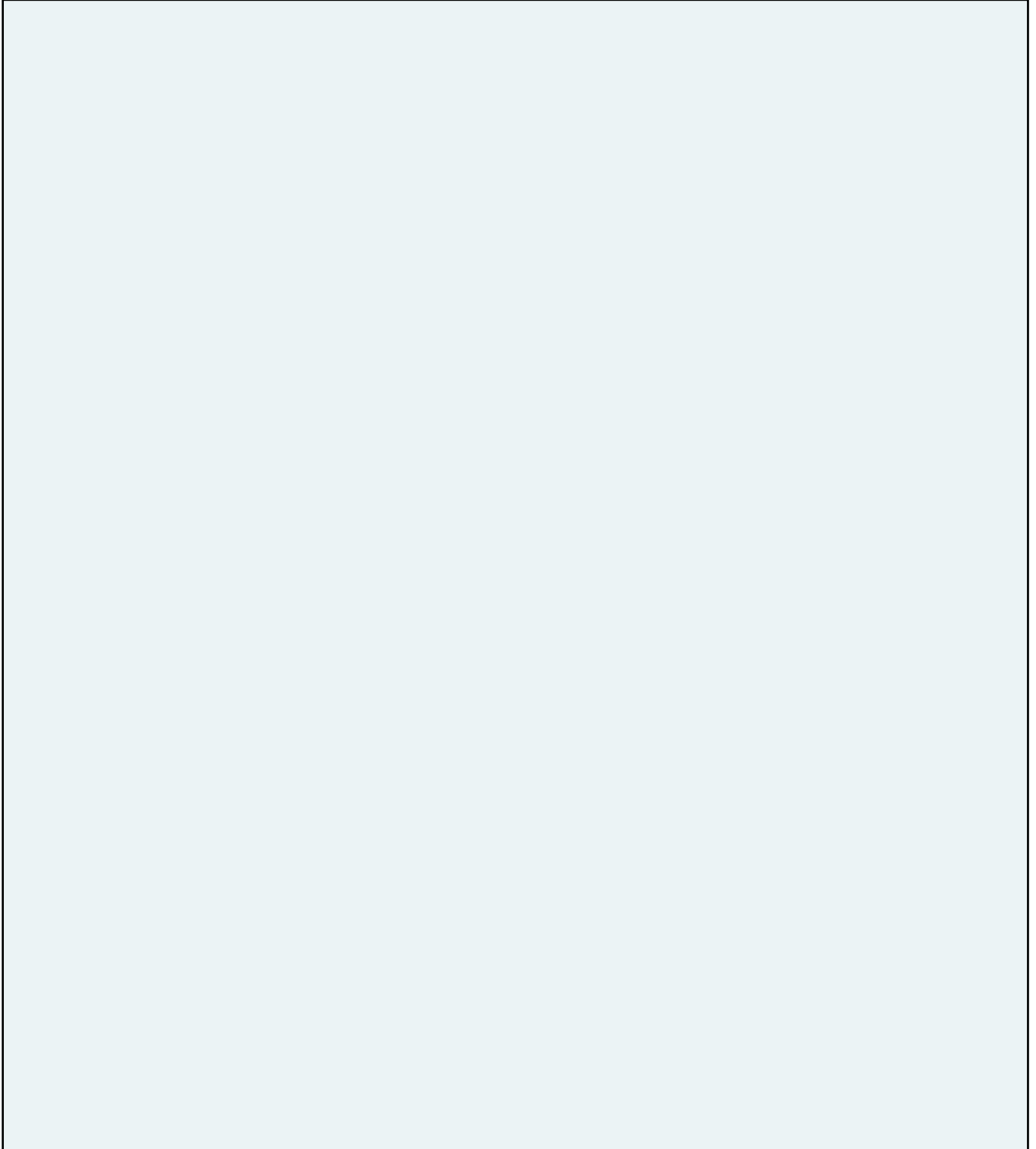


*I am allowed to
acknowledge and
celebrate myself.*

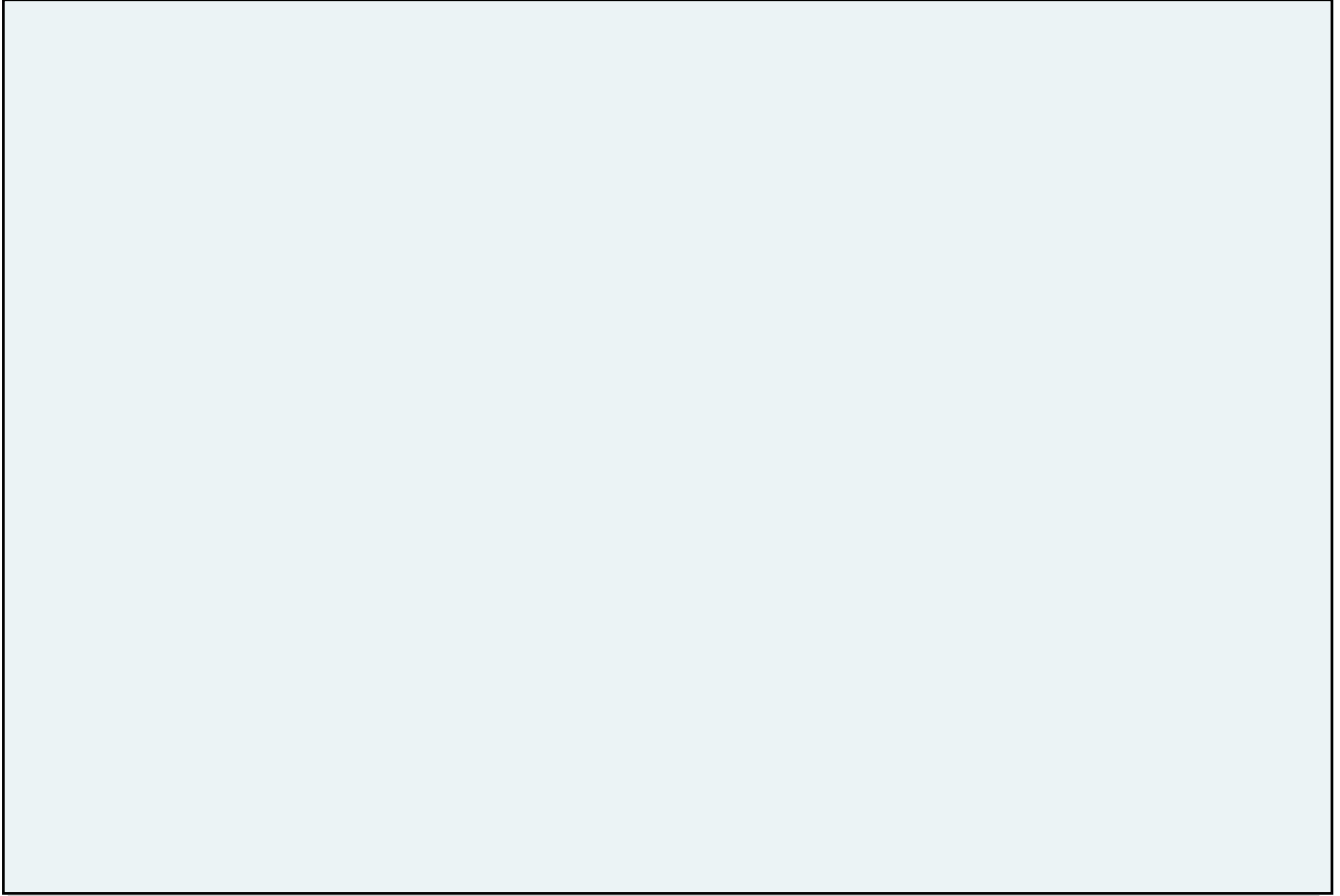
The background image shows a living room. On the left, there is a dark wooden shelf with various items. A sign on the shelf reads "CEO Studio-5G" and "WORD: Loveoxford". Below that, another sign says "HAPPY HOUR". There is a white ceramic vase on the shelf. To the right, there is a dark leather sofa with a tufted backrest. A floor lamp is visible in the background.

Day 6:

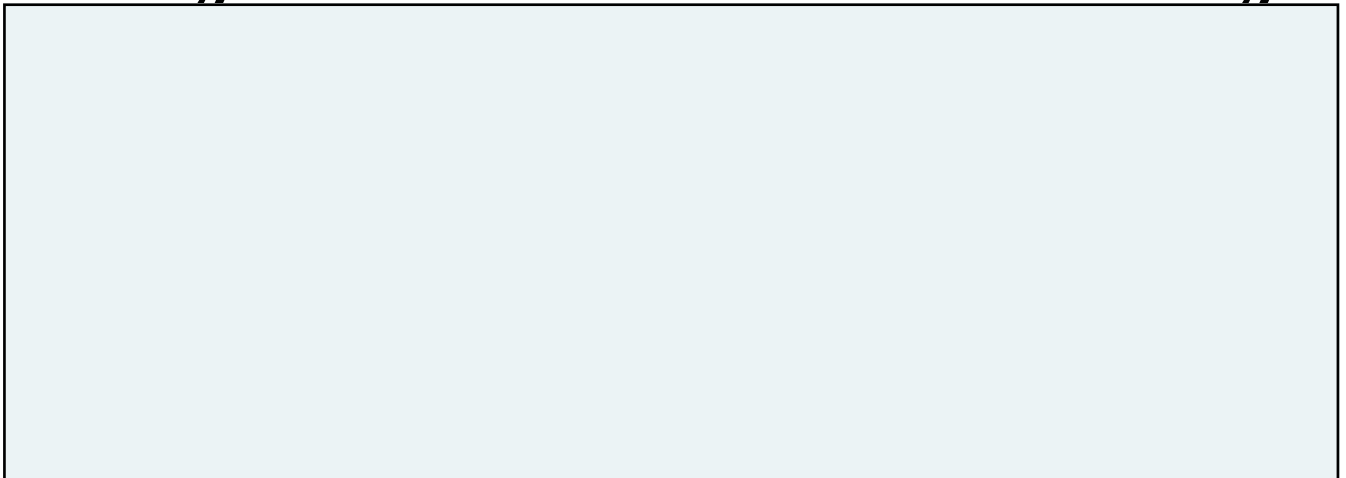
Theme for the Day: Memories



What is a memory that sticks with you a lot and why?

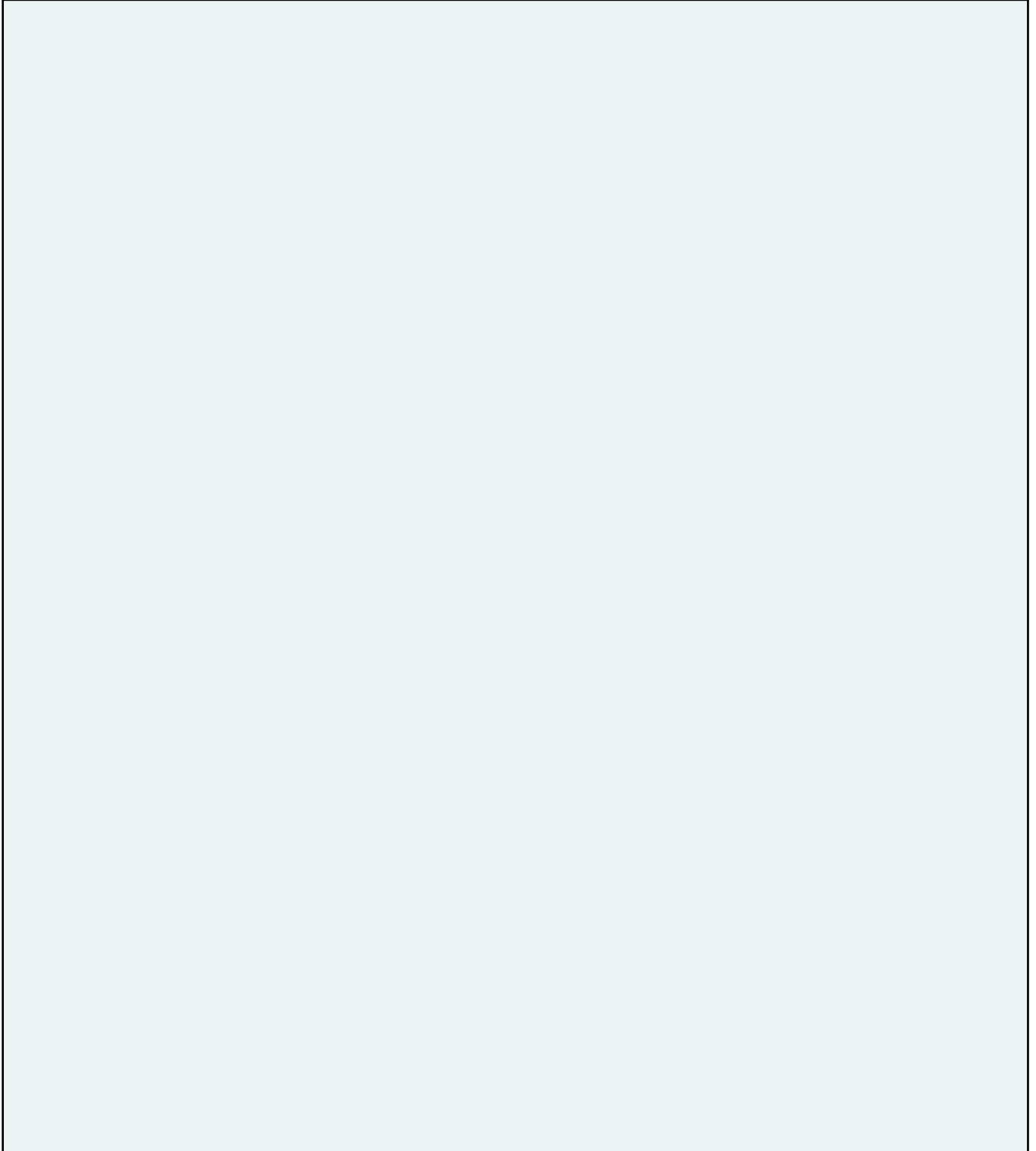


Write your affirmation for the day:

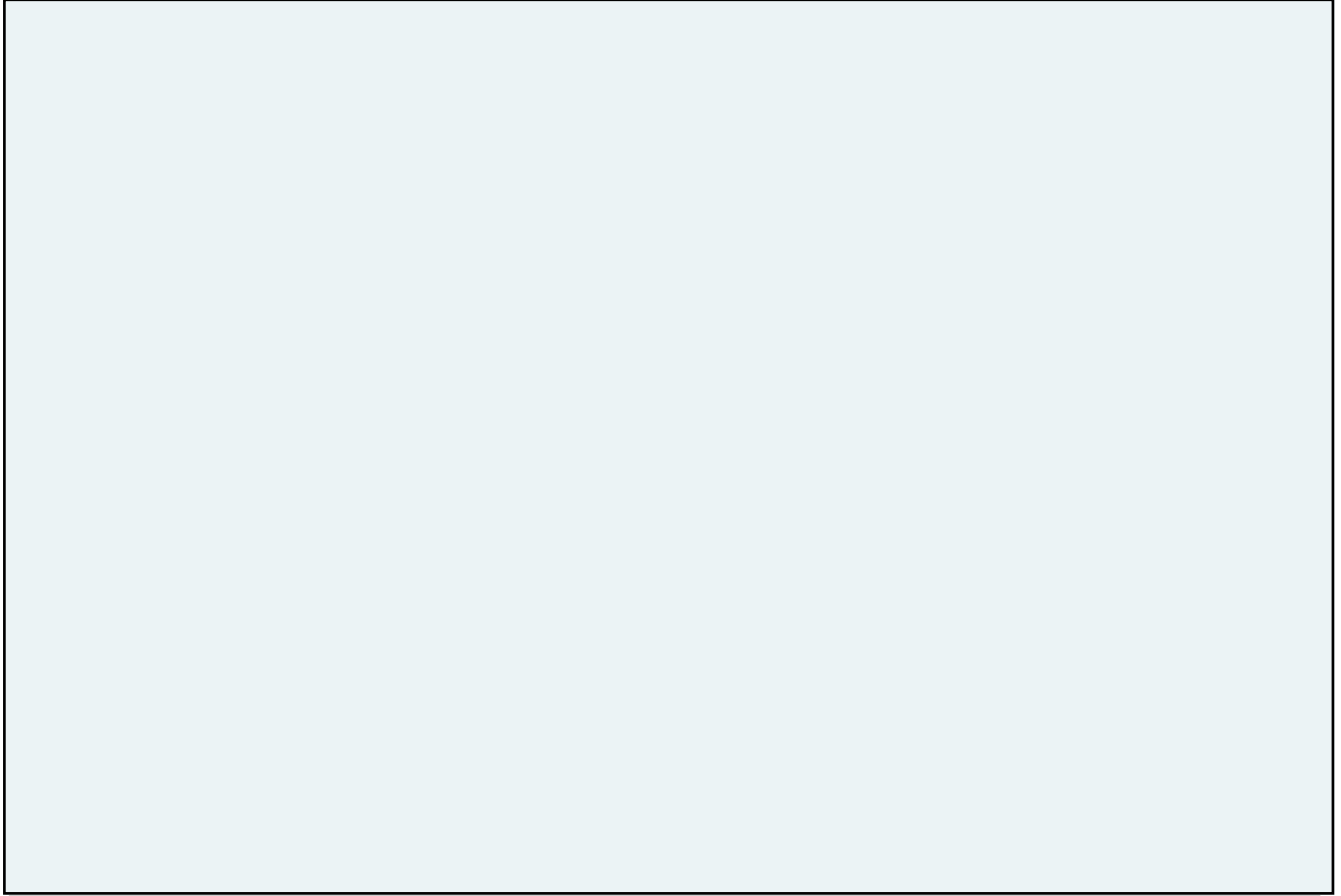


Day 7:

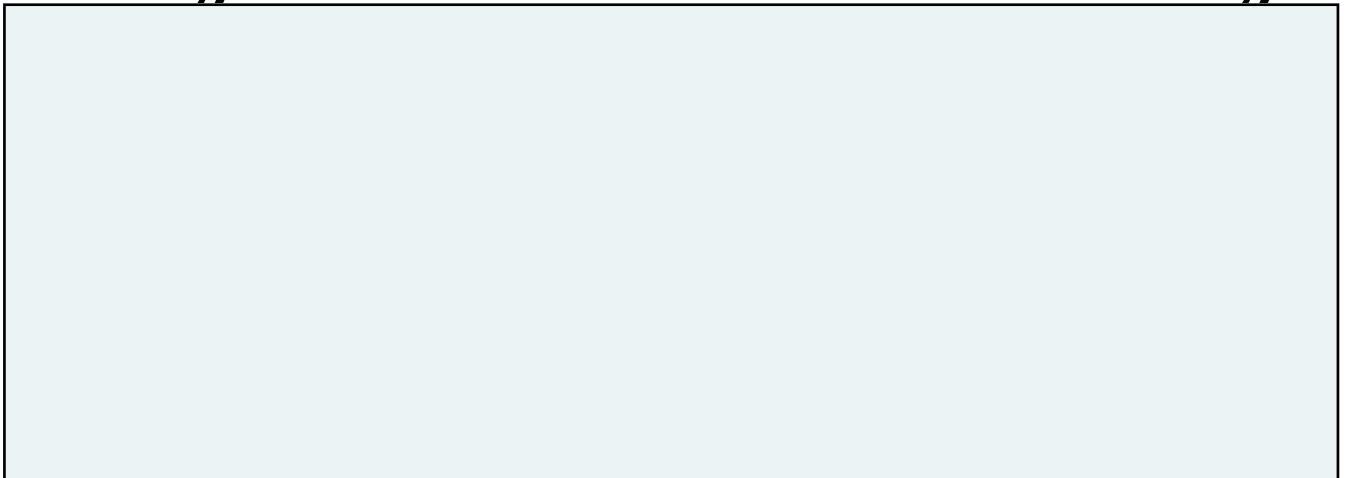
Theme for the Day: Vulnerability



*Do you struggle to be vulnerable?
Why or why not?*

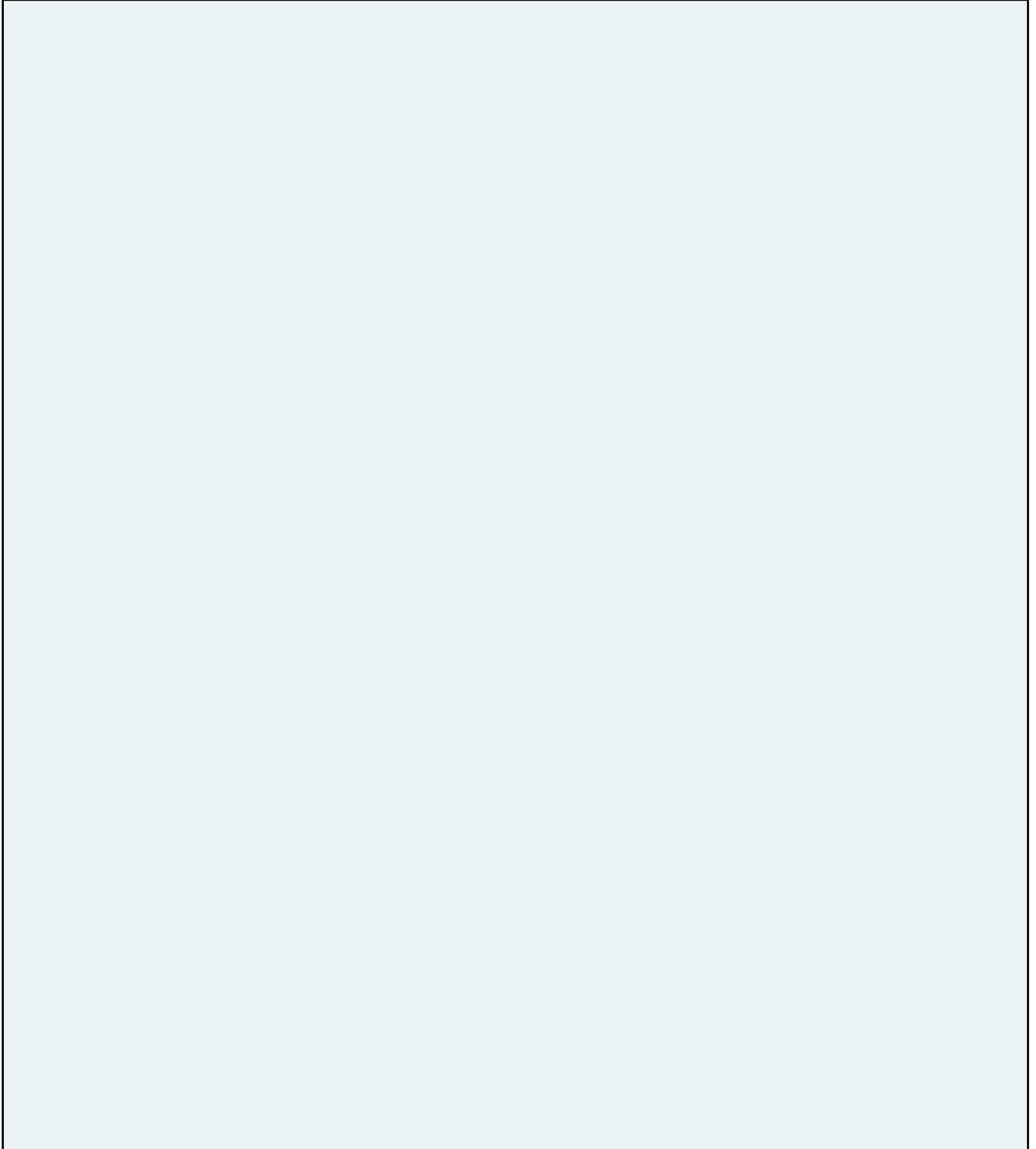


Write your affirmation for the day:

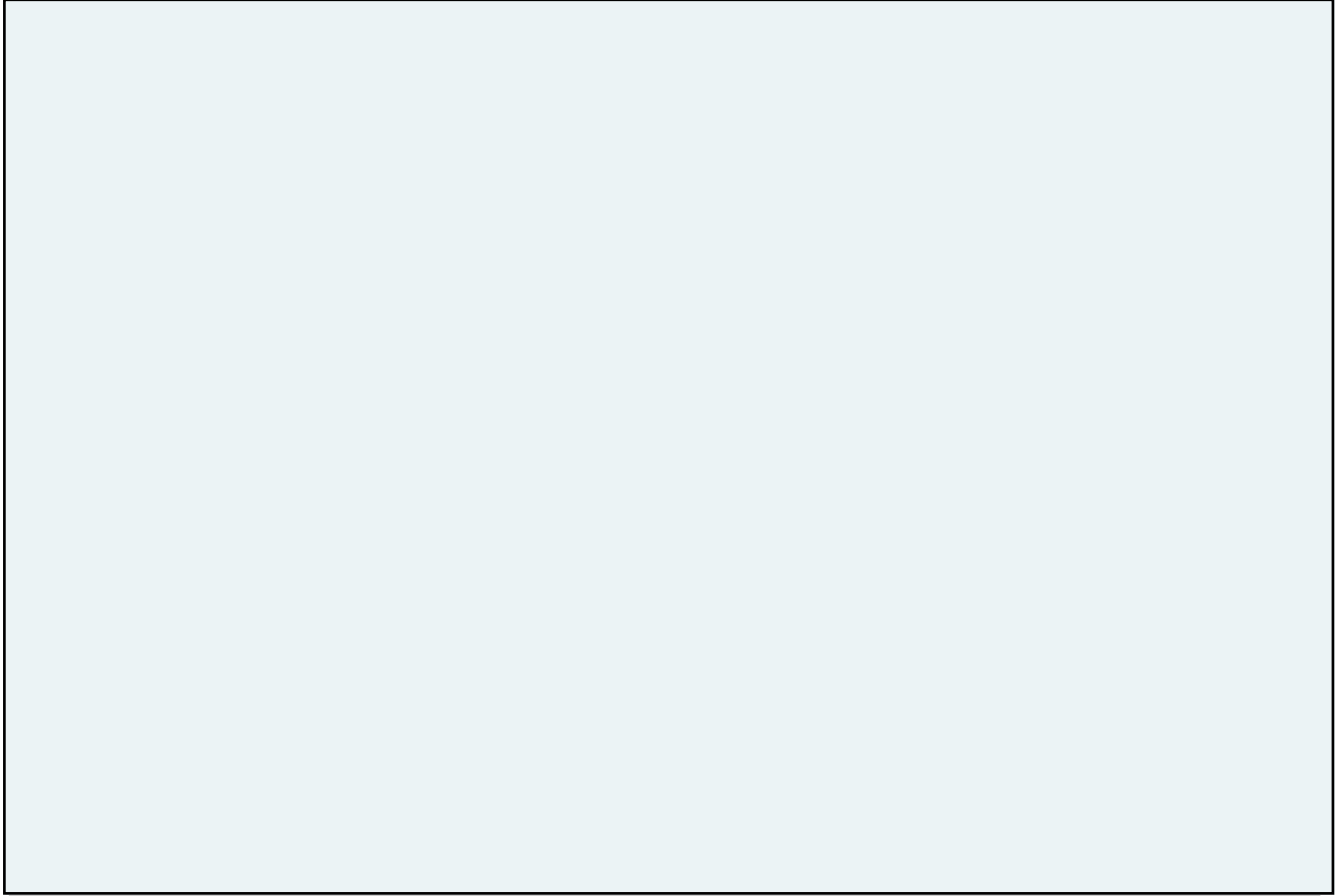


Day 8:

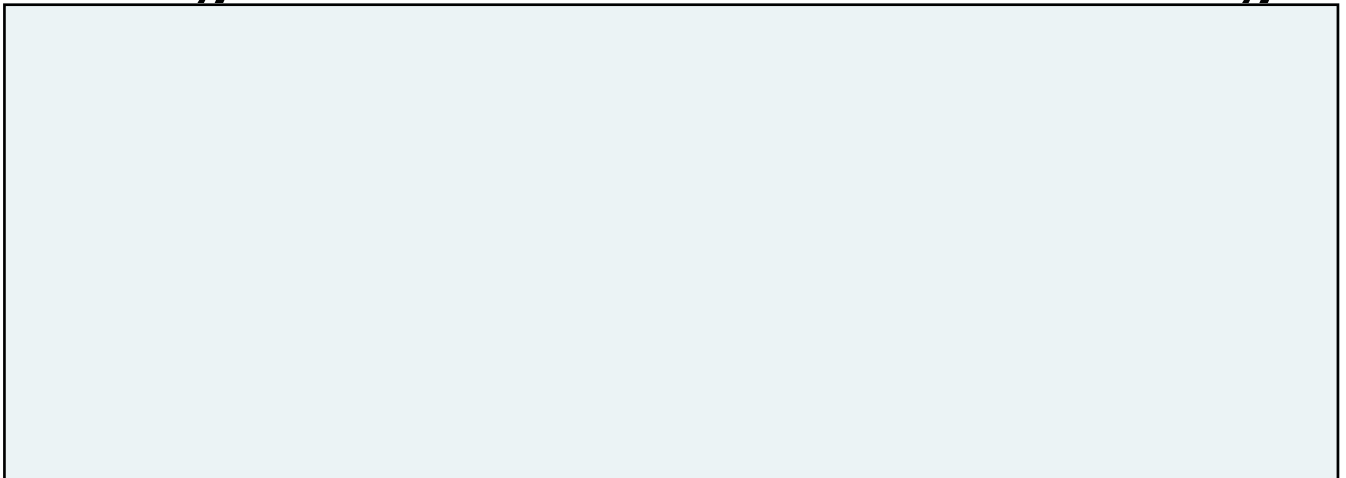
Theme for the Day: Accomplishments

A large, empty light blue rectangular box with a black border, intended for writing accomplishments.

What is the accomplishment you are most proud of?

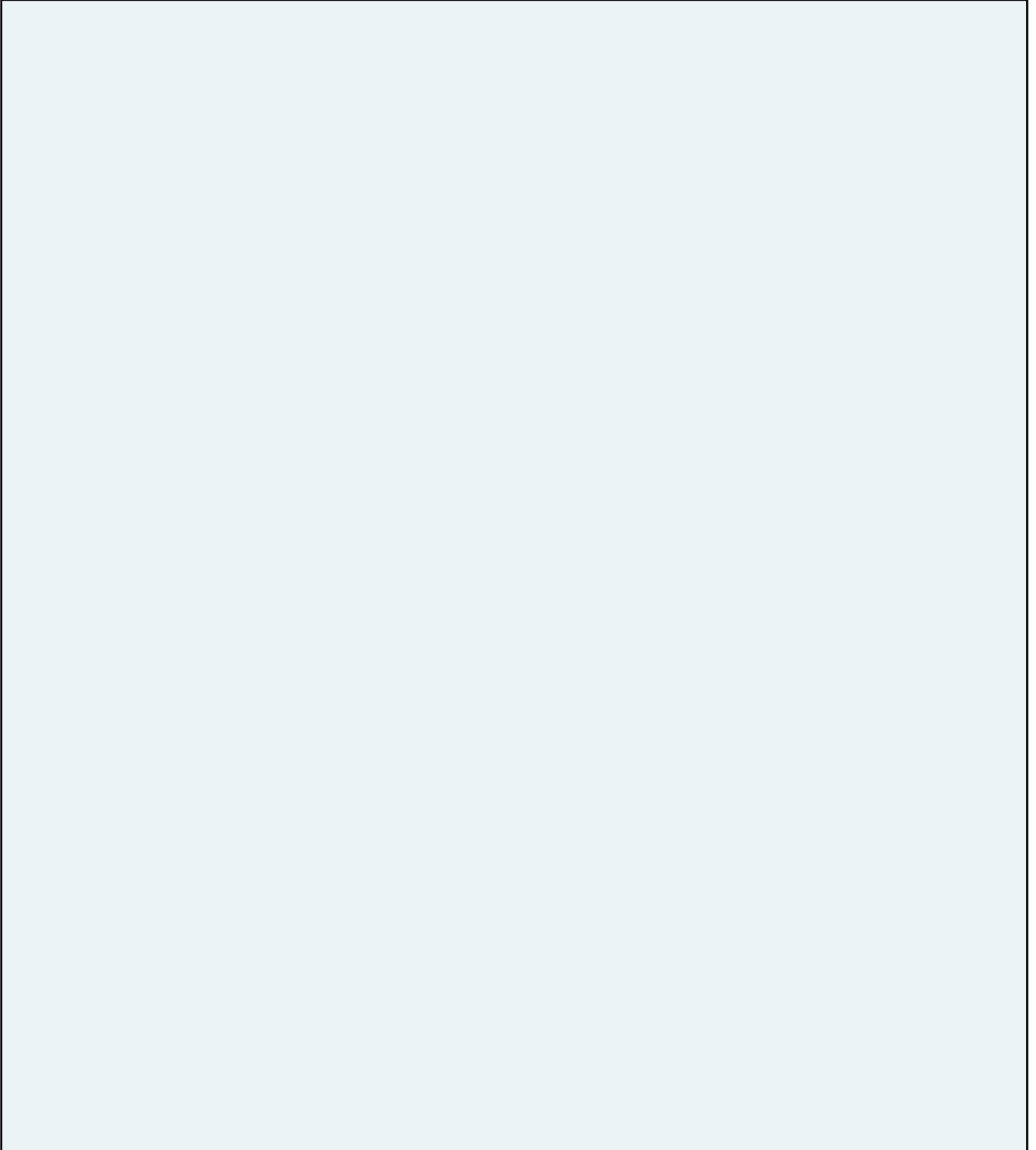


Write your affirmation for the day:

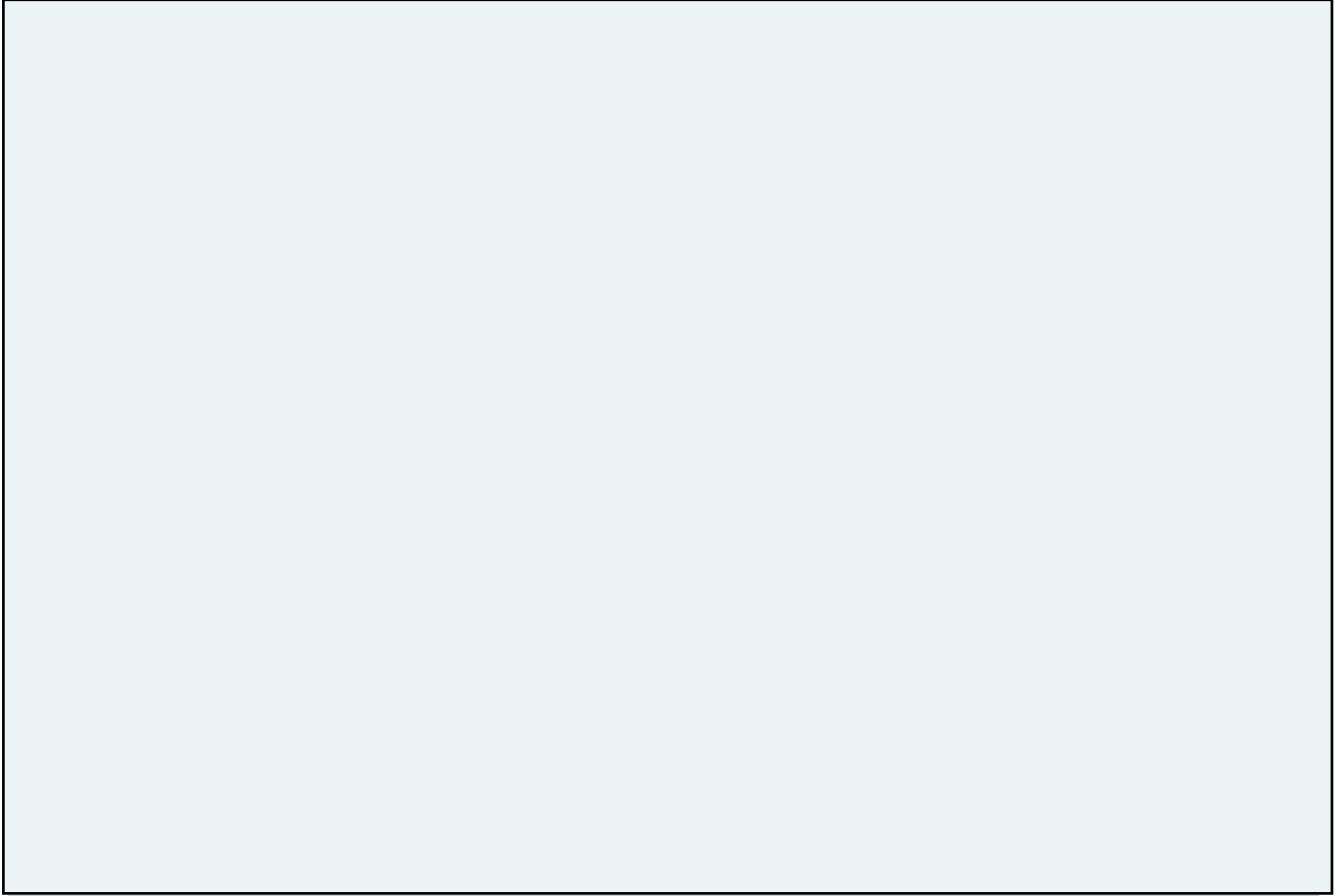


Day 9:

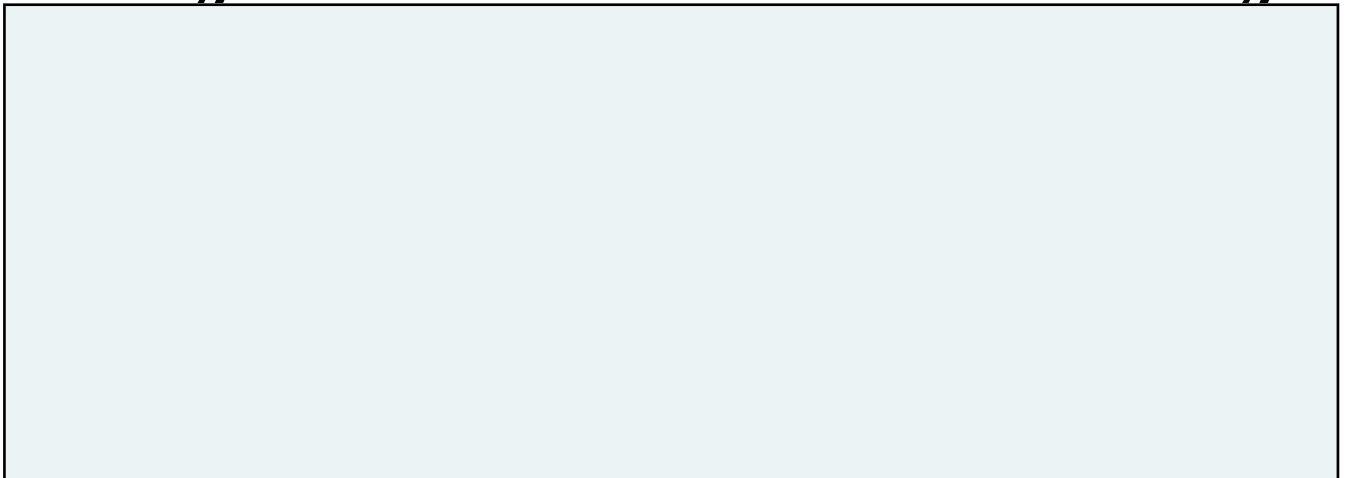
Theme for the Day: Vision

A large, empty rectangular box with a light blue background and a black border, intended for writing or drawing. It occupies the majority of the page below the title.

*Where do you envision yourself being
in the future*

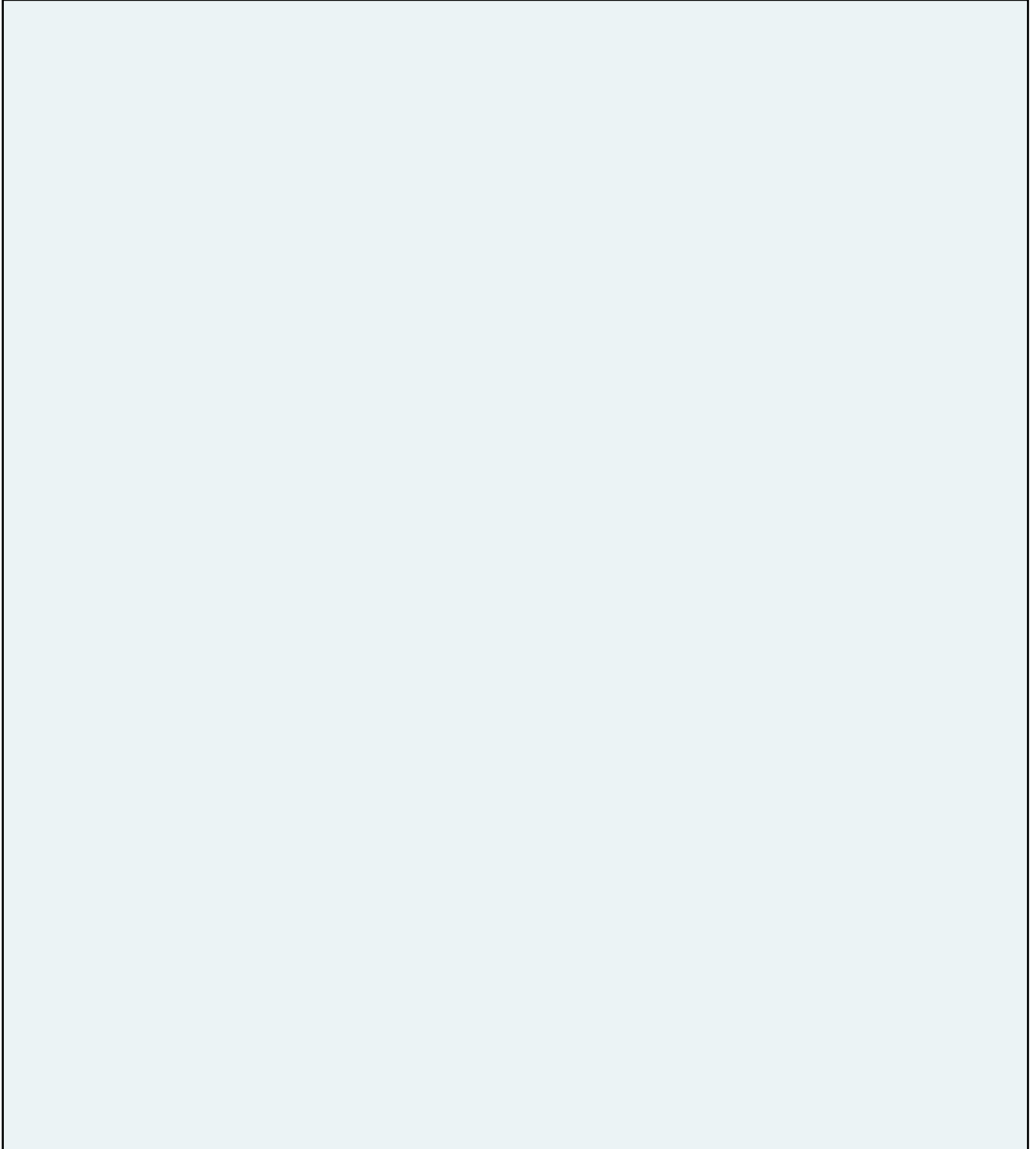


Write your affirmation for the day:



Day 10:

Theme for the Day: Free Write

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A large, empty rectangular box with a light blue background and a thin black border, intended for writing.

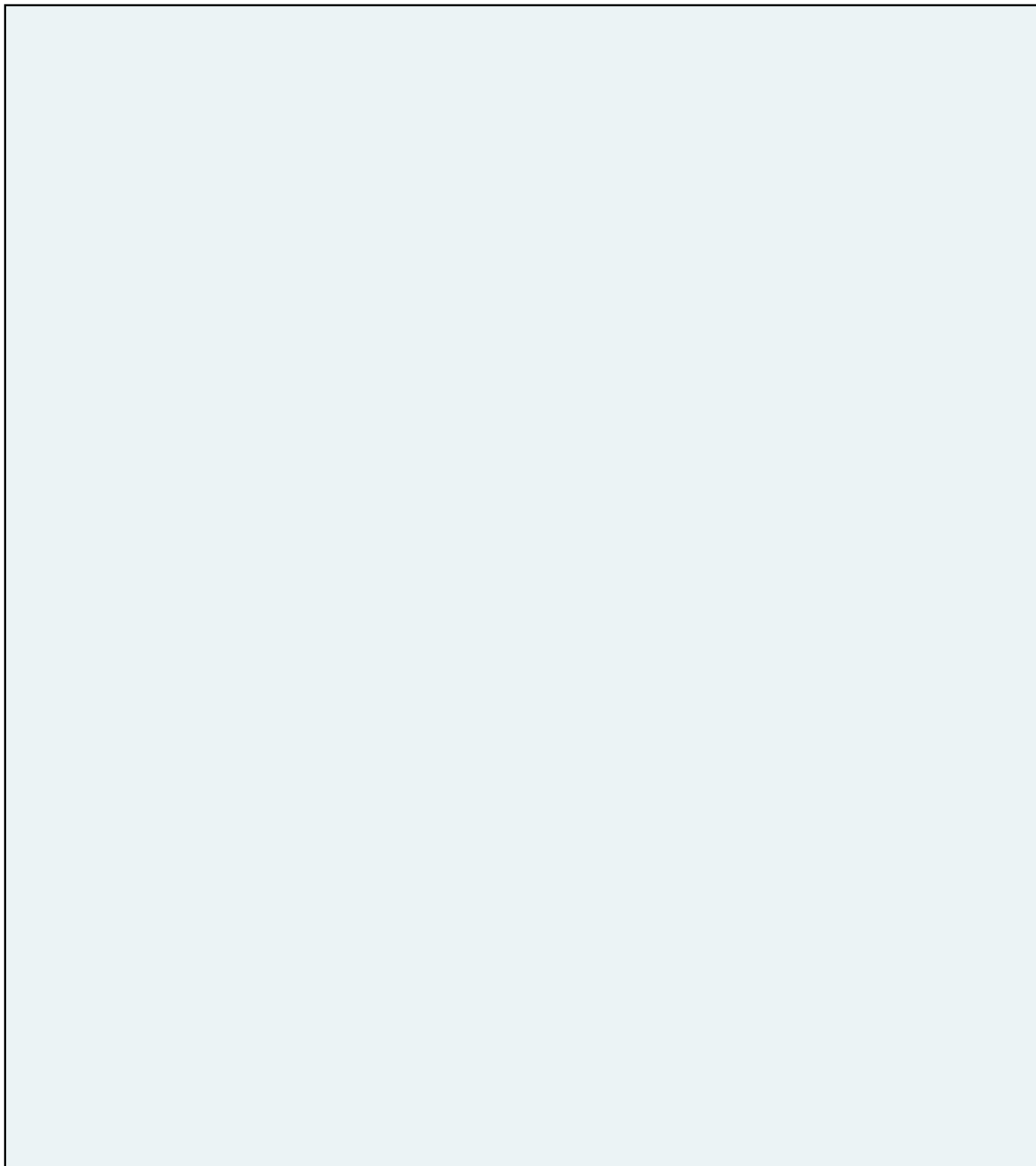
Write your affirmation for the day:

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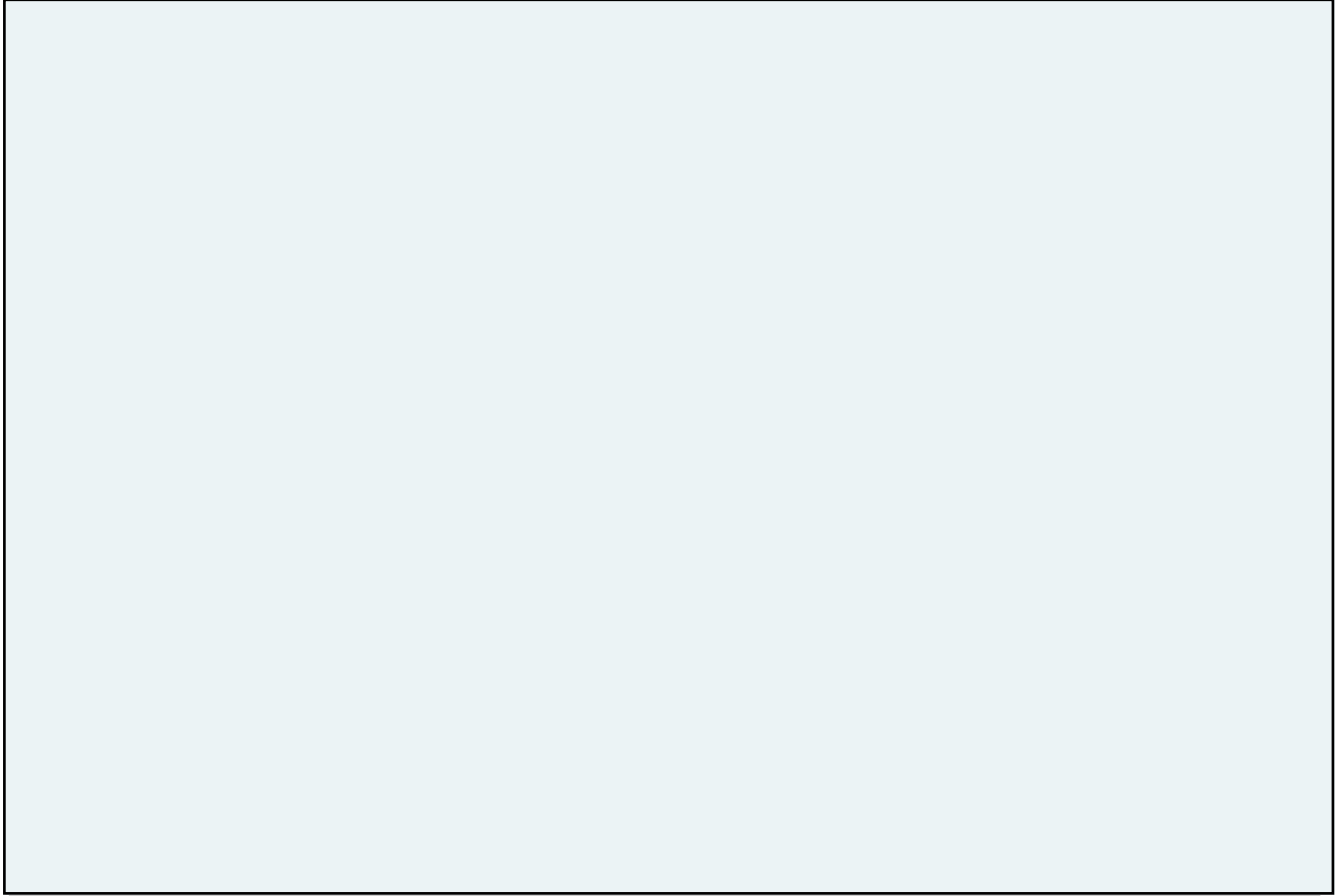
*I don't need to hang
onto the words and
opinions of other
people.*

Day 11:

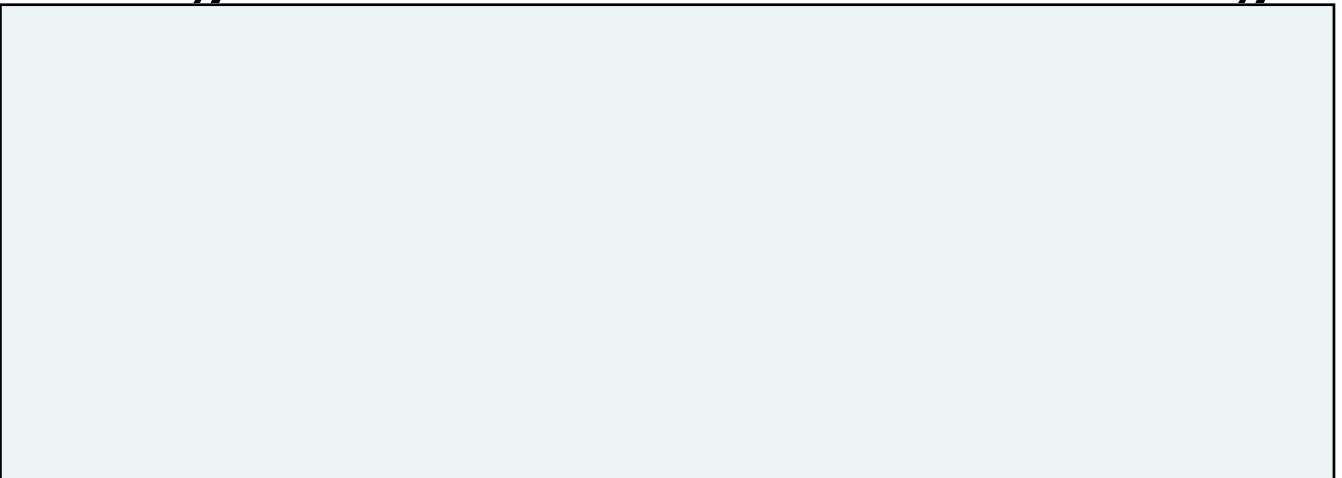
Theme for the Day: Change



Looking back on the past year, how have you changed?

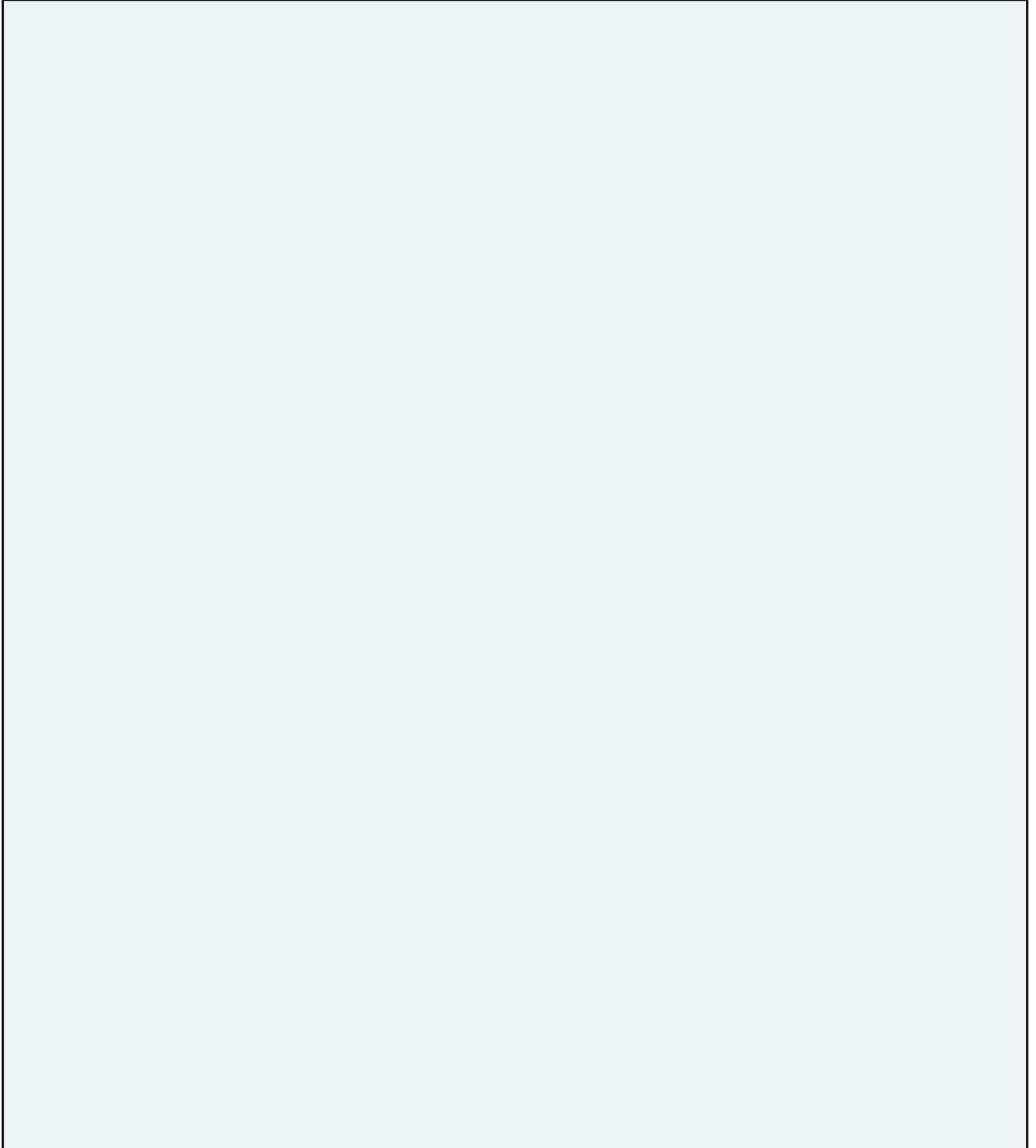


Write your affirmation for the day:

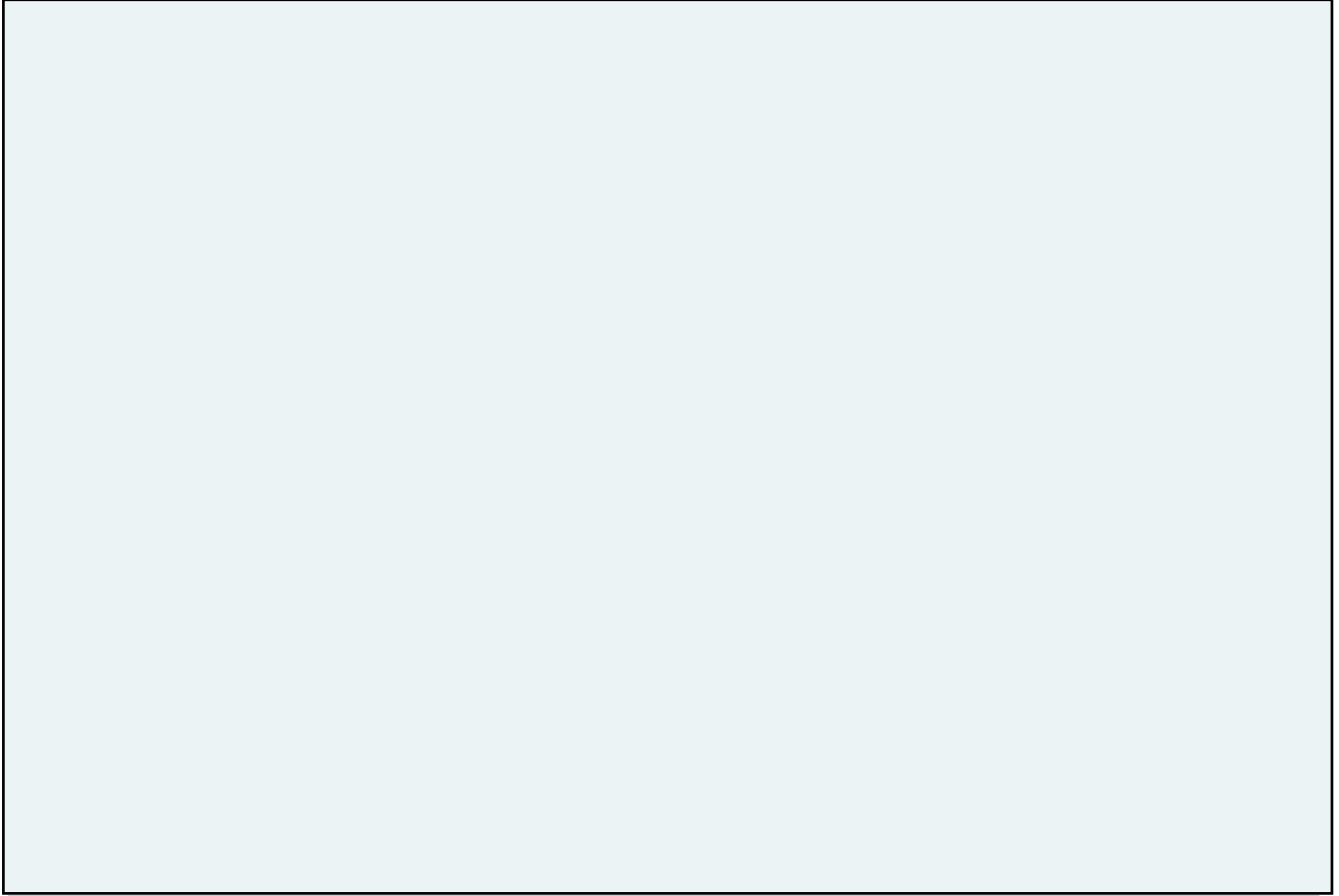


Day 12:

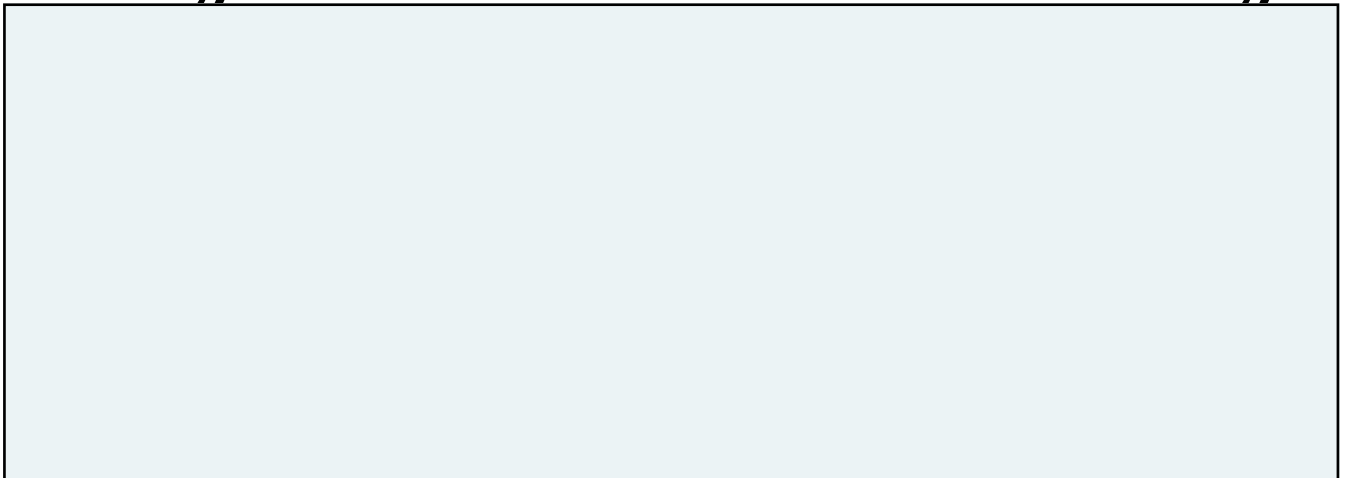
Theme for the Day: Relationships



How would you describe the relationships in your life?

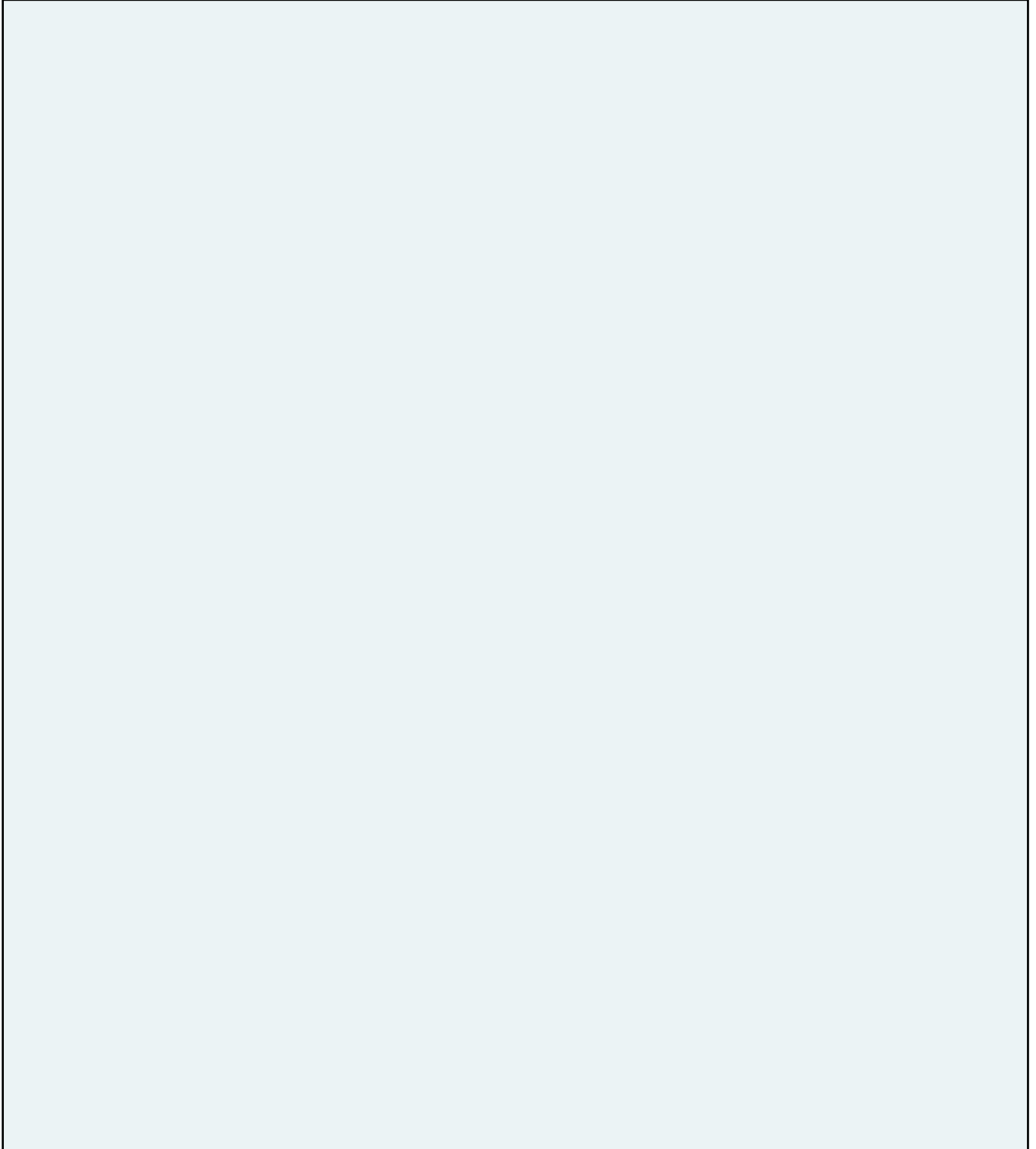


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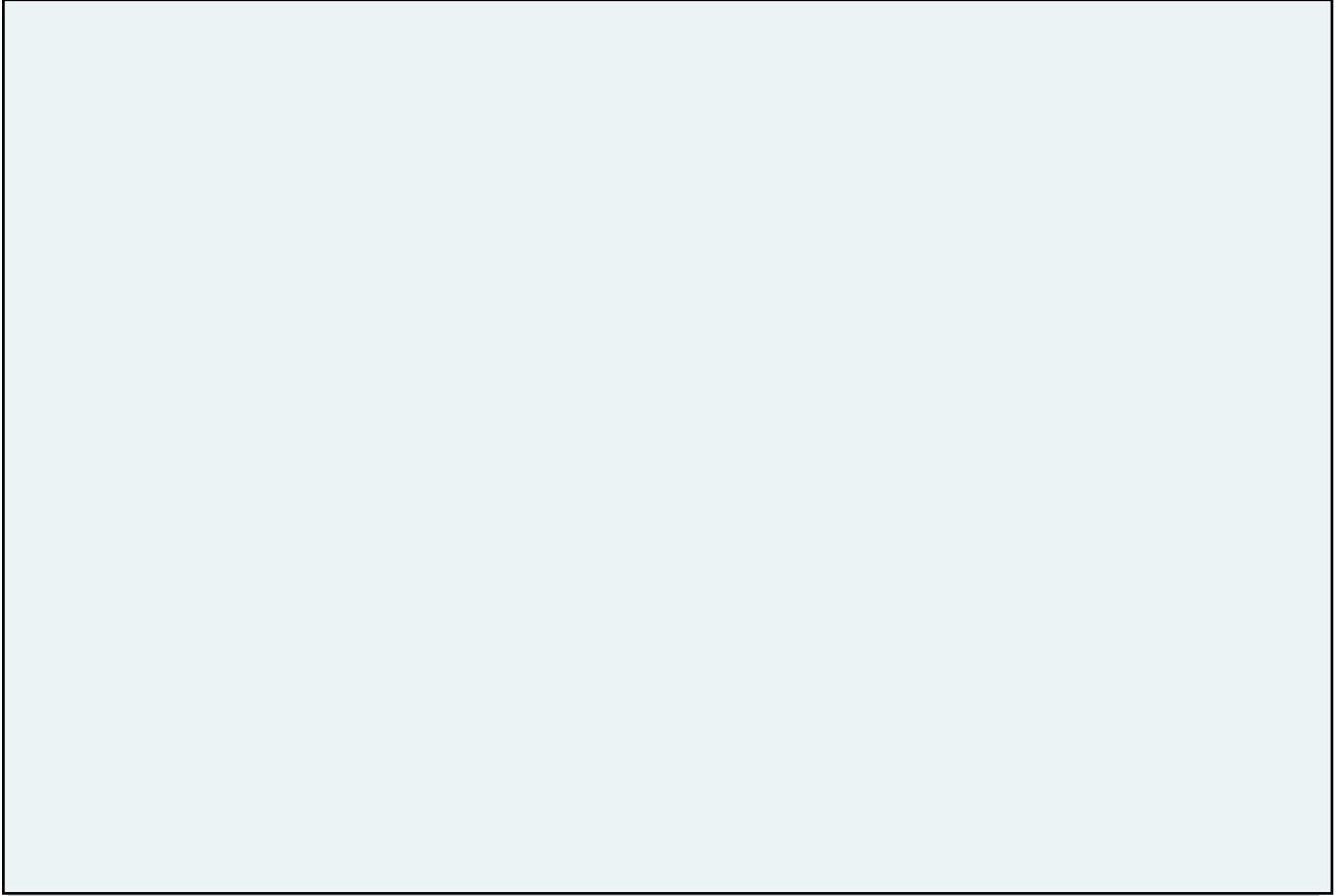


Day 13:

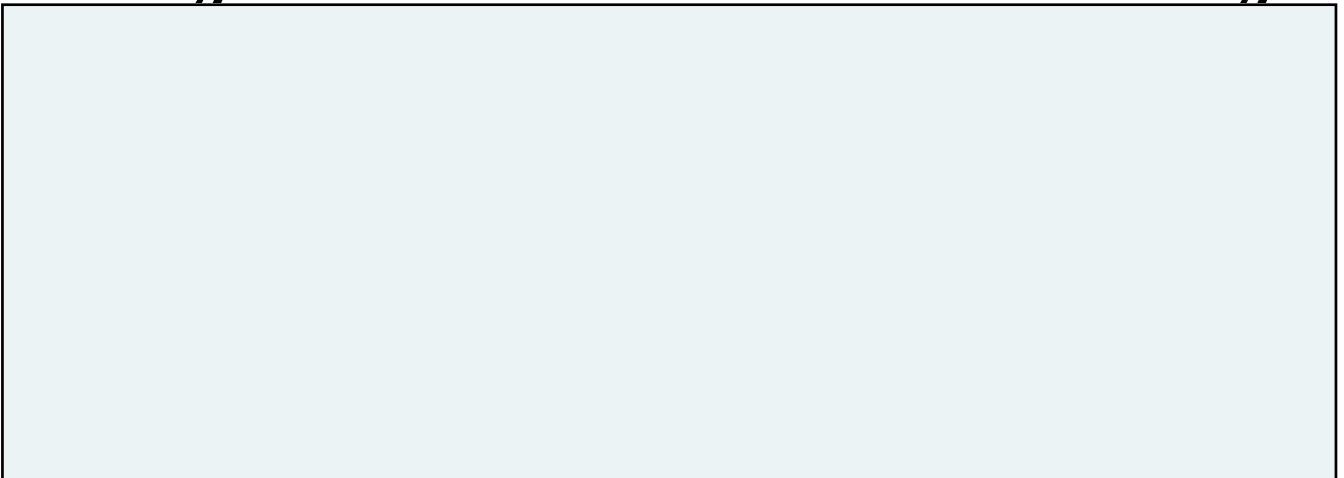
Theme for the Day: Boundaries



How do you set boundaries for yourself and others?

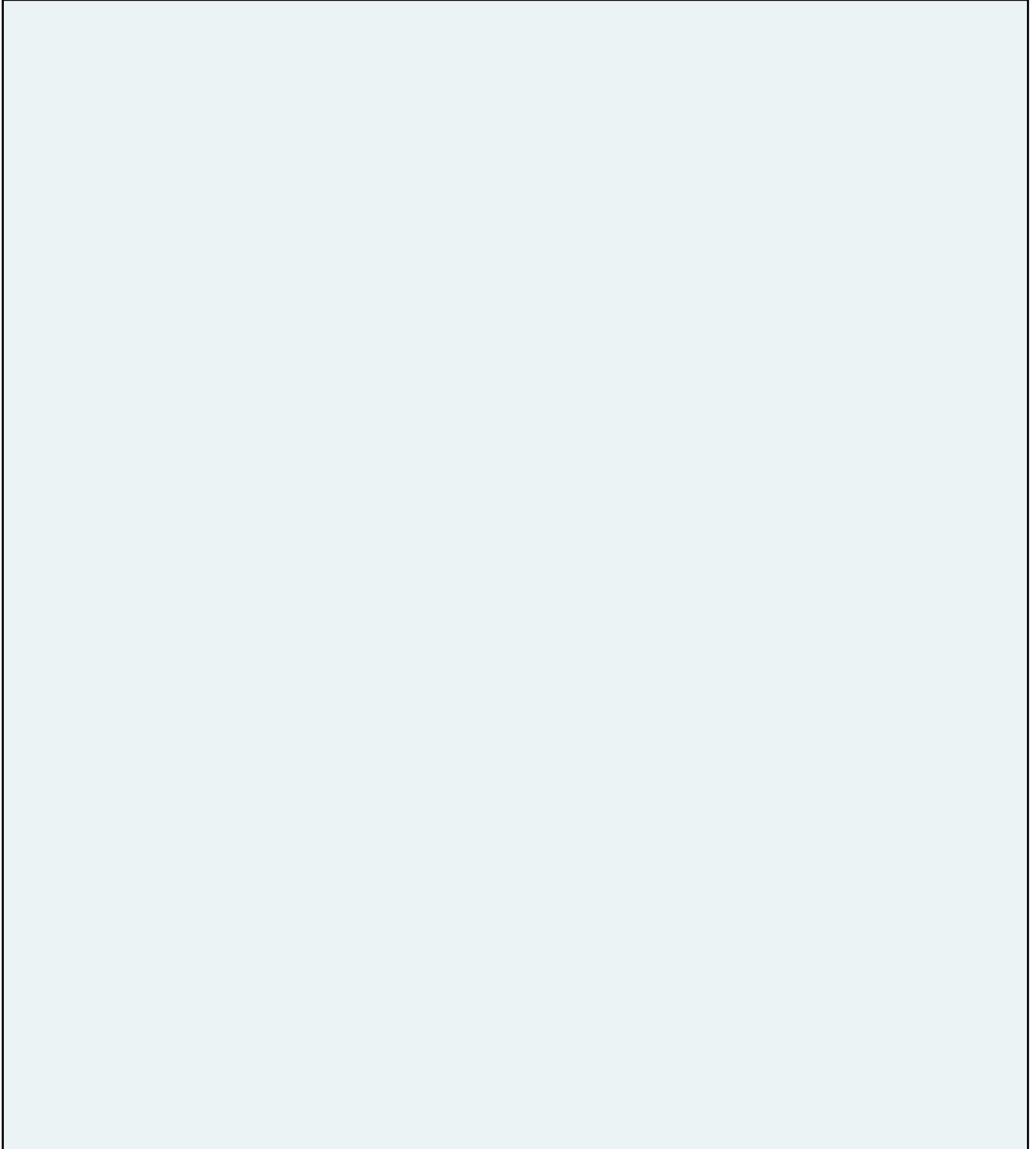


Write your affirmation for the day:

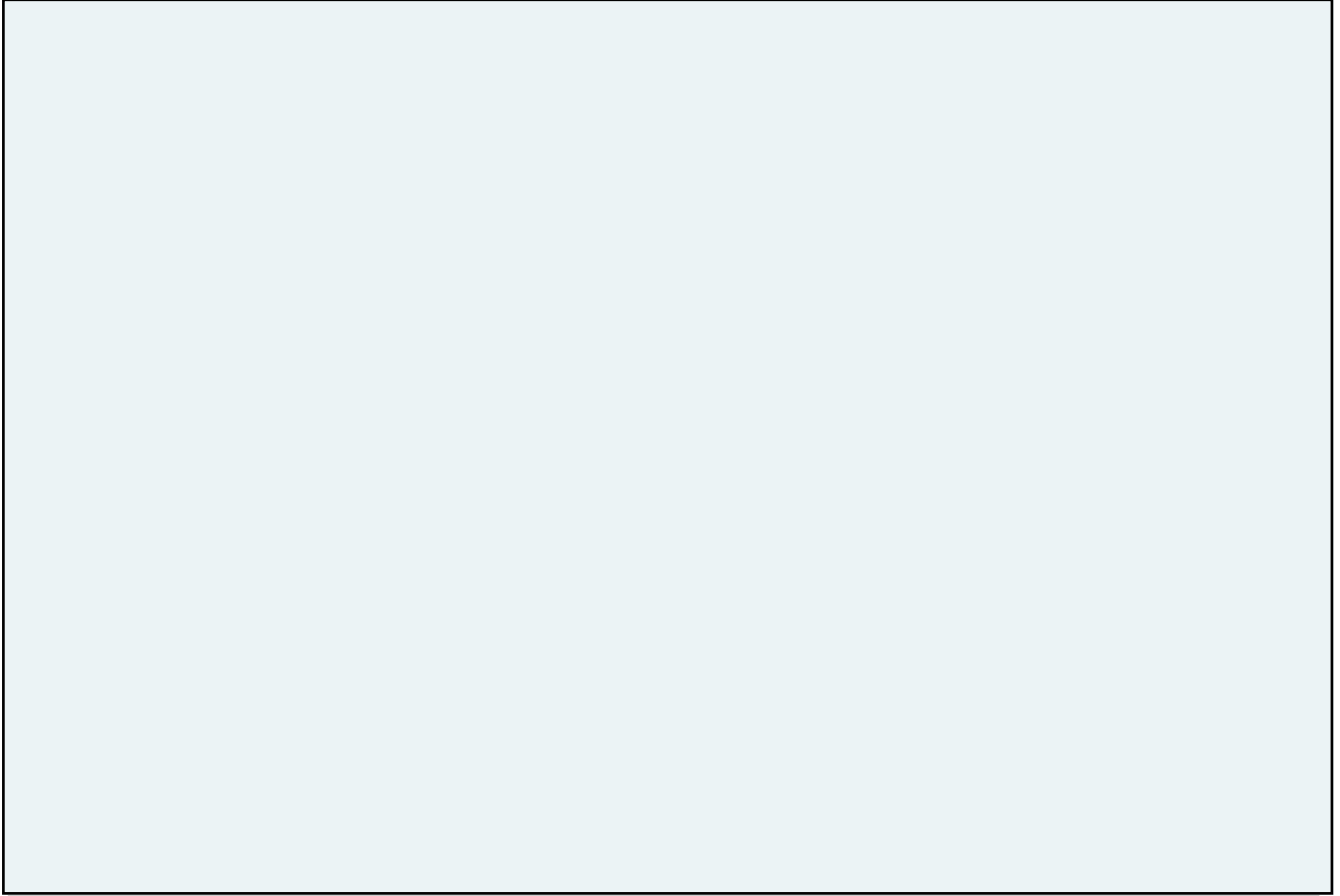


Day 14:

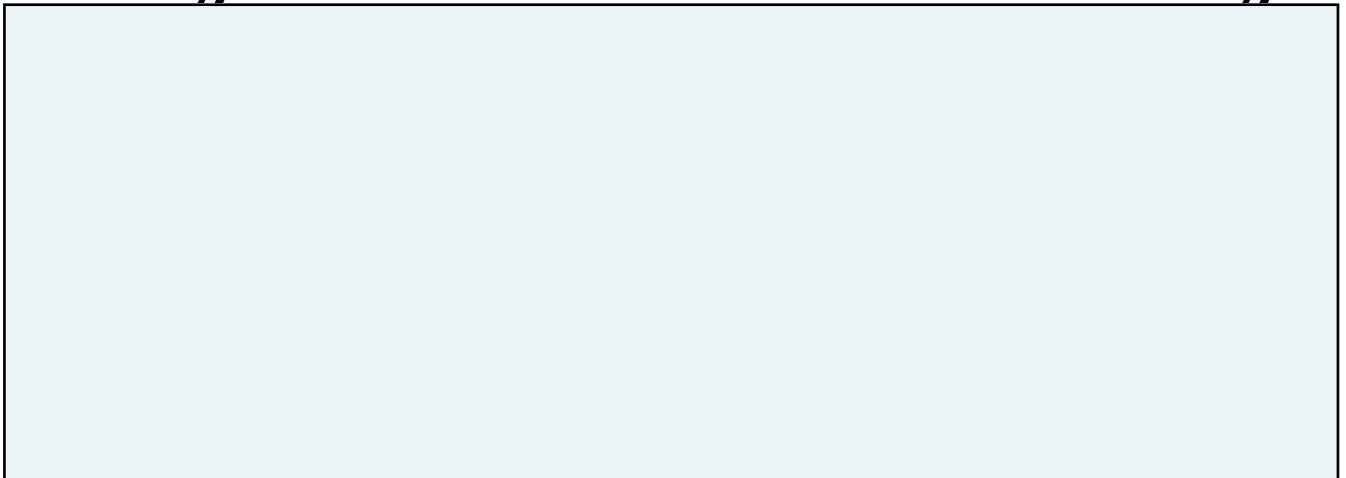
Theme for the Day: Love



What does love mean to you?

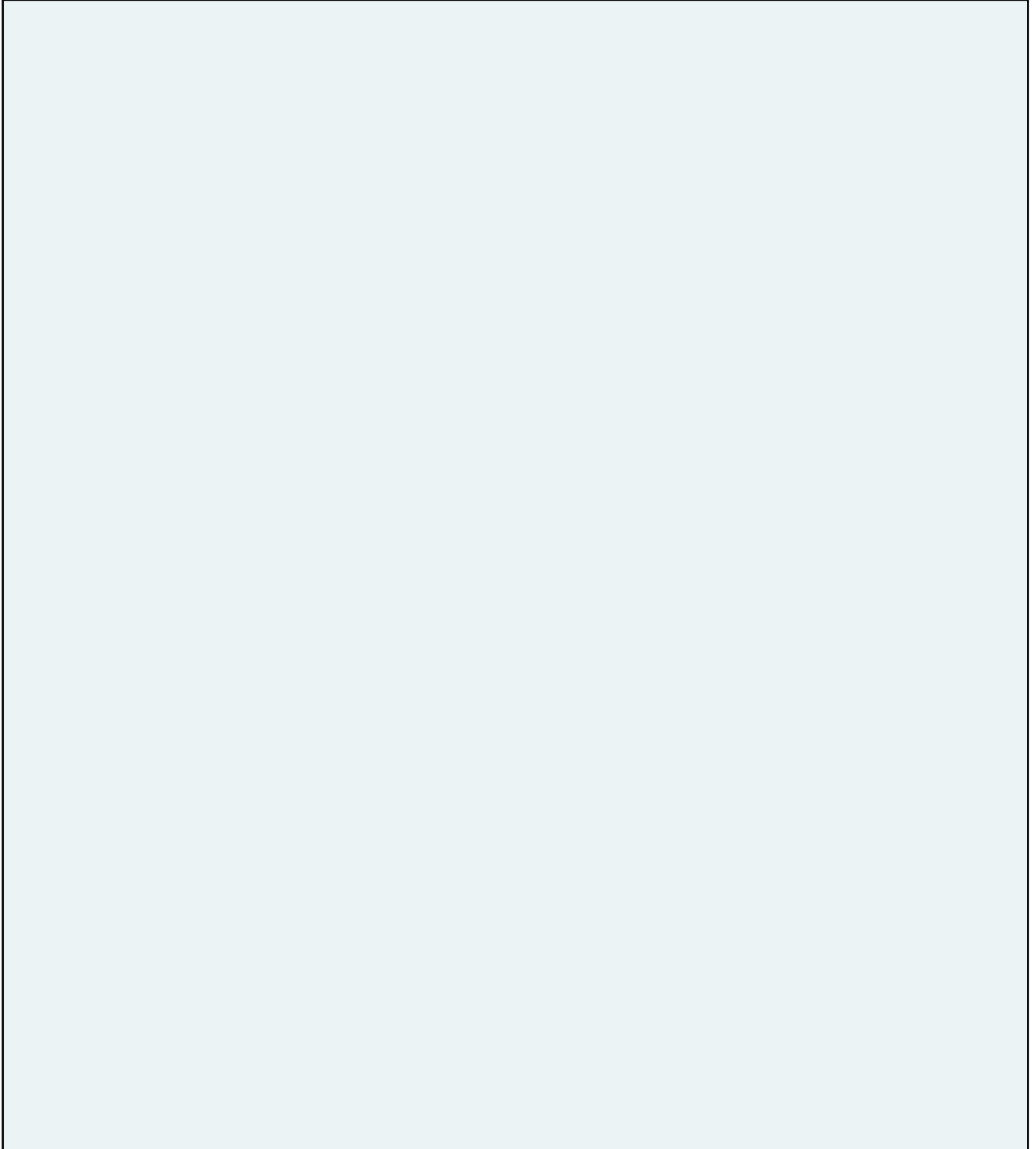


Write your affirmation for the day:



Day 15:

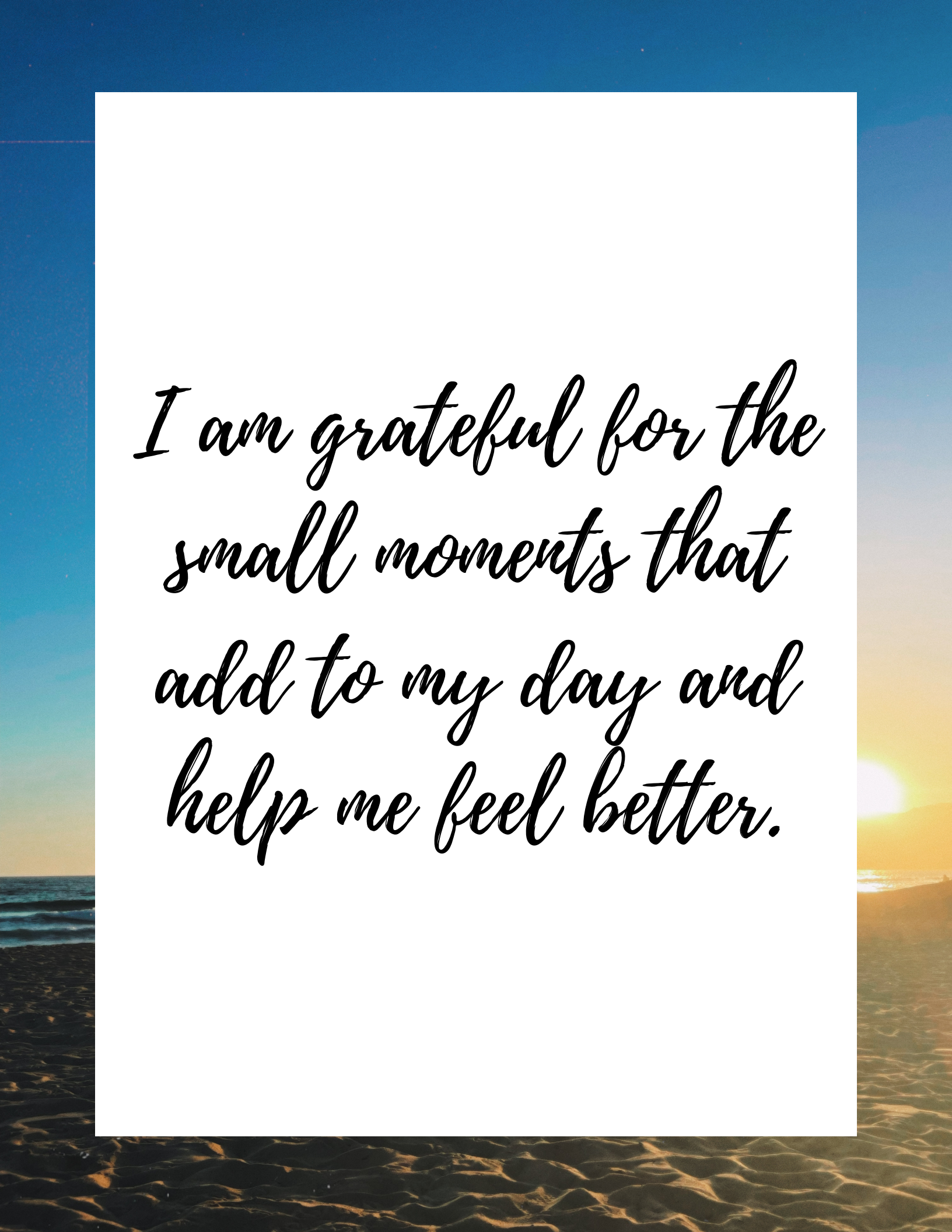
Theme for the Day: Free Write

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Write your affirmation for the day:

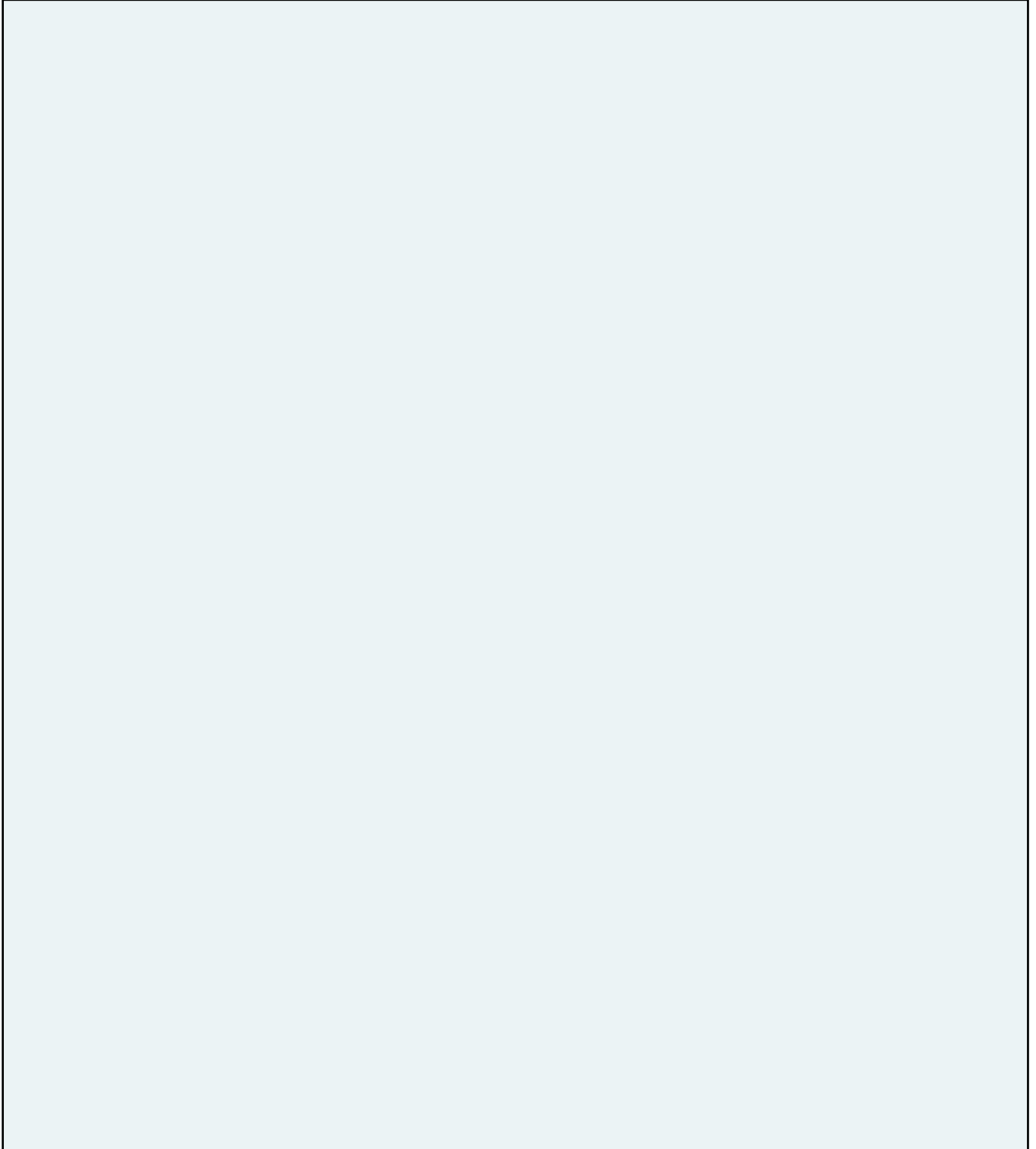
A large, empty rectangular box with a light blue background and a thin black border, intended for writing.

The background of the image is a serene sunset scene. The sky transitions from a deep blue at the top to a warm orange and yellow near the horizon. The sun is partially visible on the right side, casting a bright glow. The ocean is in the foreground, with gentle waves reflecting the light from the sky. A large, white, rectangular text box is centered in the image, containing a handwritten-style quote.

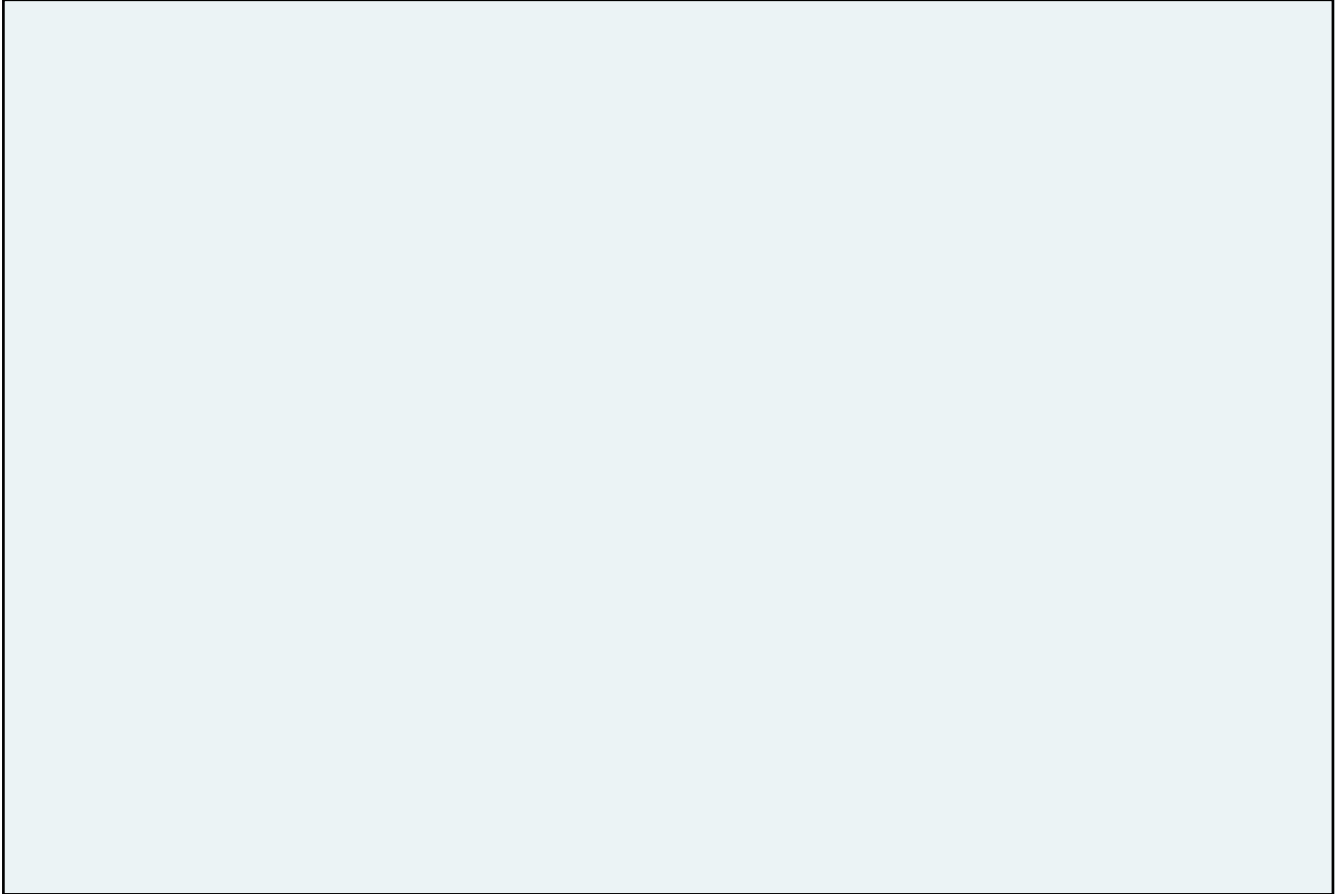
*I am grateful for the
small moments that
add to my day and
help me feel better.*

Day 16:

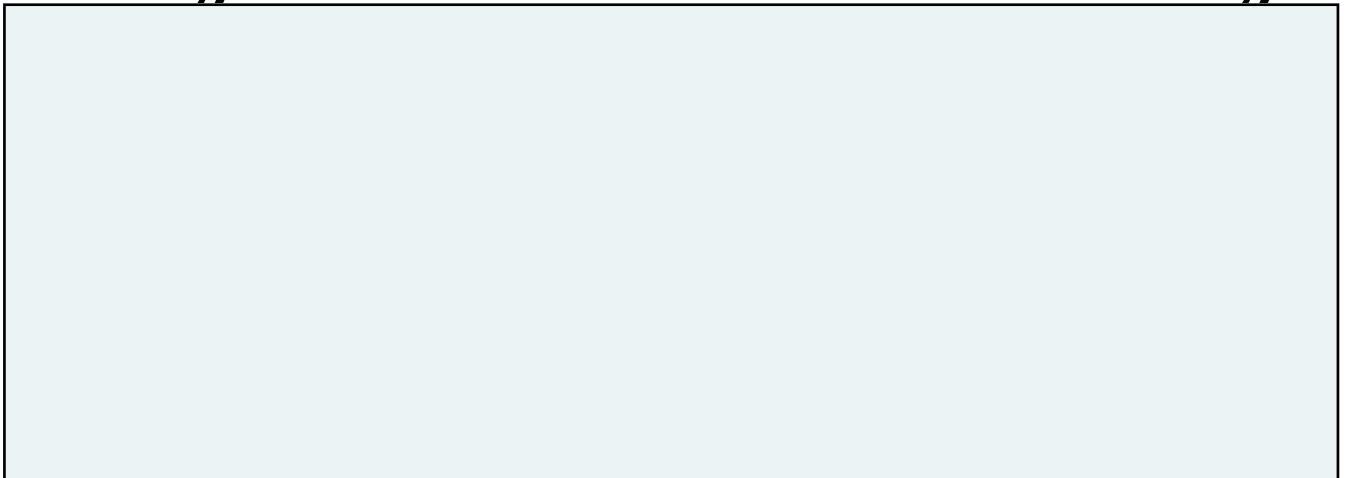
Theme for the Day: Career



What are your career goals? Does the work you do fulfill you?

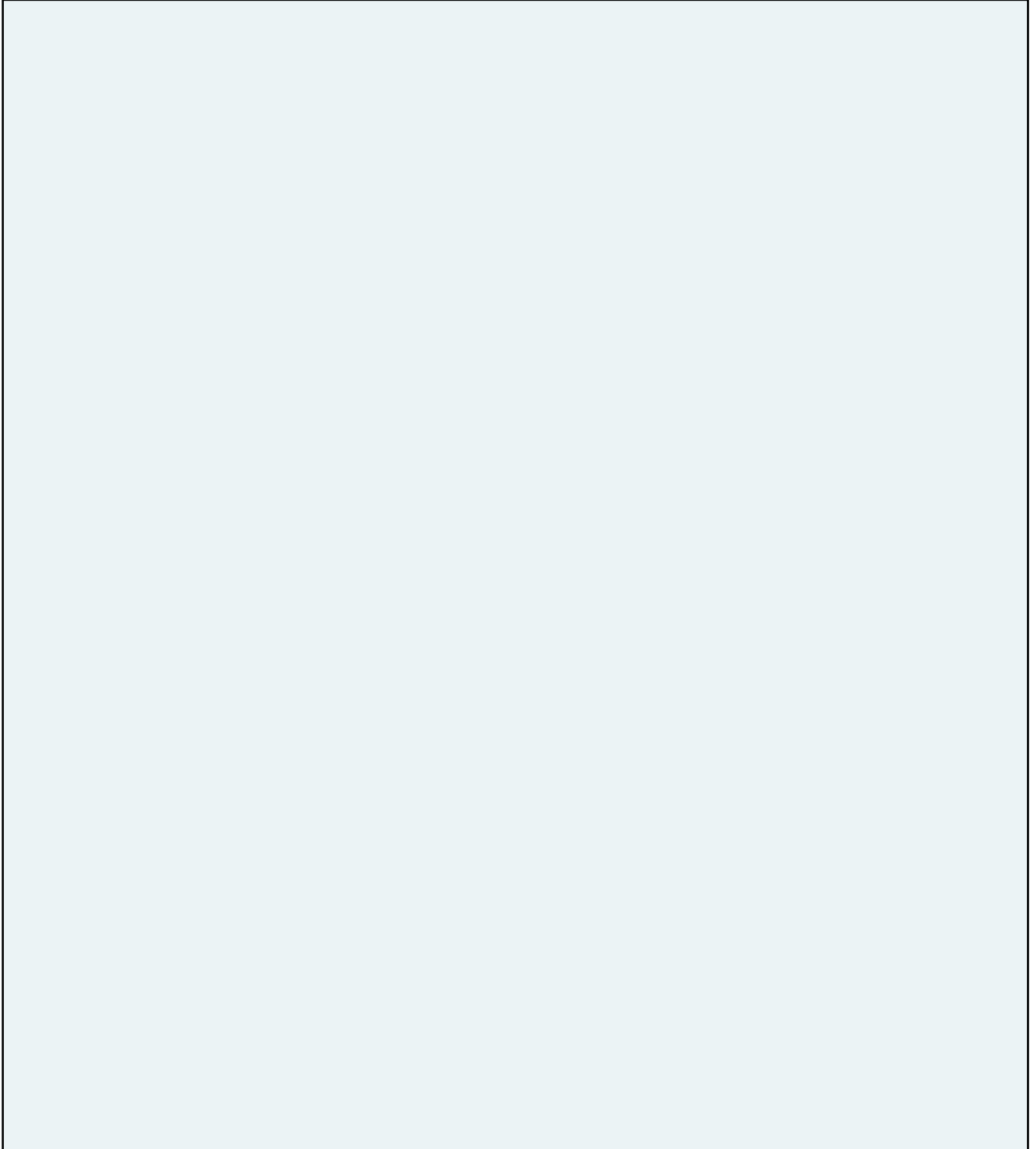


Write your affirmation for the day:

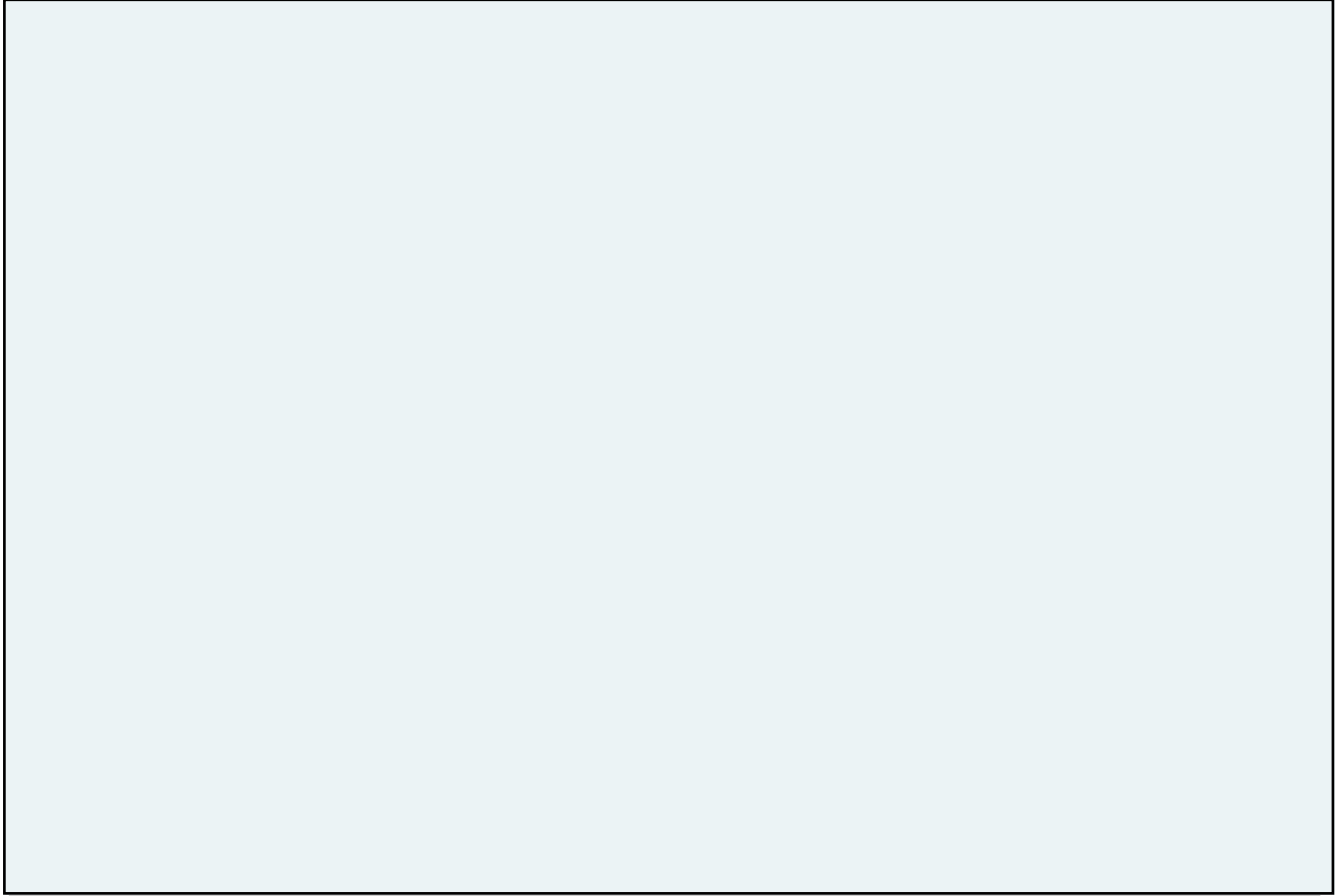


Day 17:

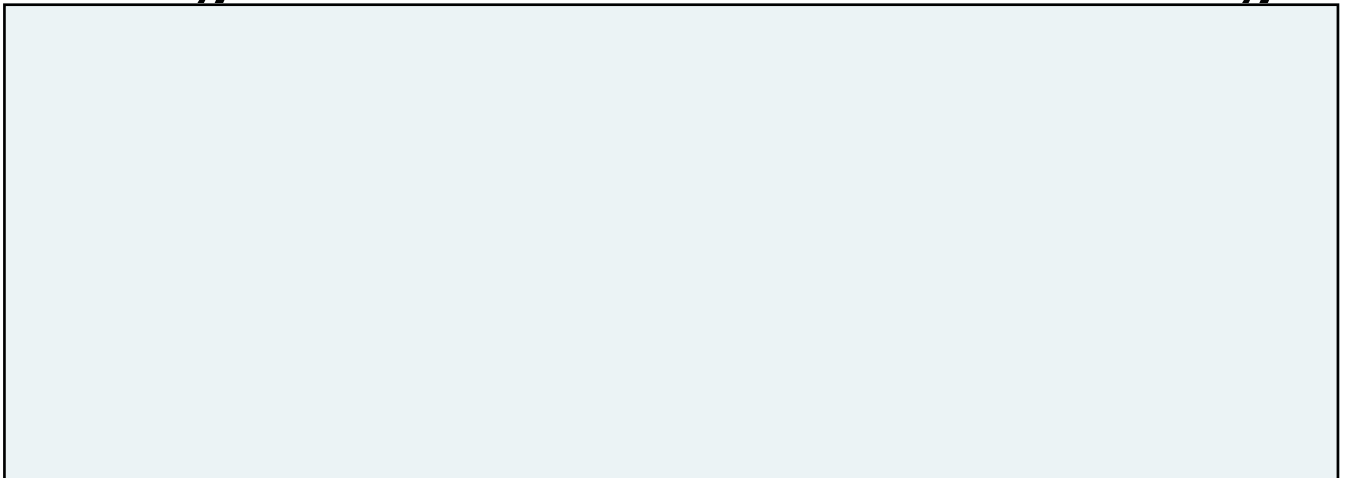
Theme for the Day: Appreciation



What is something that you appreciate about yourself?

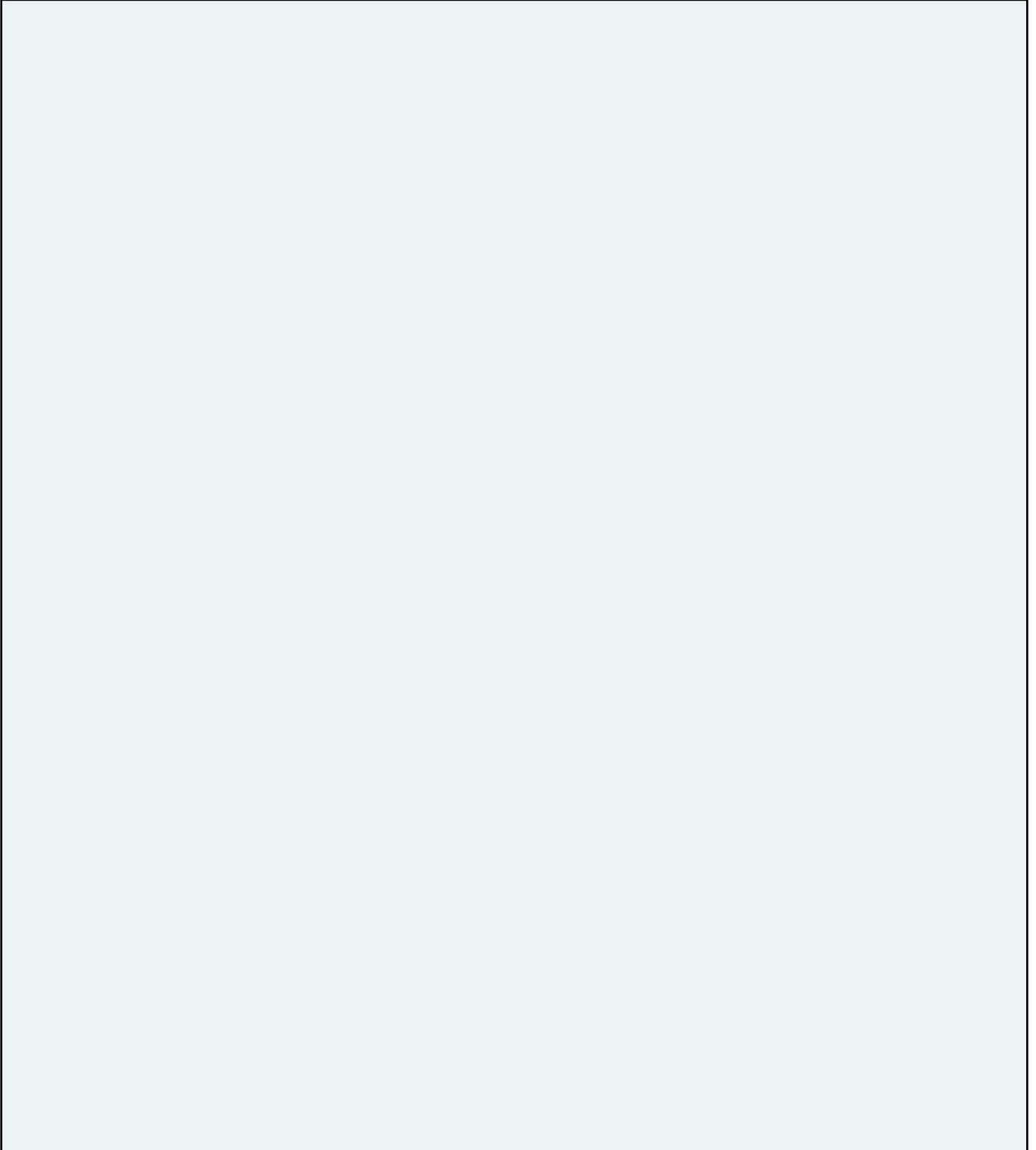


Write your affirmation for the day:

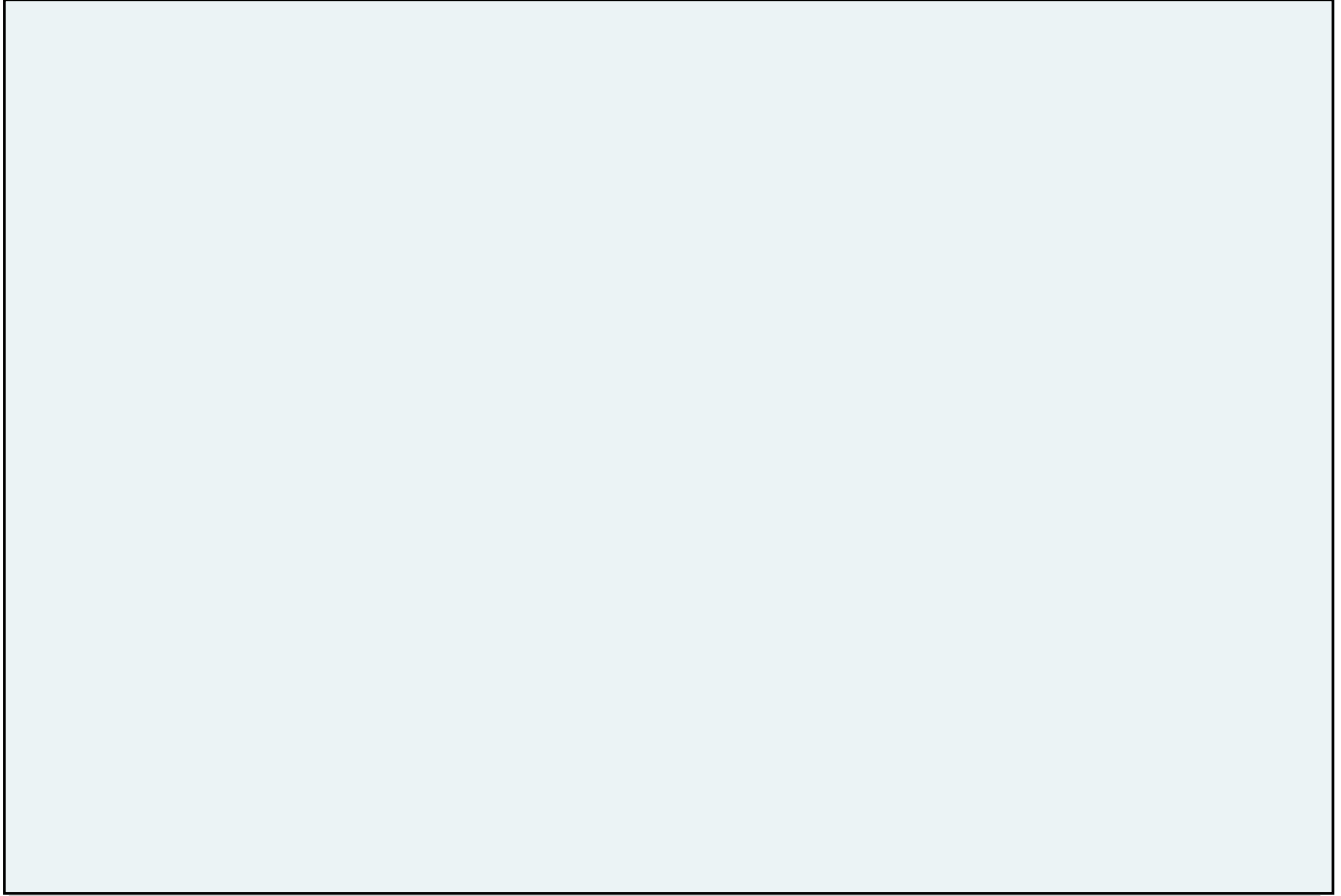


Day 18:

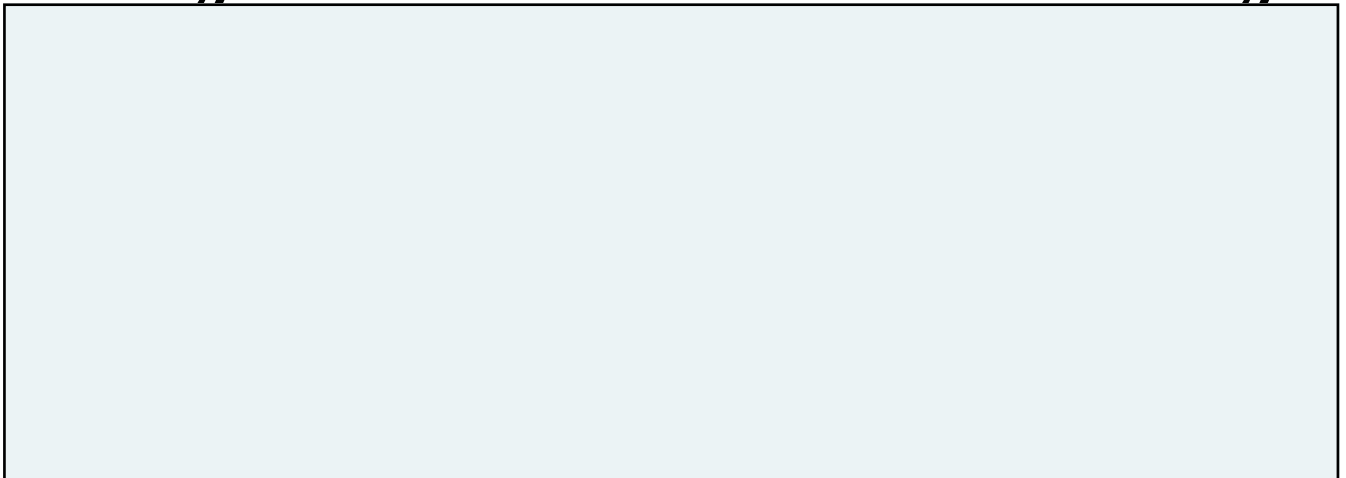
Theme for the Day: Fear



*What is something you are afraid of?
How do you deal with that?*

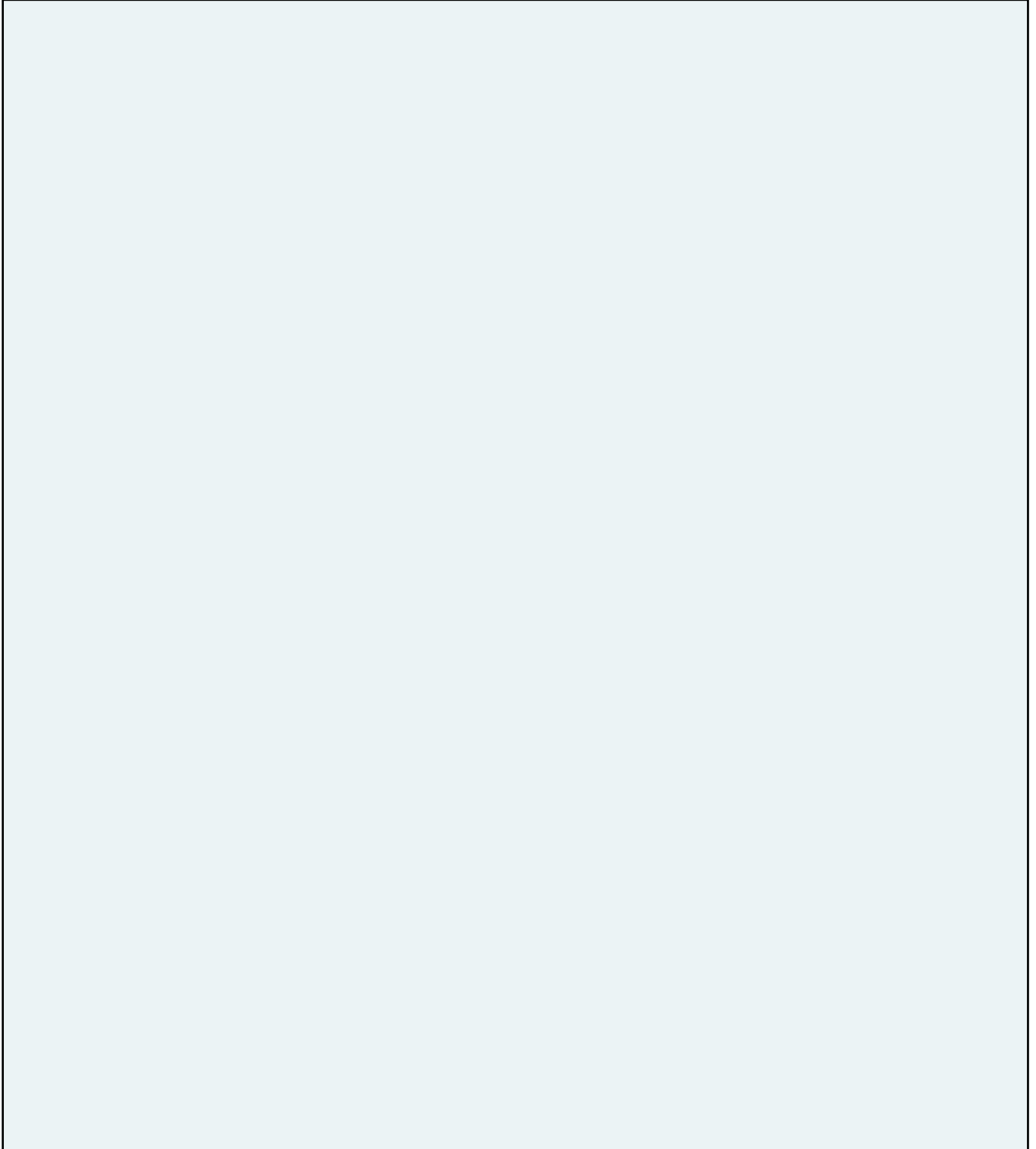


Write your affirmation for the day:

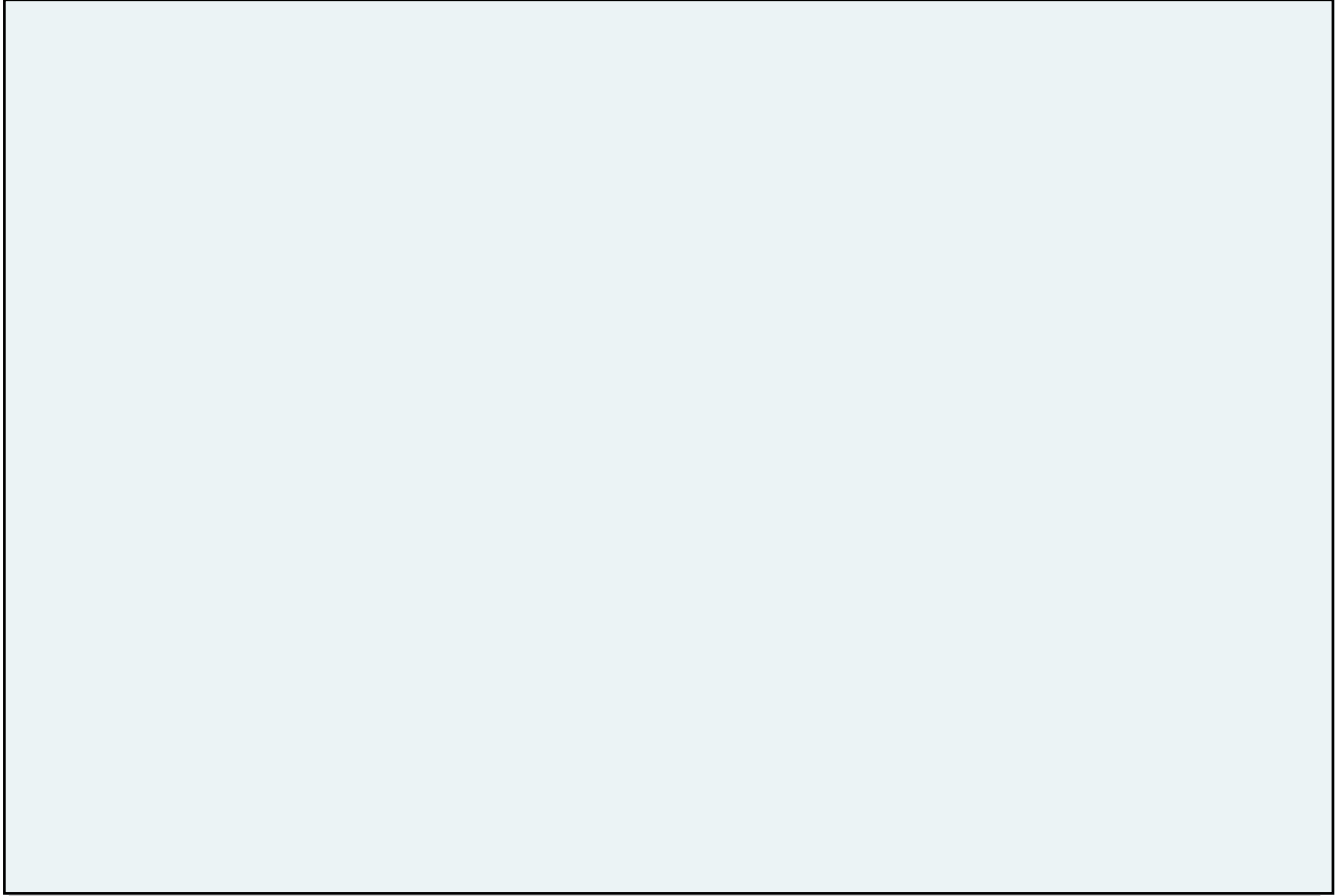


Day 19:

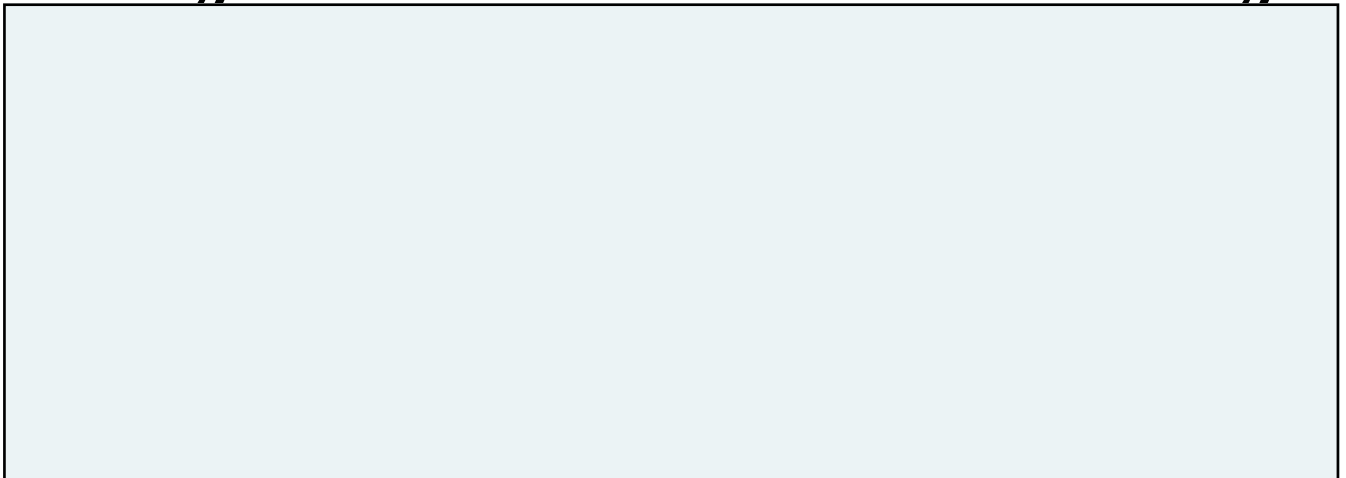
Theme for the Day: Trust



Do you trust yourself to make good decisions?

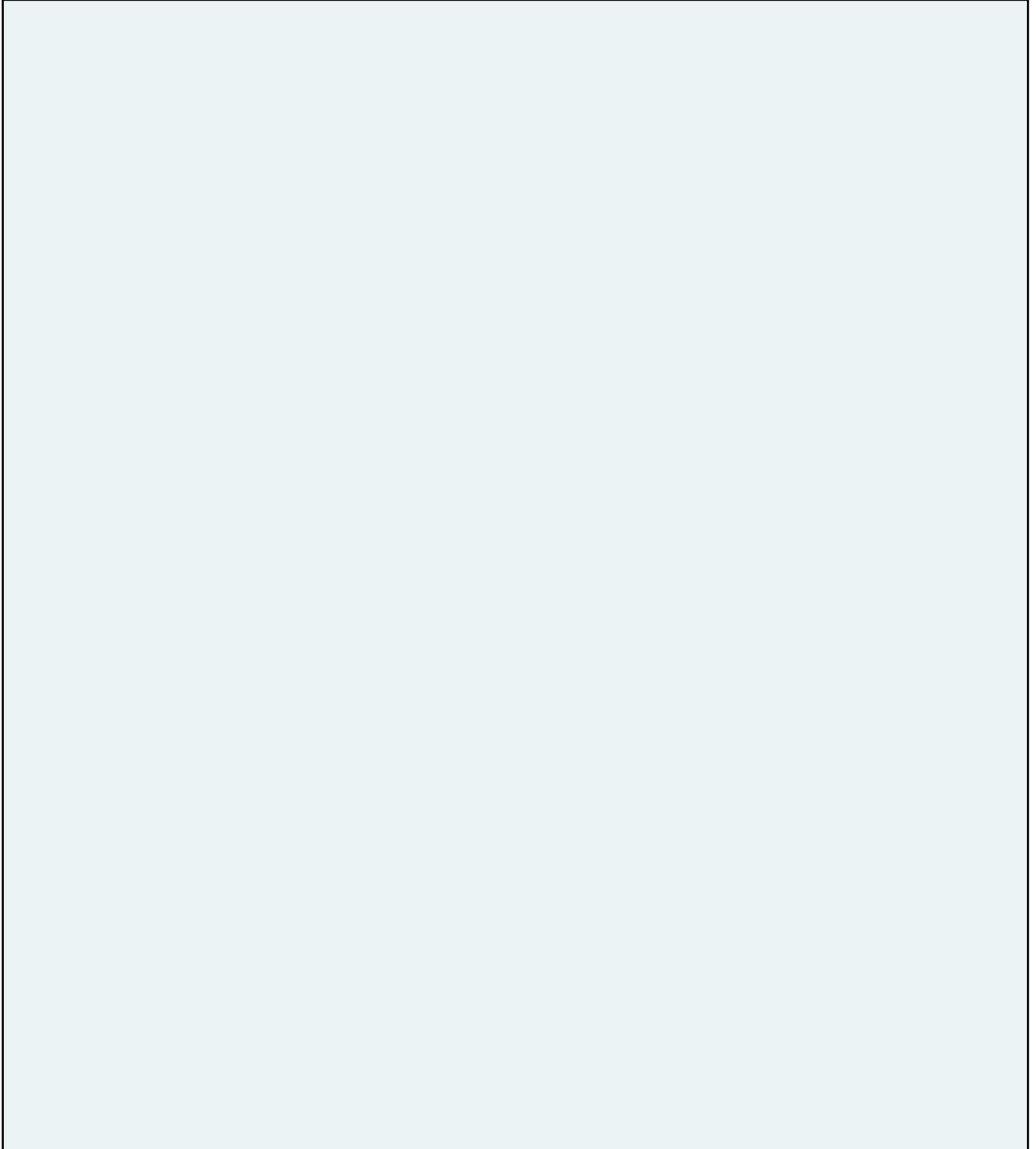


Write your affirmation for the day:



Day 20:

Theme for the Day: Free Write

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Write your affirmation for the day:

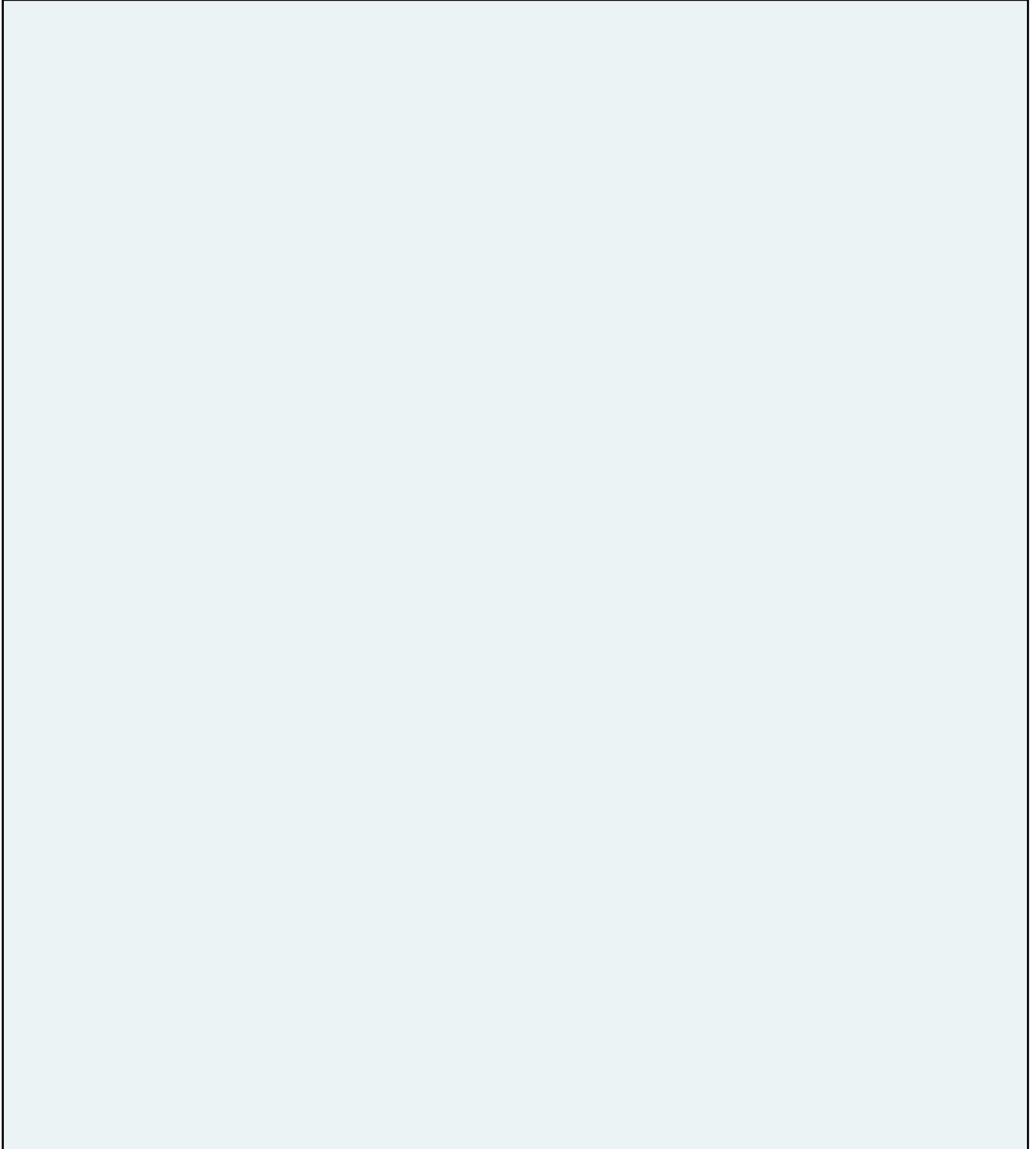
A large, empty rectangular box with a light blue background and a thin black border, intended for writing.



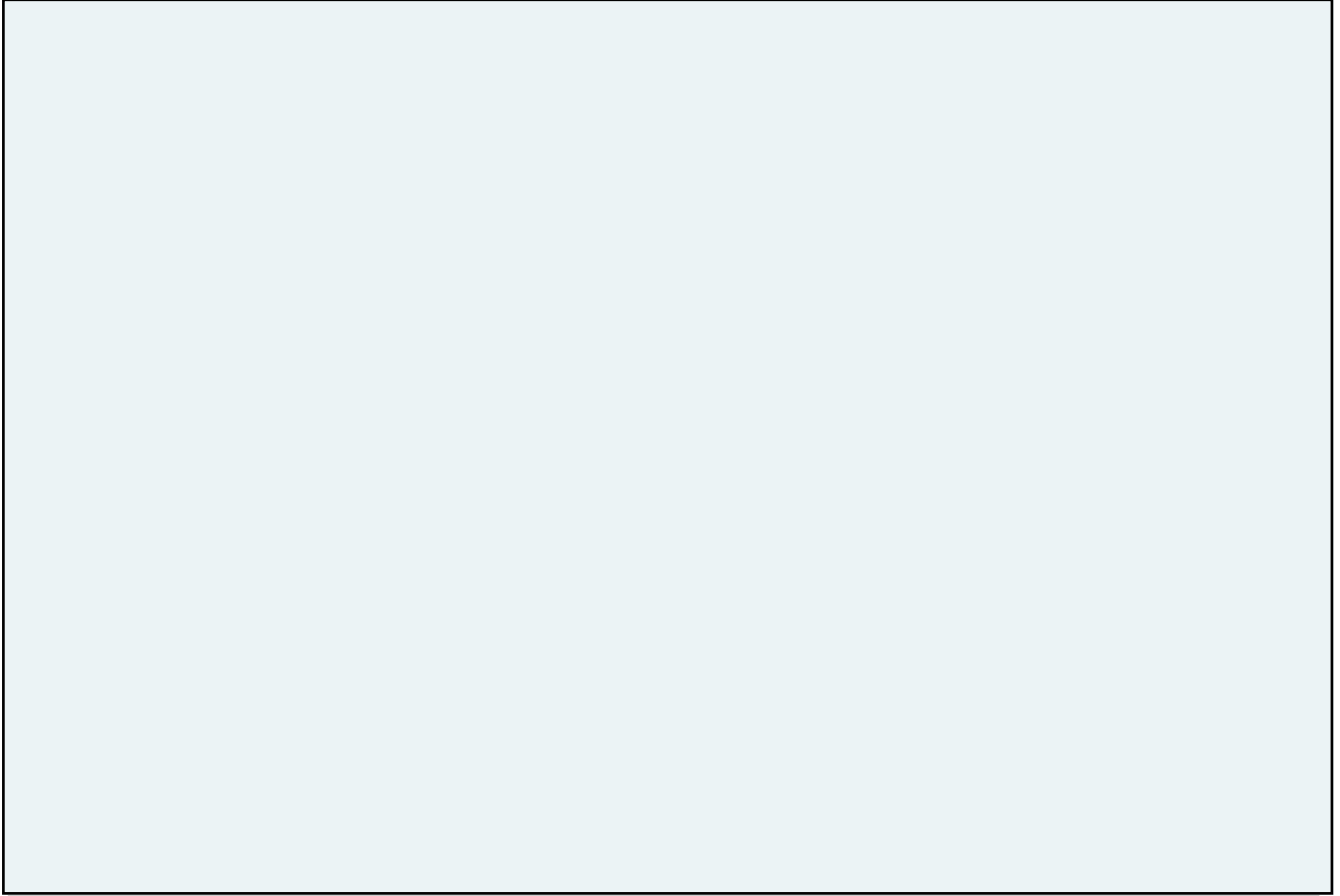
*I make space to be
honest about my
feelings and emotions
because I love myself.*

Day 21:

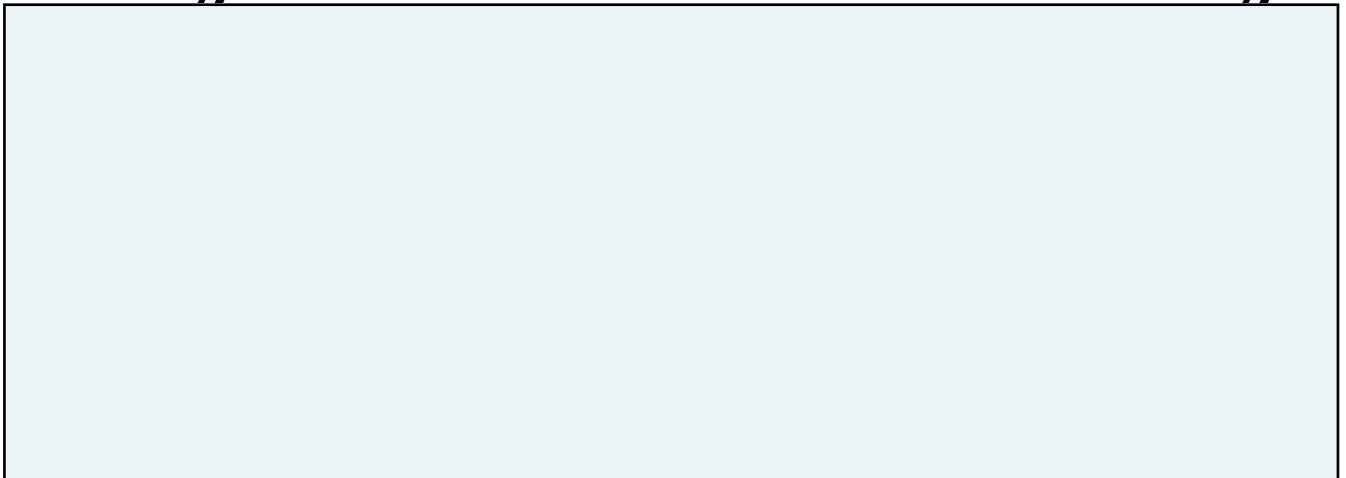
Theme for the Day: Stagnation



Have you ever felt stuck in life? Why?

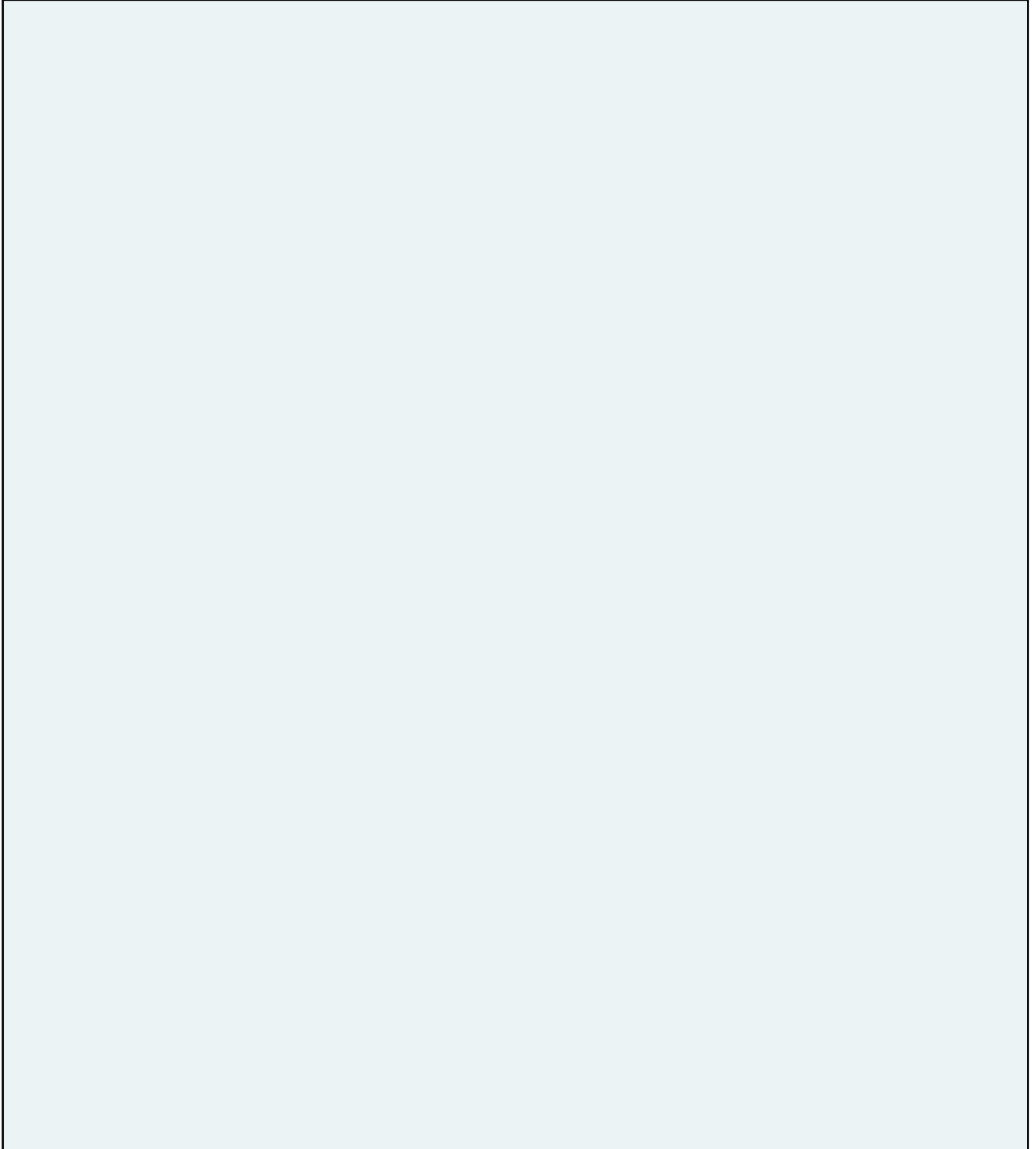


Write your affirmation for the day:

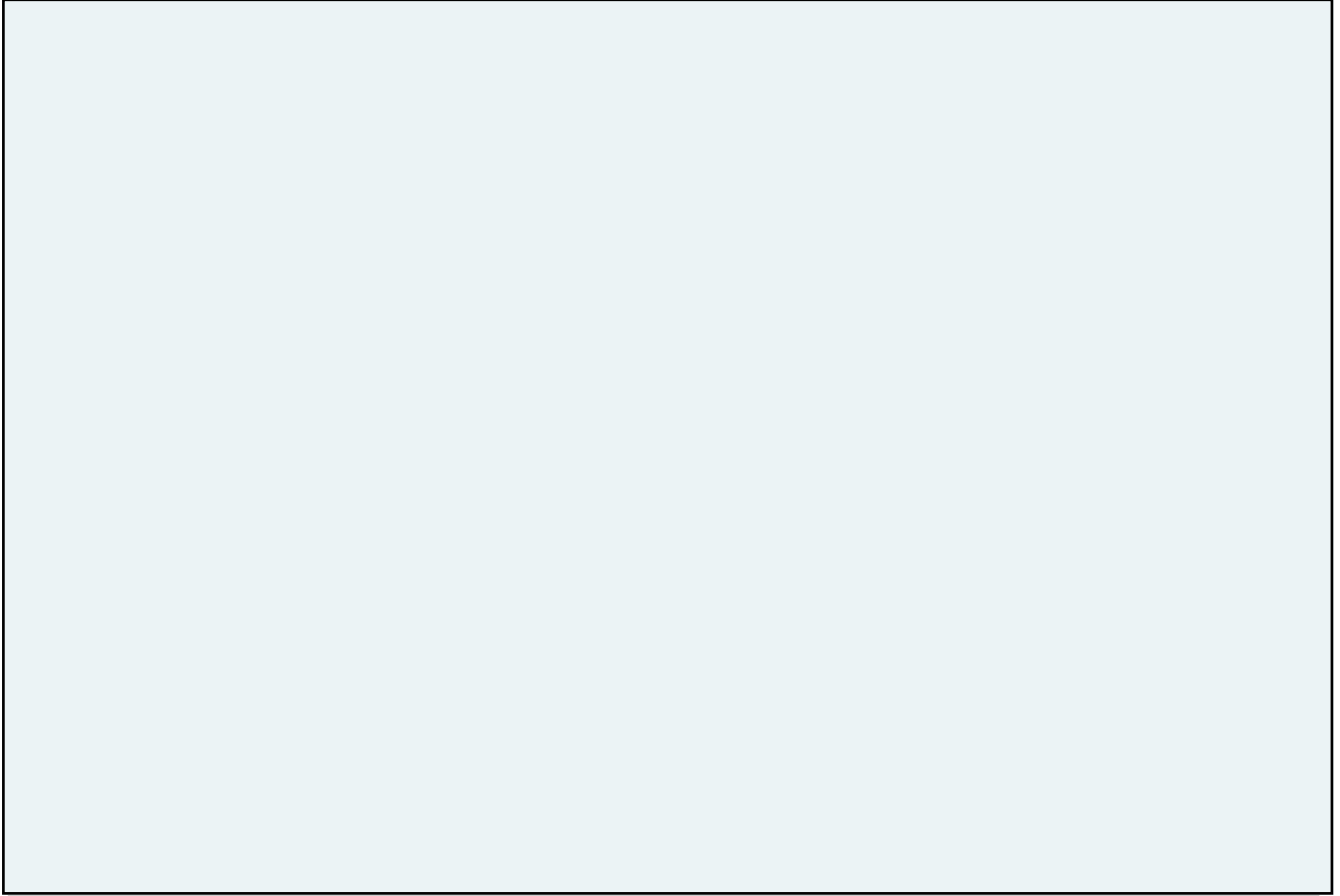


Day 22:

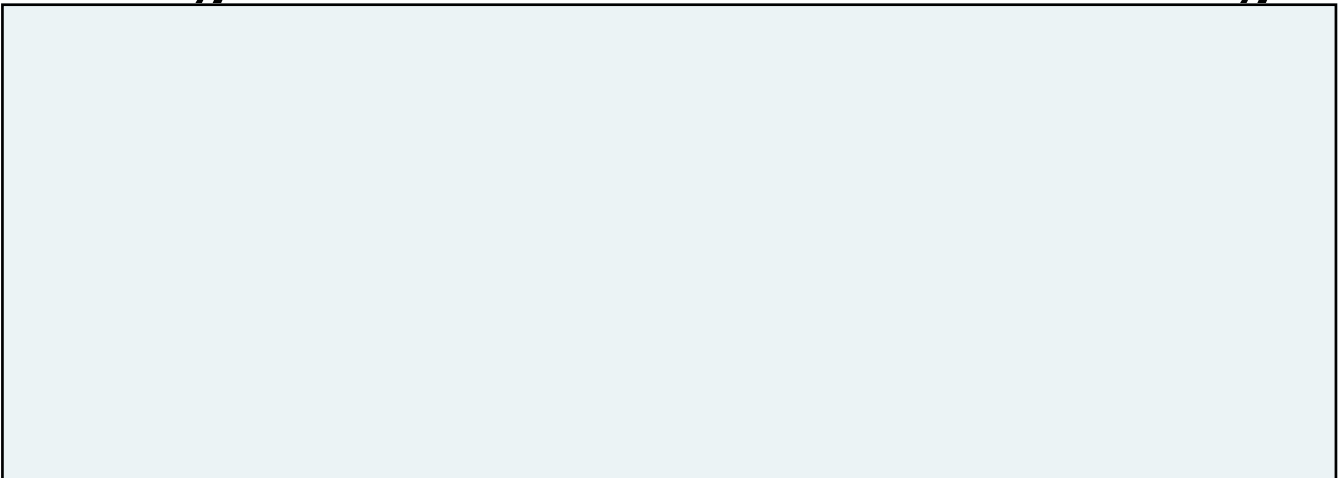
Theme for the Day: Strengths

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What are your strengths?

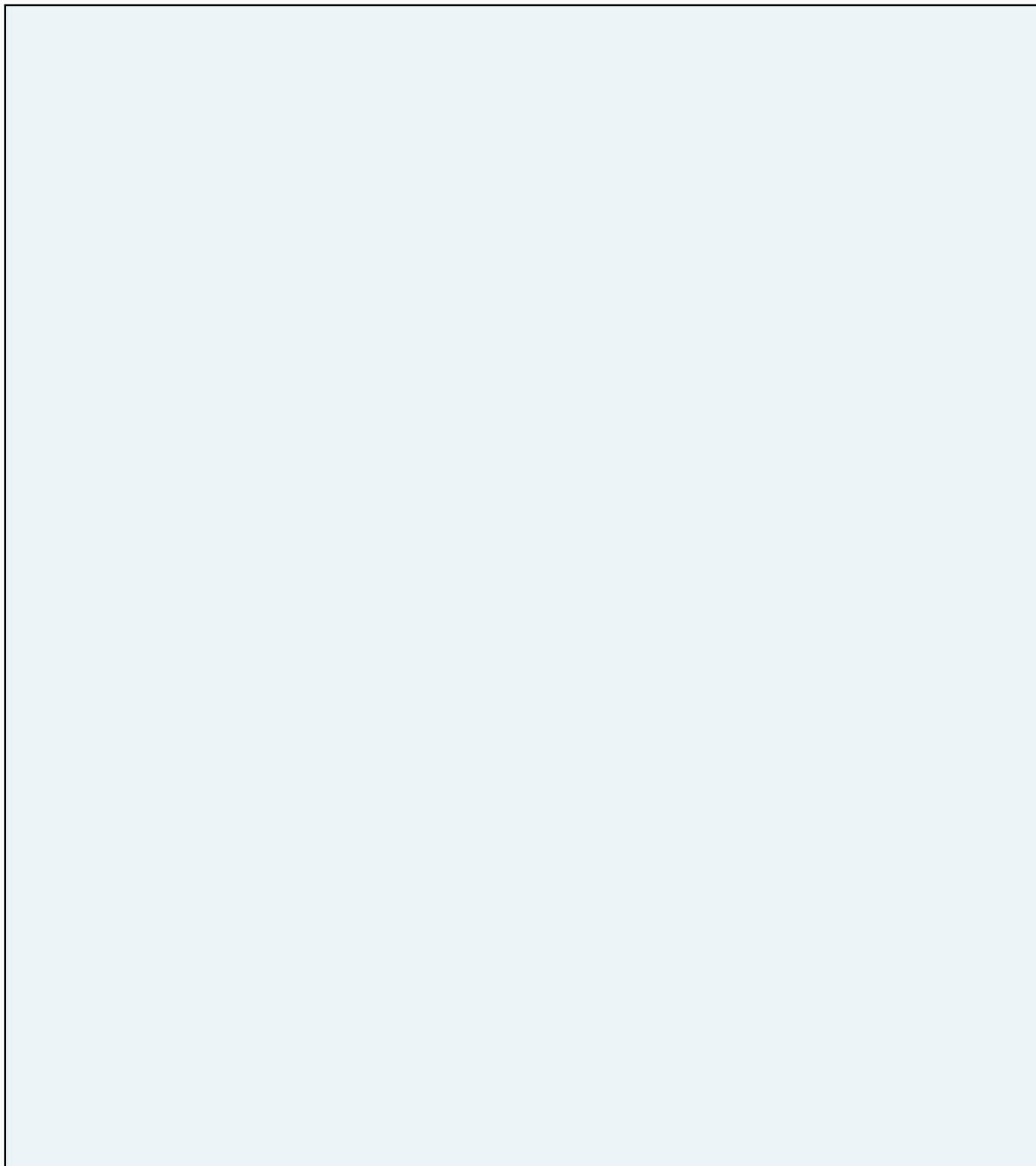


Write your affirmation for the day:

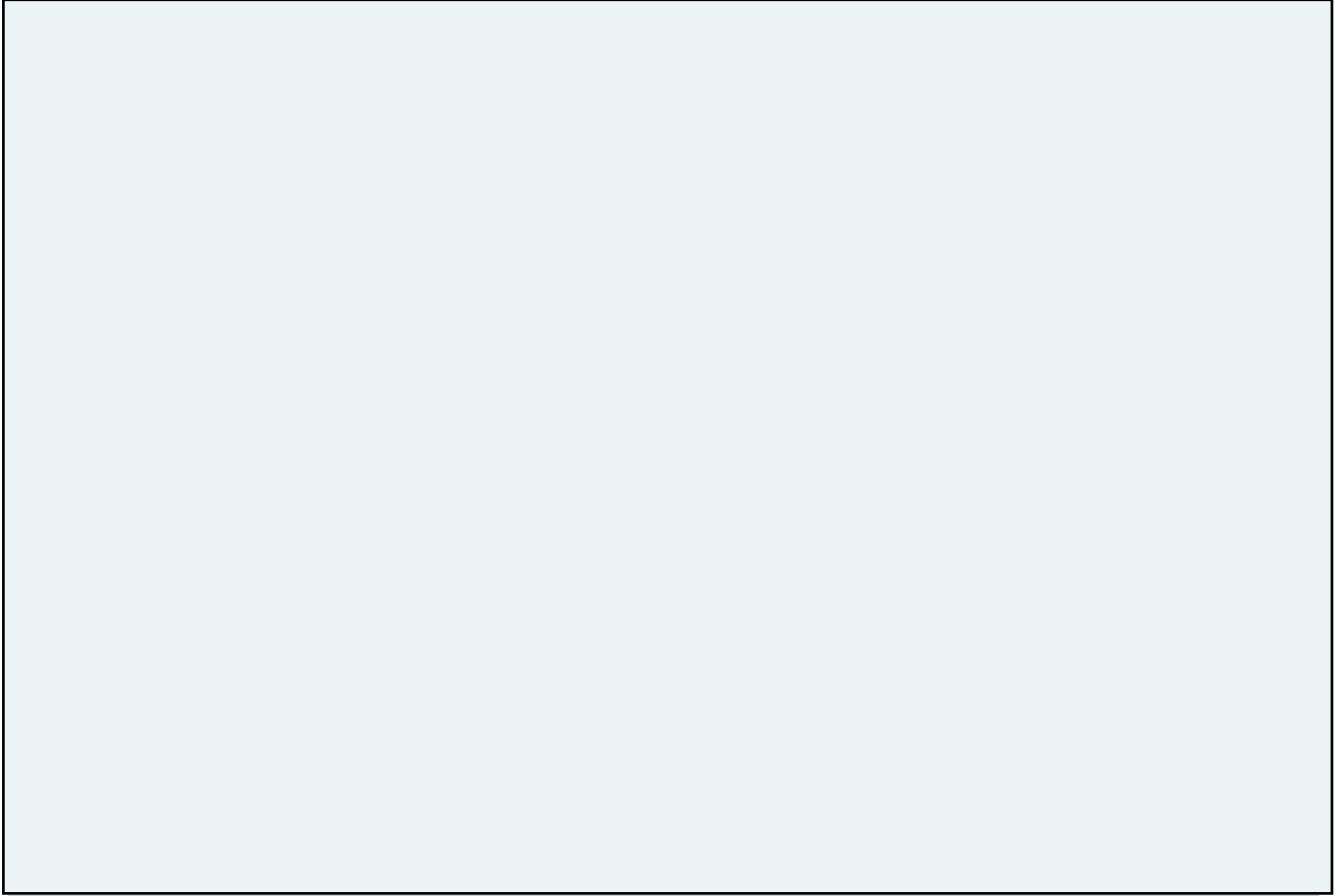


Day 23:

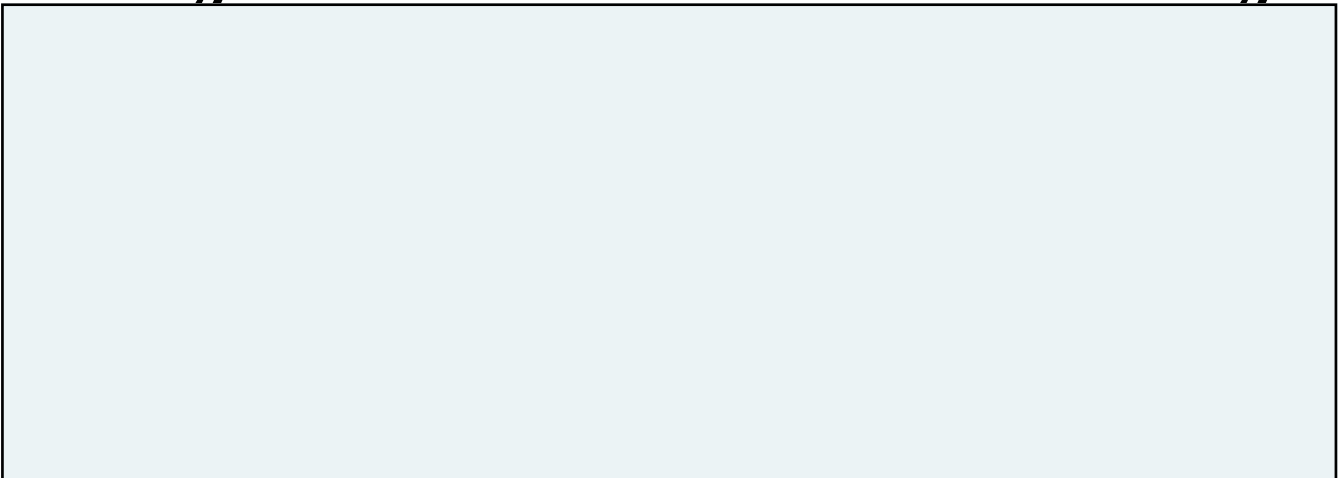
Theme for the Day: Challenges



What challenges have you overcome this week?

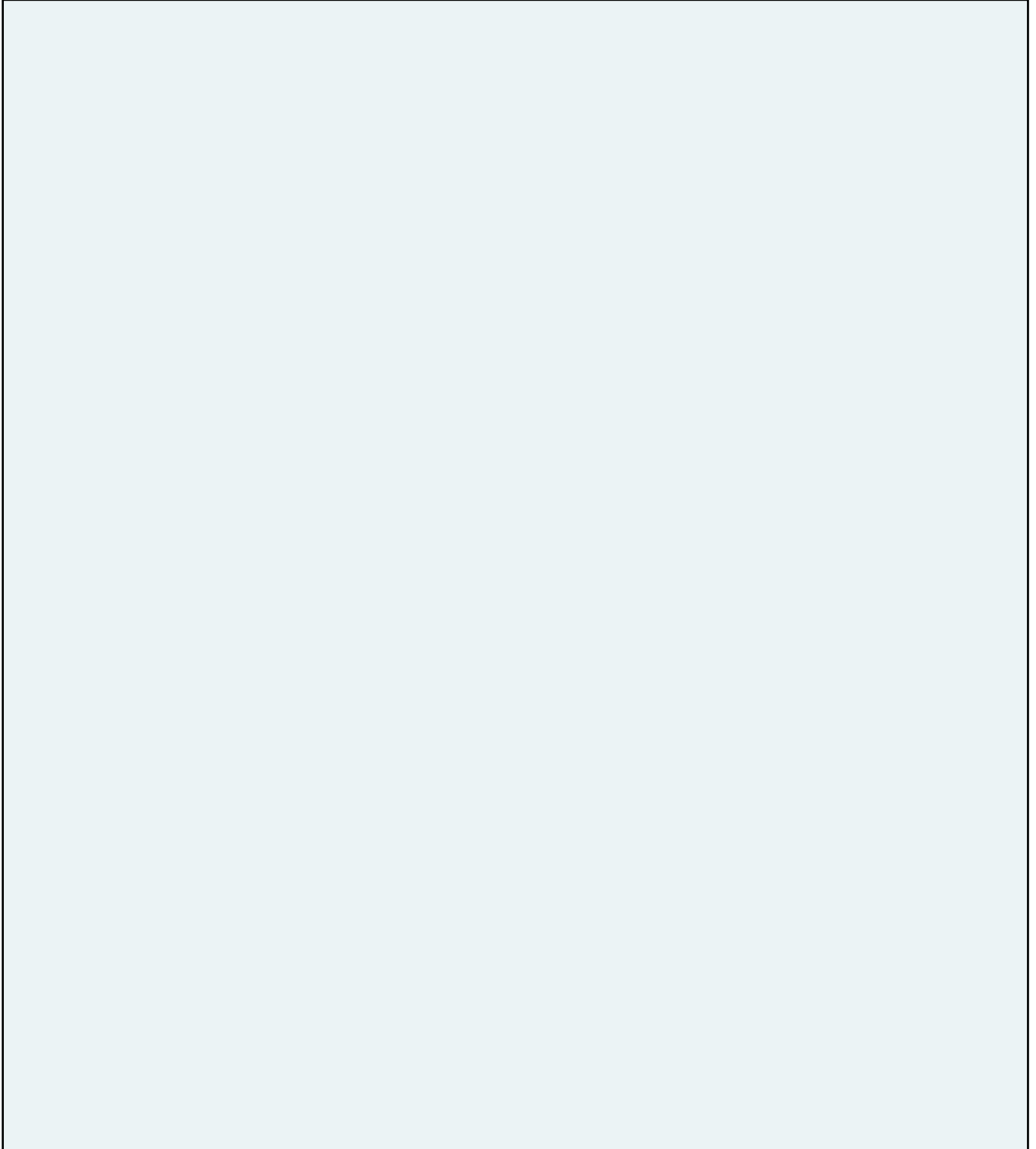


Write your affirmation for the day:

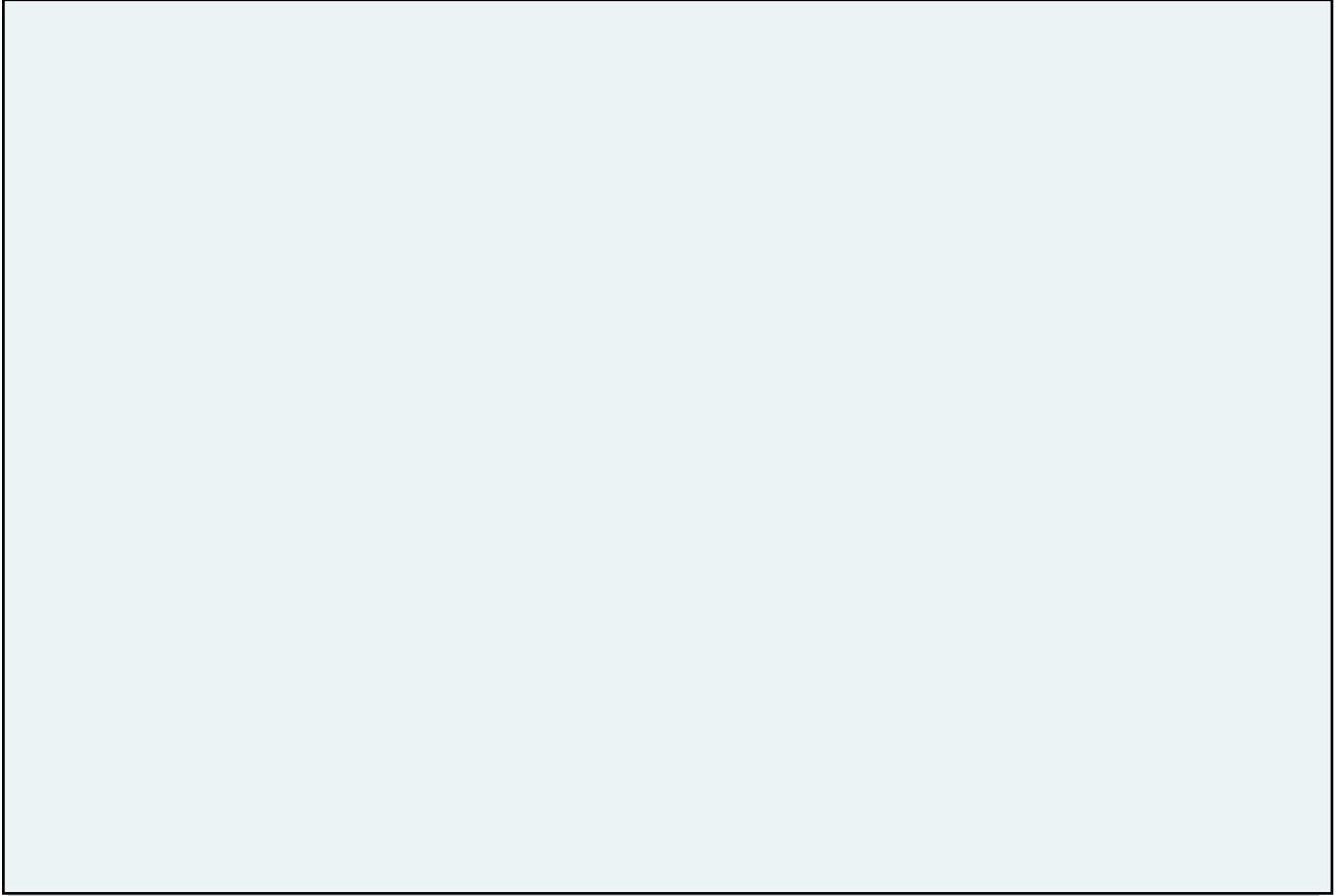


Day 24:

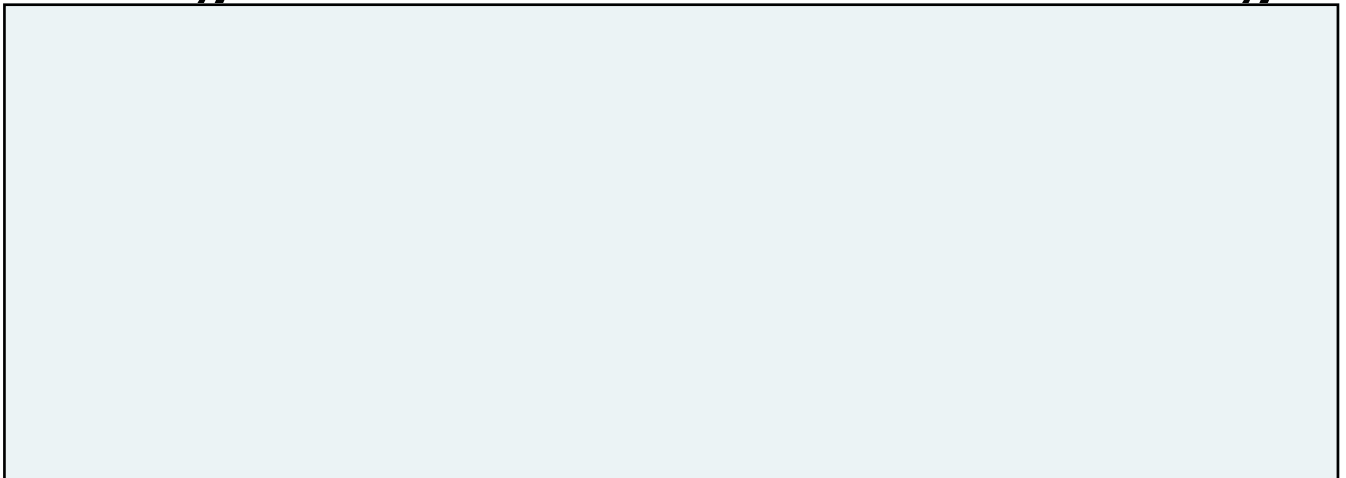
Theme for the Day: Life



How would you describe your dream life?

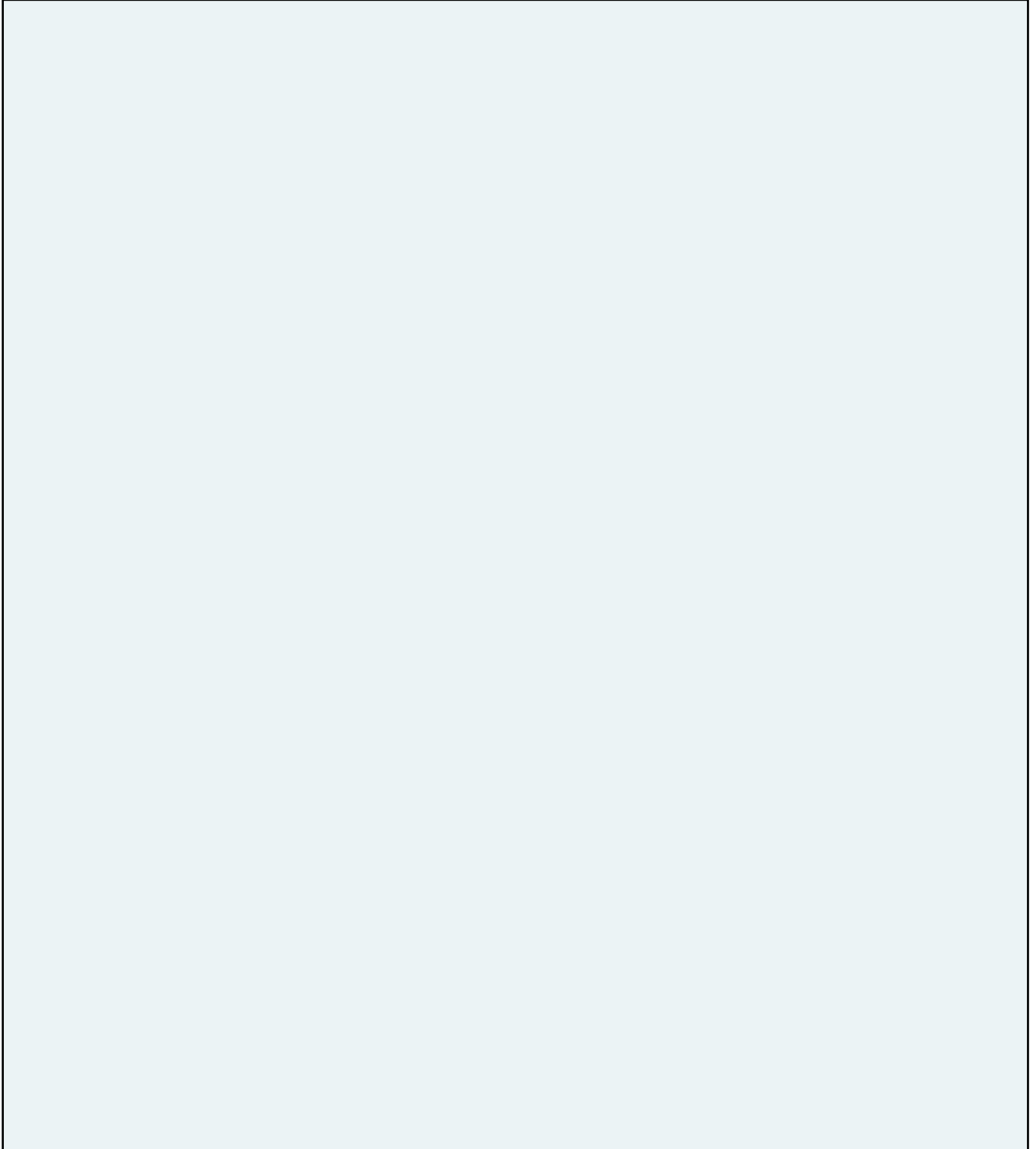


Write your affirmation for the day:



Day 25:

Theme for the Day: Free Write

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A large, empty rectangular box with a light blue background and a thin black border, intended for writing.

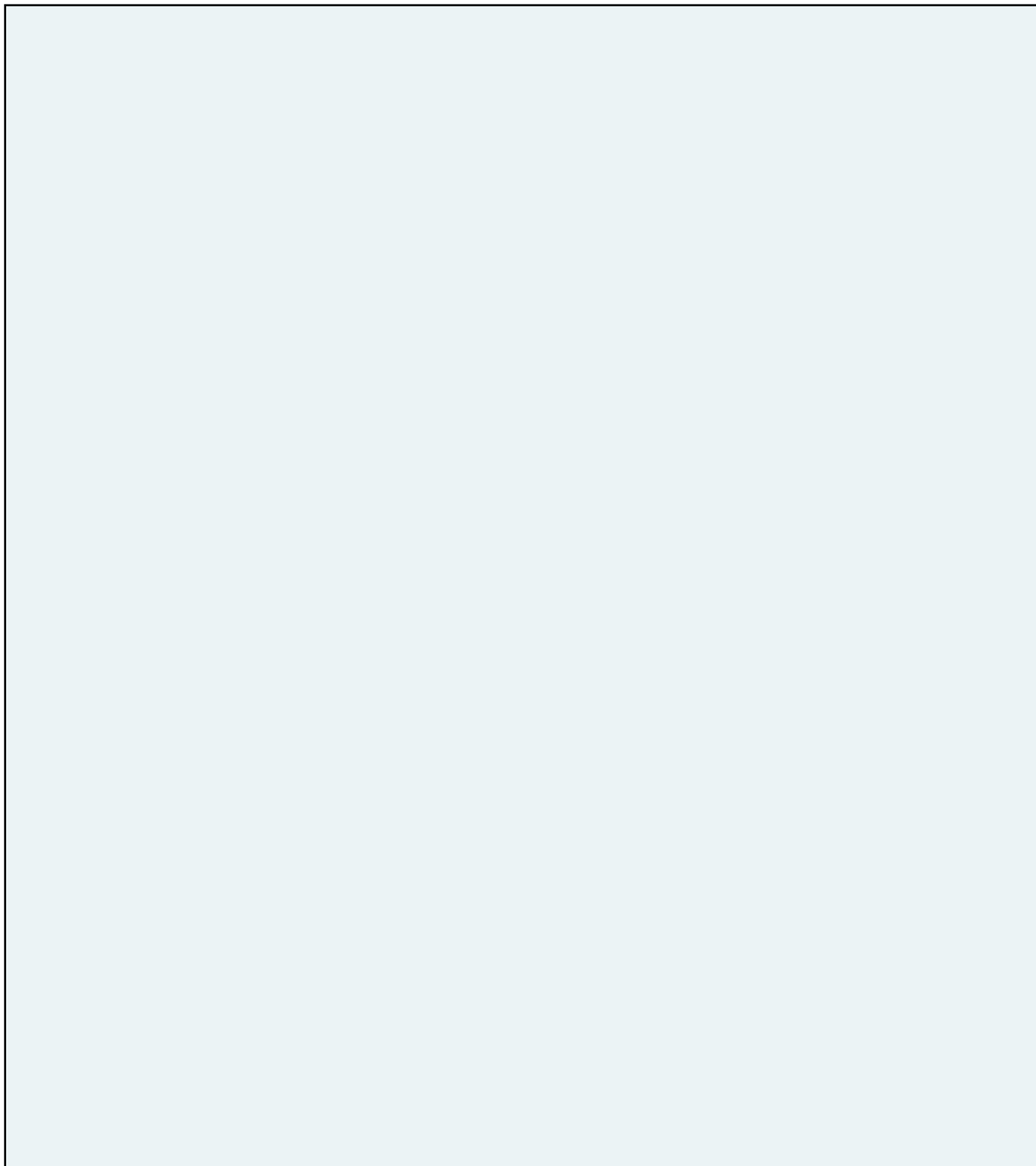
Write your affirmation for the day:

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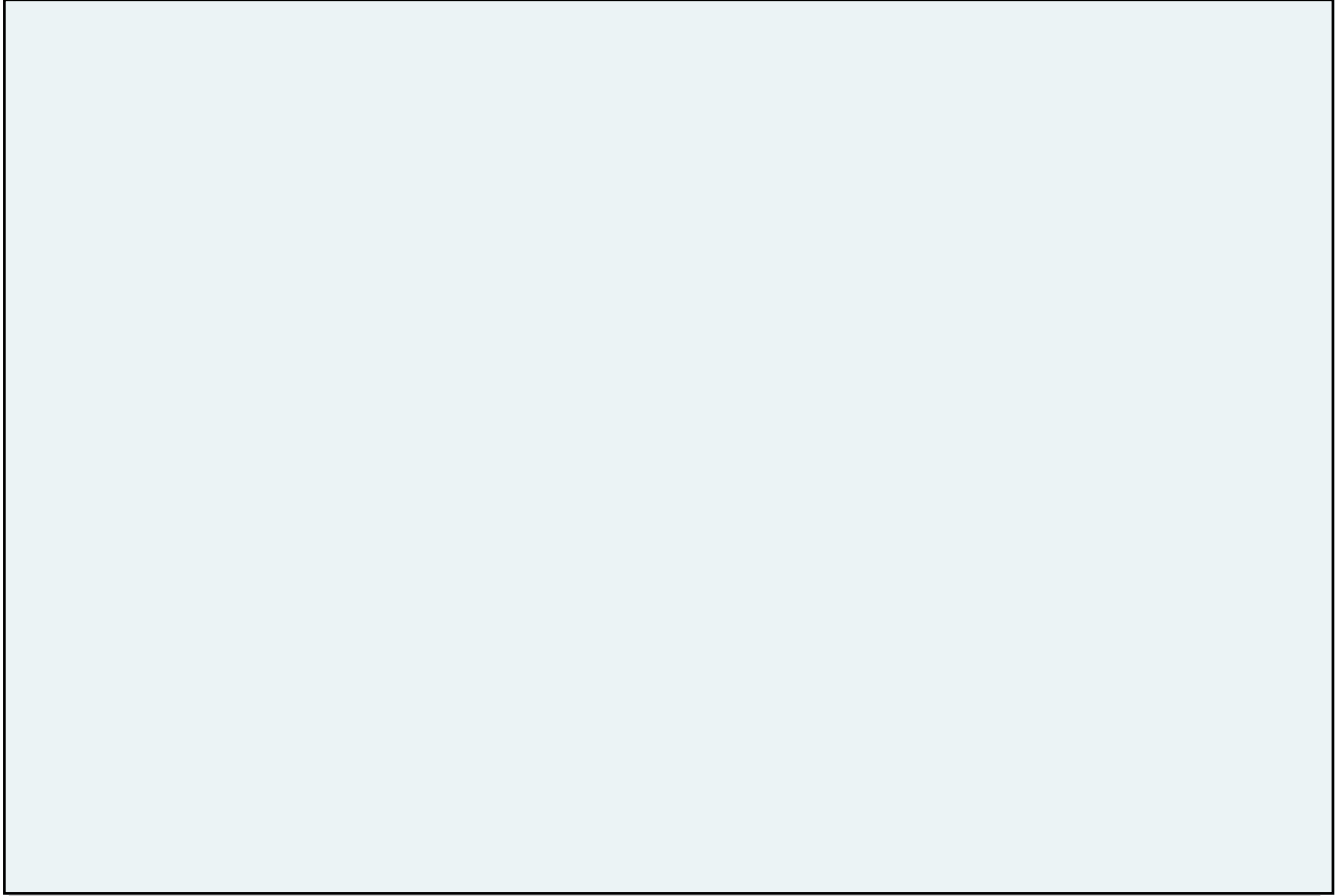
*I extend grace to
myself and I don't
judge myself for my
mistakes and
shortcomings.*

Day 26:

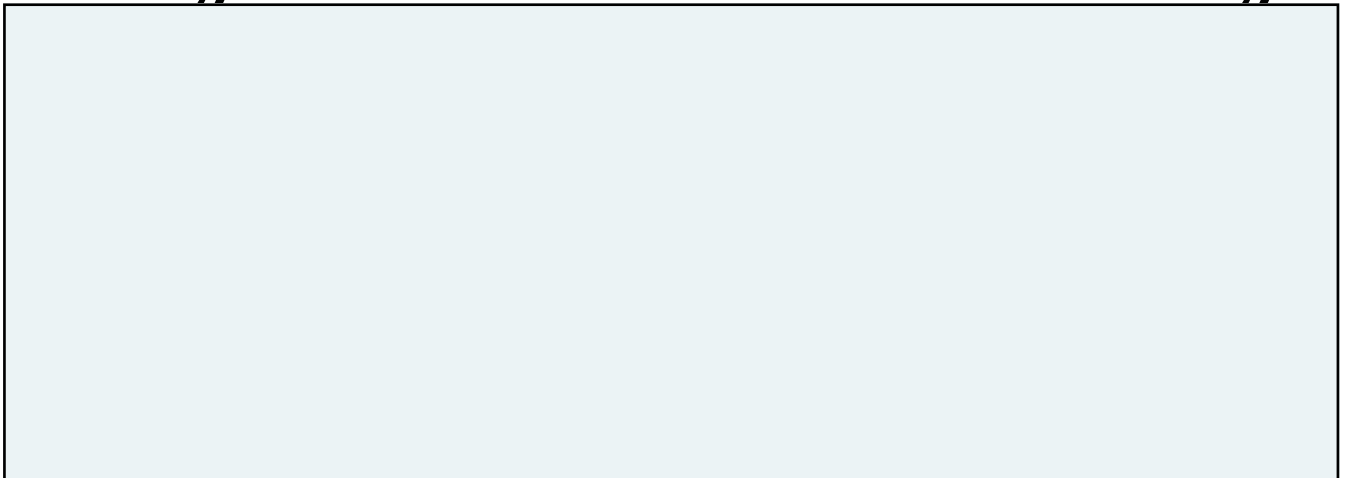
Theme for the Day: Reflecting

A large, empty rectangular box with a light blue background and a black border, intended for reflection. The box occupies the majority of the page below the title.

If you could go back in time, what is something you would do differently?

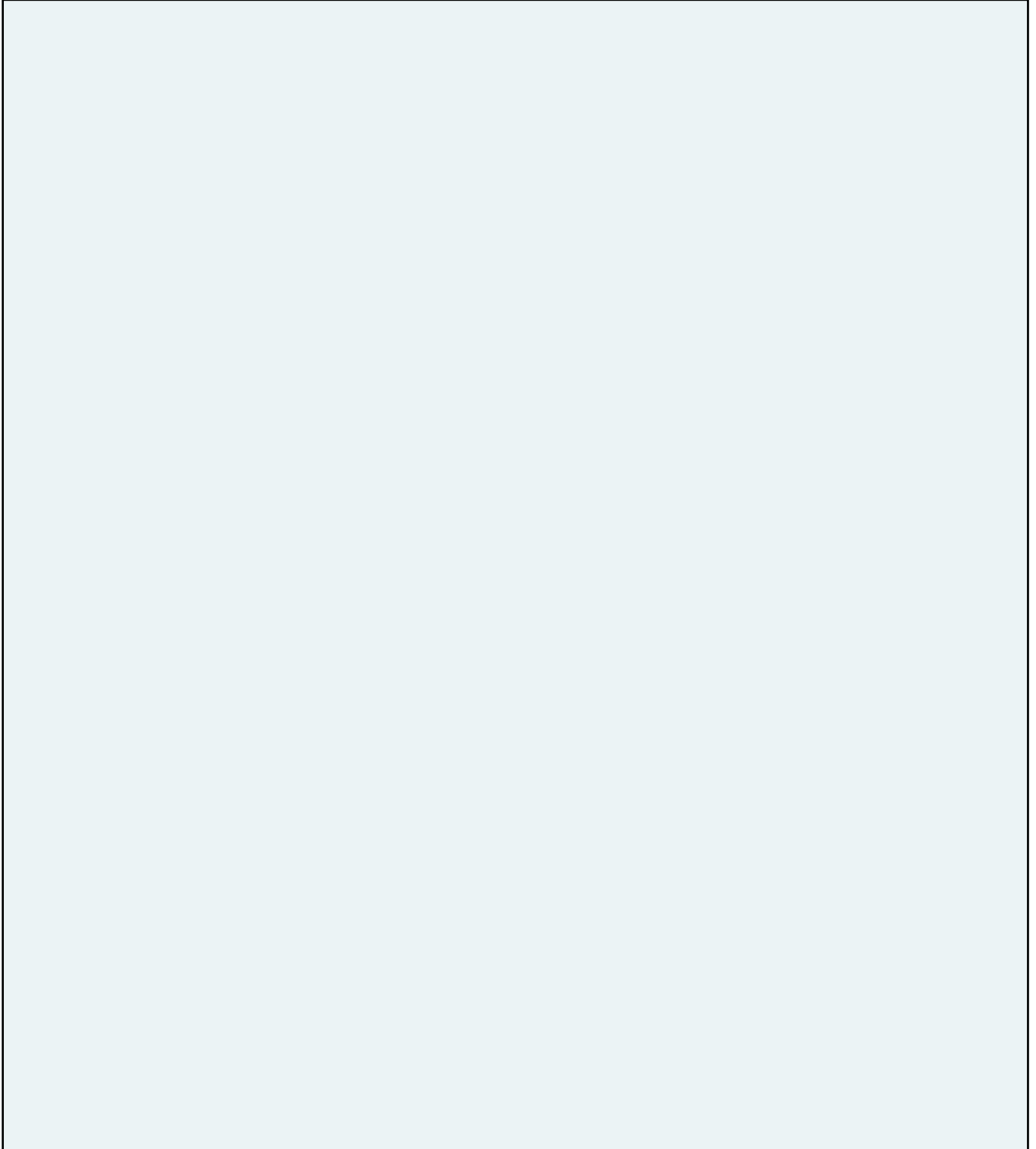


Write your affirmation for the day:

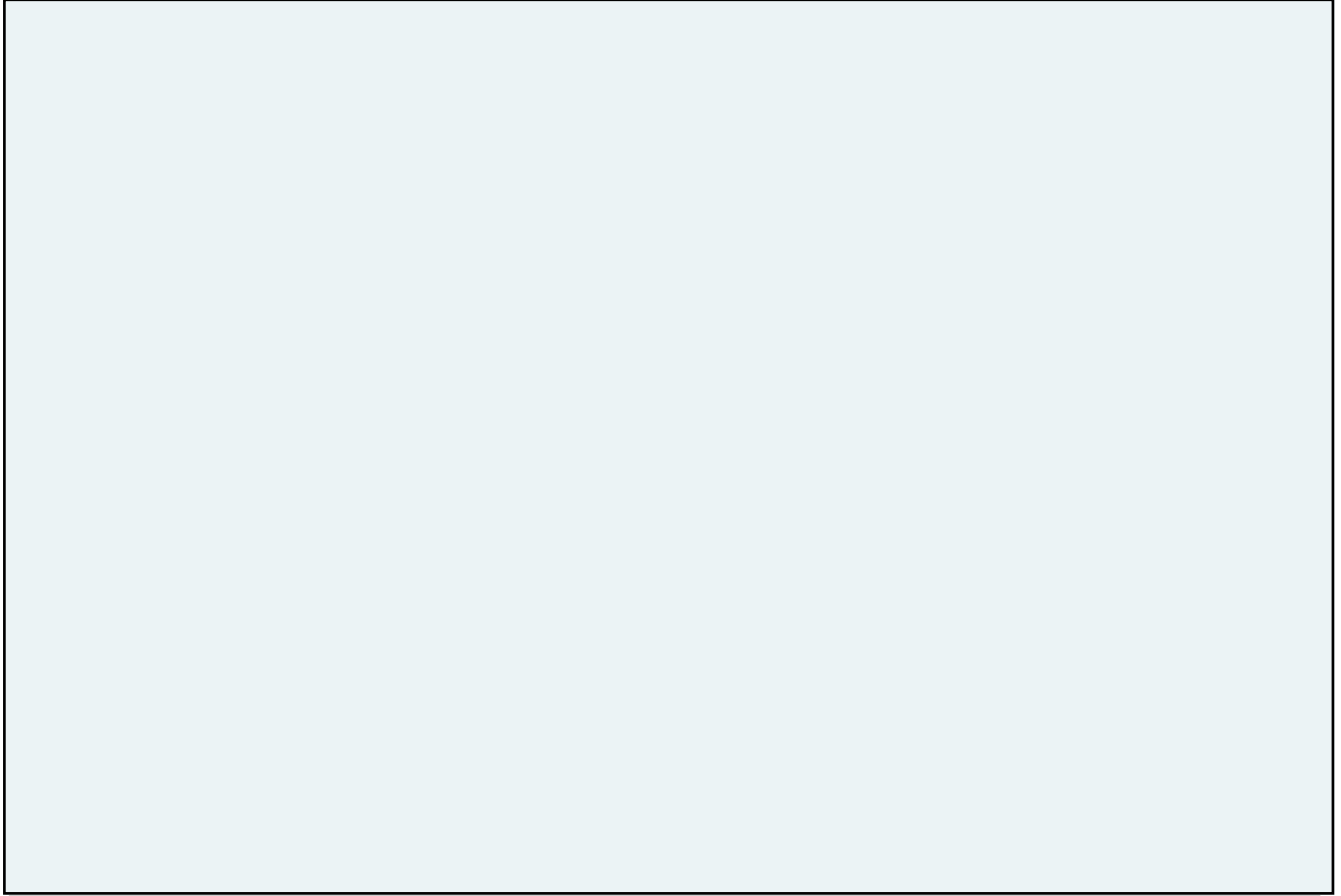


Day 27:

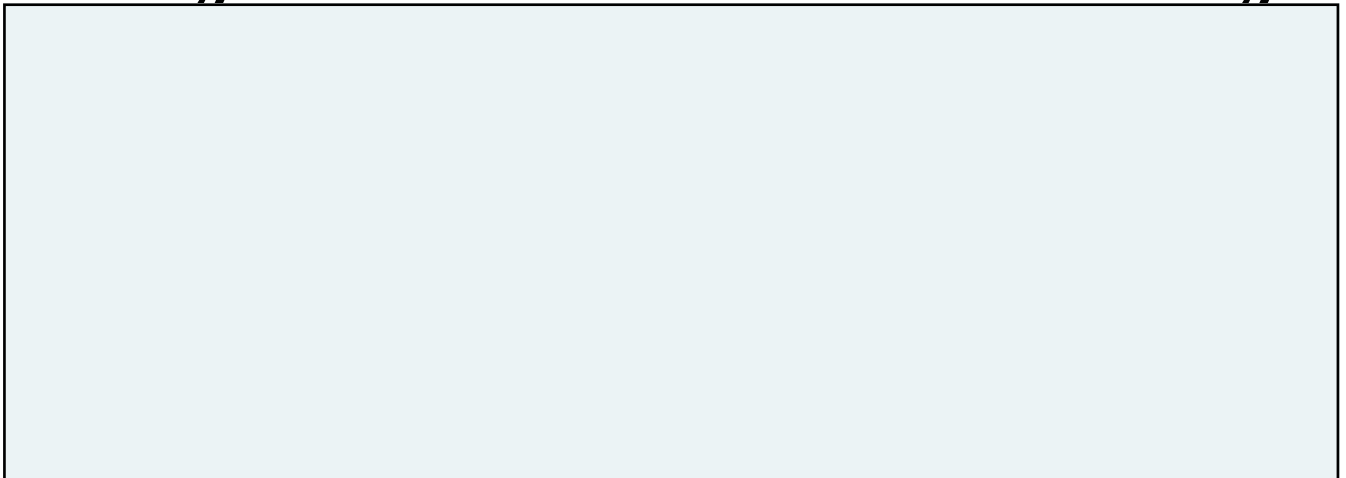
Theme for the Day: Authenticity



Do you feel like you've been true to yourself?

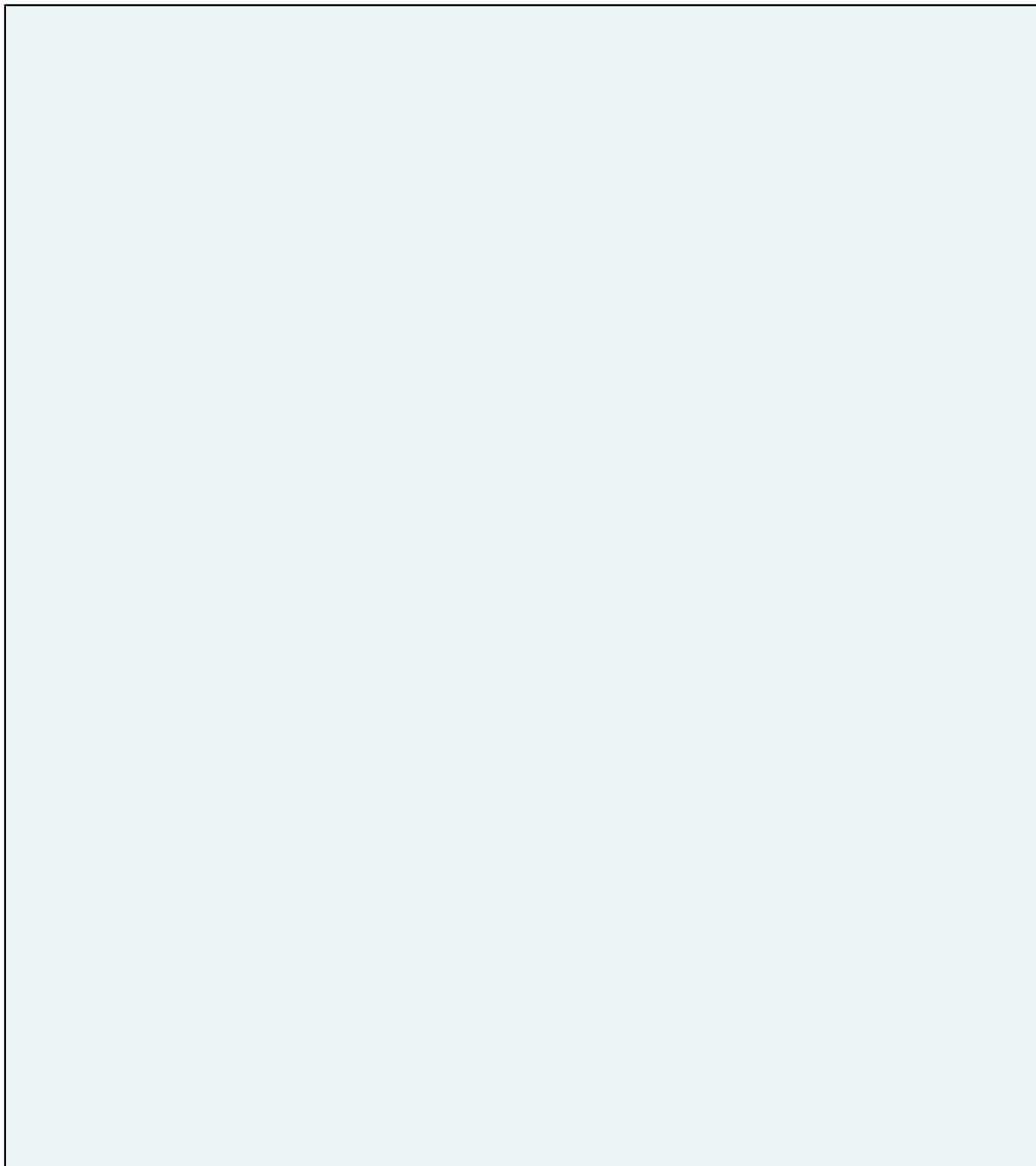


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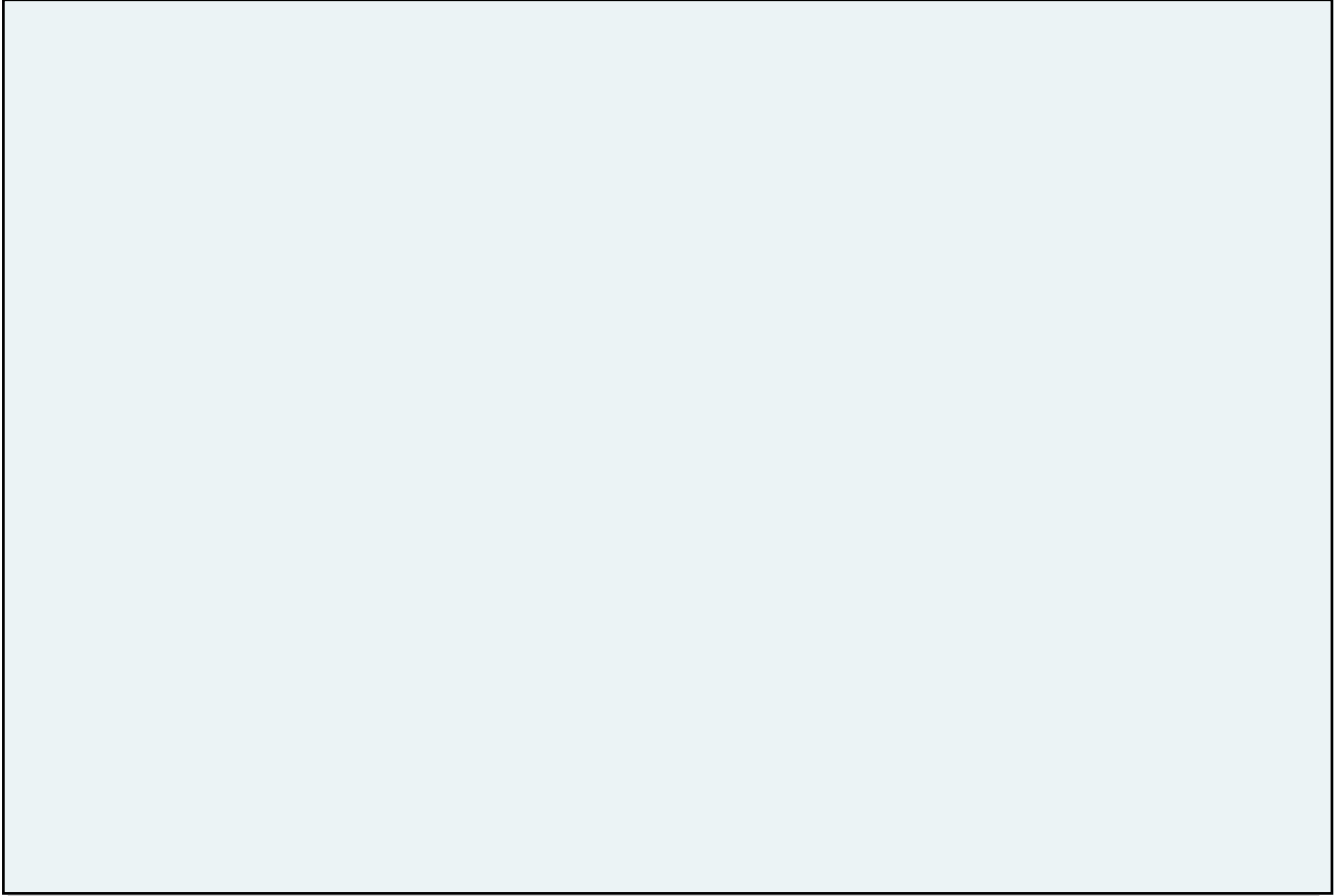


Day 28:

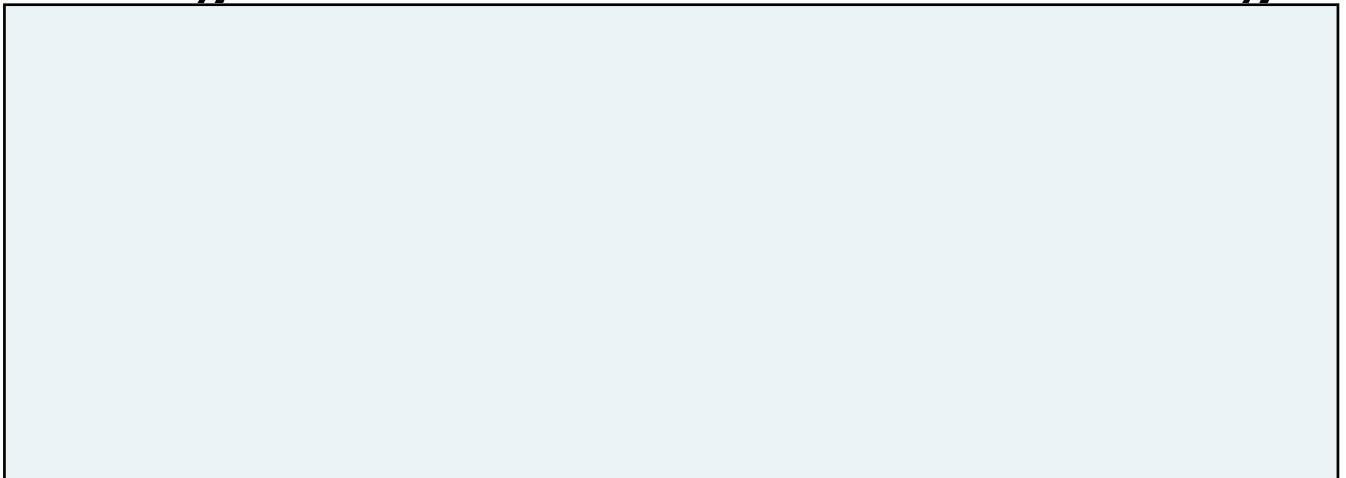
Theme for the Day: Encouragement



*Do you feel encouraged by the people
in your life?*

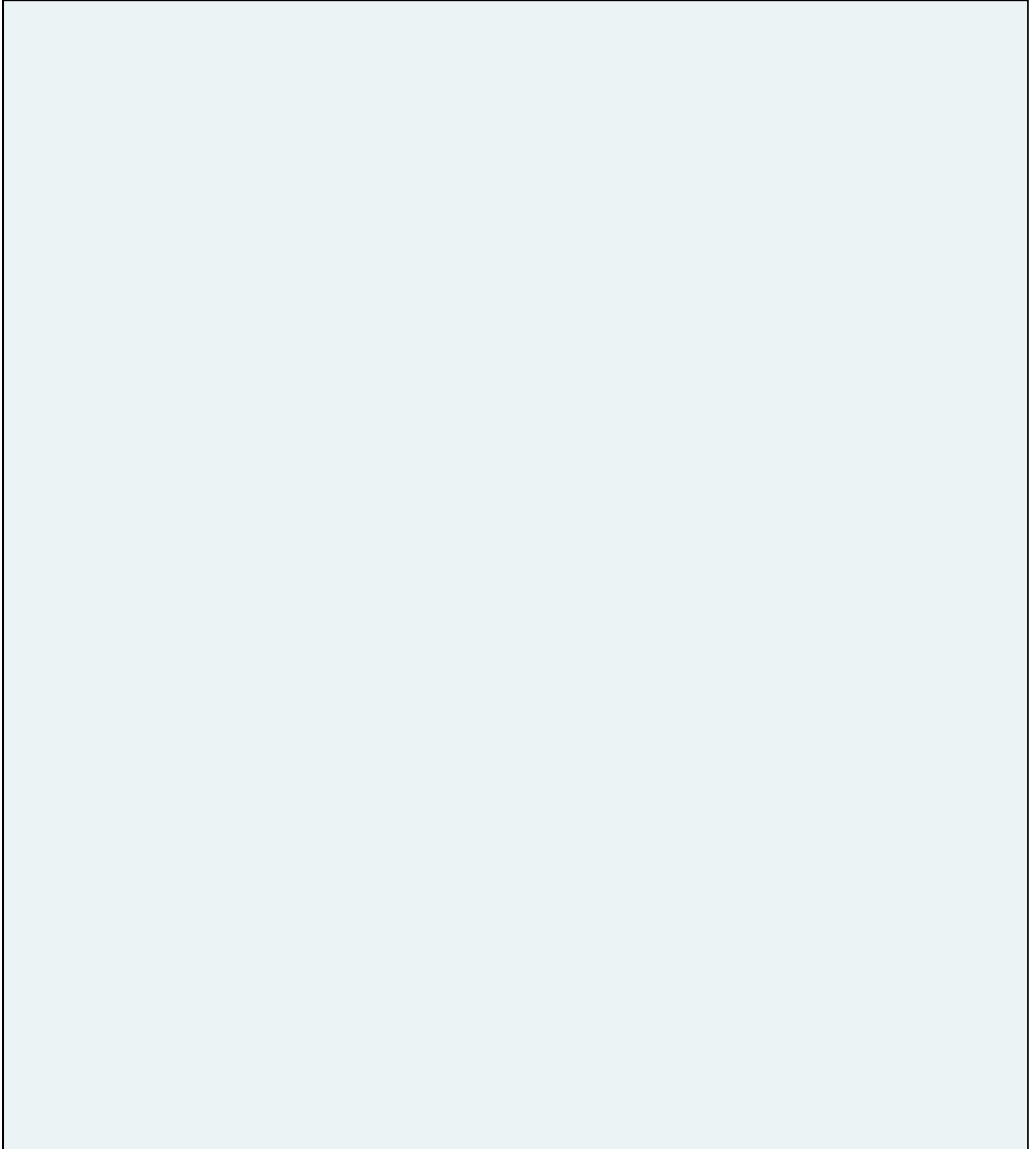


Write your affirmation for the day:

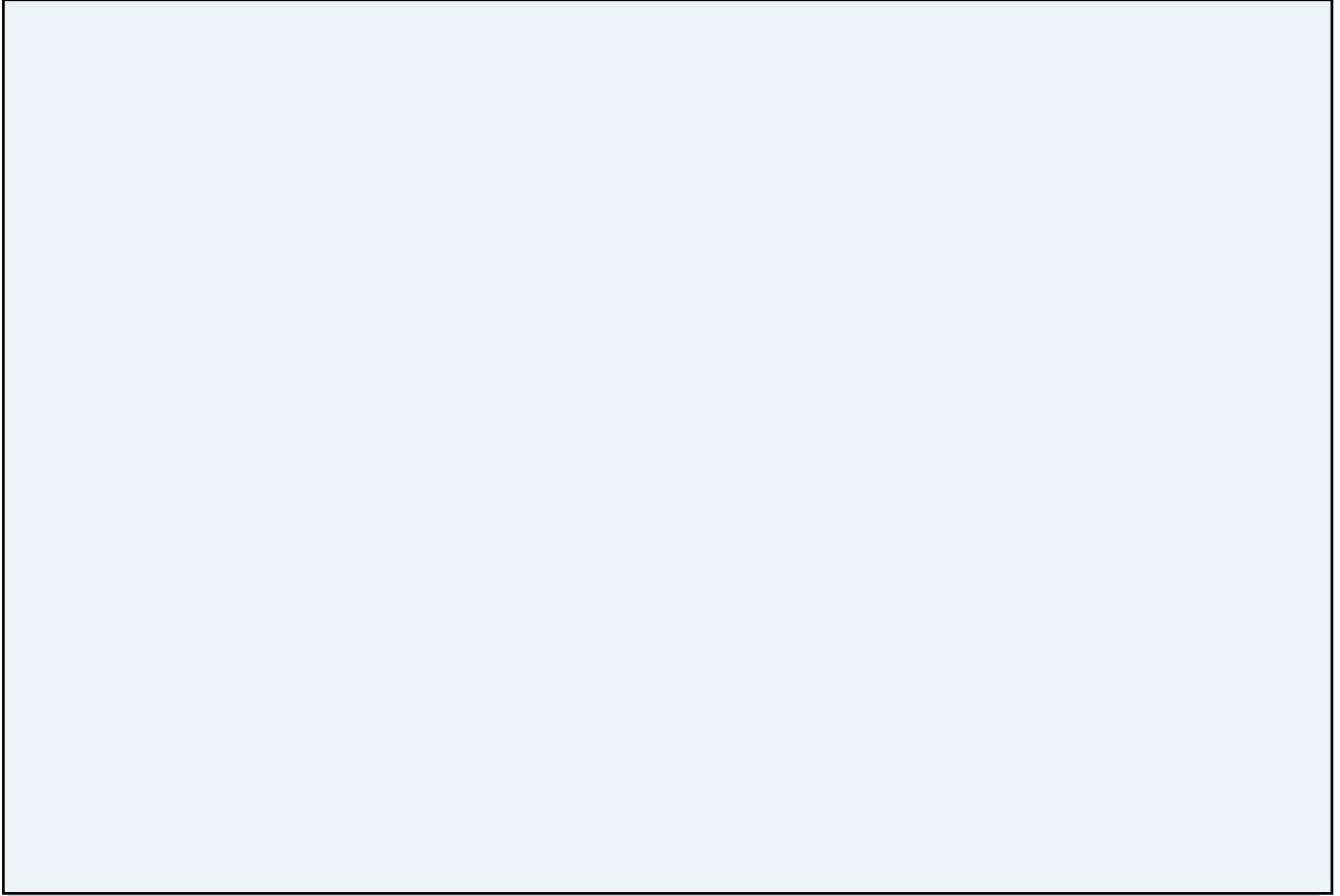


Day 29:

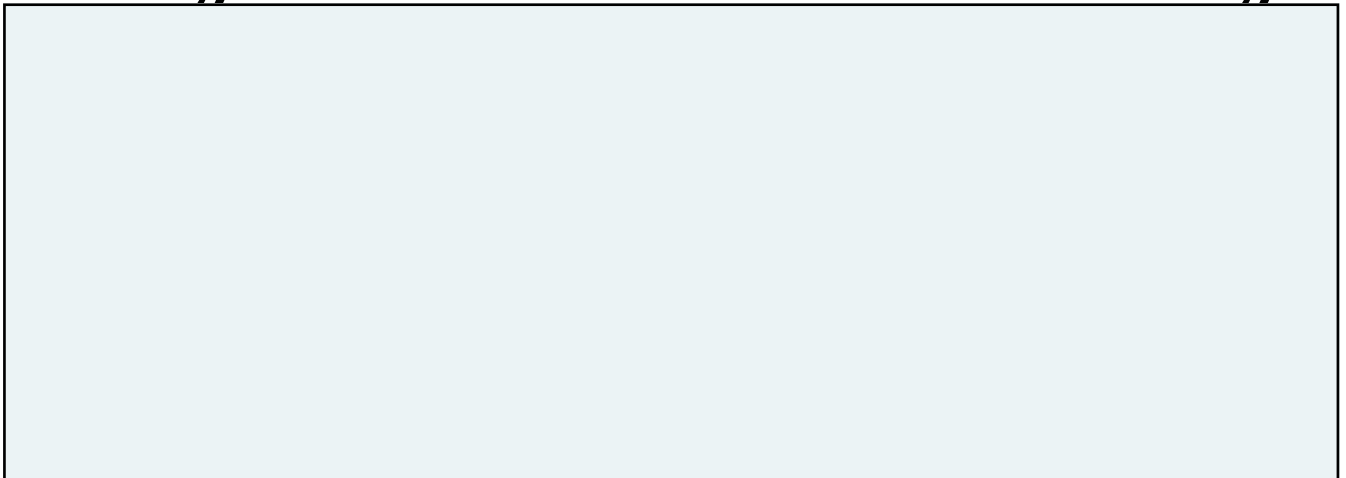
Theme for the Day: Security



When do you feel the most secure?

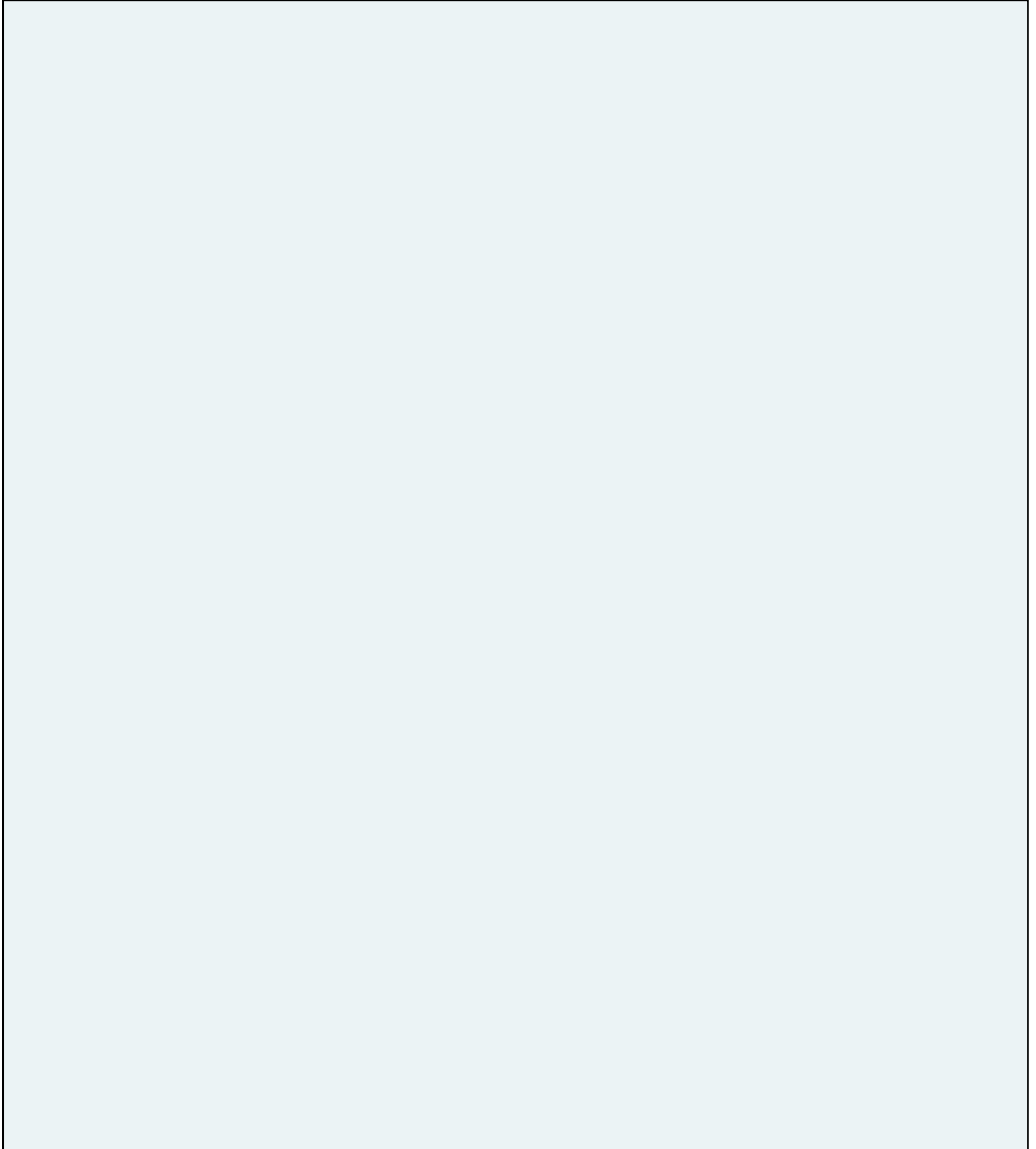


Write your affirmation for the day:



Day 30:

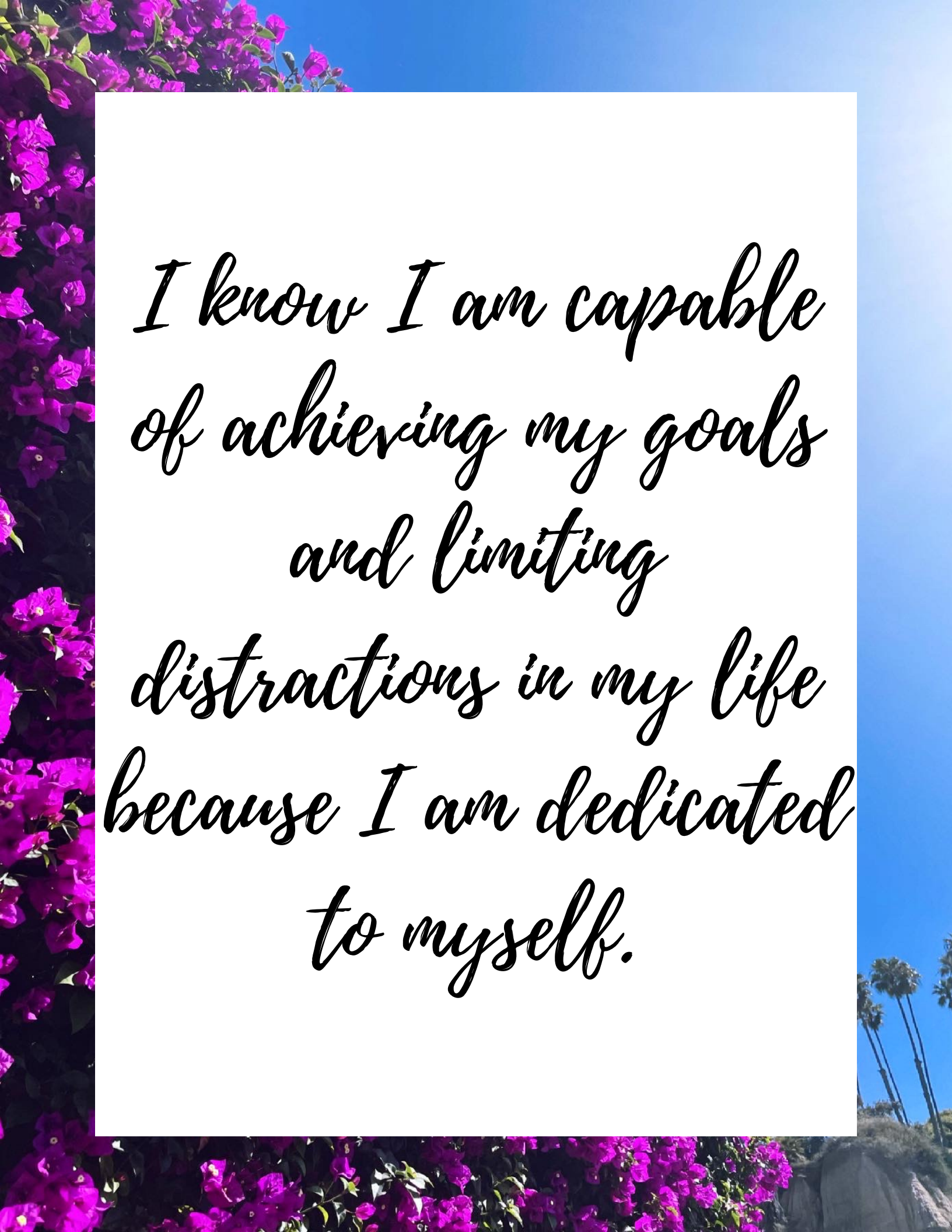
Theme for the Day: Free Write

A large, empty rectangular box with a light blue background, intended for free writing. The box is outlined with a thin black border and occupies the majority of the page below the title.

A large, empty rectangular box with a light blue background and a thin black border, occupying the upper half of the page. It is intended for writing a personal affirmation.

Write your affirmation for the day:

A smaller, empty rectangular box with a light blue background and a thin black border, located below the text prompt. It is intended for writing the daily affirmation.



*I know I am capable
of achieving my goals
and limiting
distractions in my life
because I am dedicated
to myself.*

You made it!

You dedicated this time to yourself to create a new habit. You showed up for yourself and carved out some me time.

Hopefully this journal is the first step you take towards prioritizing yourself and taking steps to focus on your mental, spiritual and emotional health.

Thank you for choosing you.

Sincerely,

A handwritten signature in white ink, appearing to read "Katie M.", written in a cursive style.

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@karstenashleybush

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www.wordswithmepodcast.com



