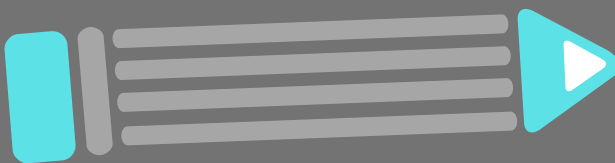


30 DAYS OF SELF REFLECTION/IMPROVEMENT JOURNAL PROMPTS

WEEKDAY 1	WEEKDAY 2	WEEKDAY 3	WEEKDAY 4	WEEKDAY 5	WEEKDAY 6	WEEKDAY 7
<ol style="list-style-type: none">1. What are some new goals for myself this month?2. How am I feeling now vs how do I want to feel in 30 days?3. Manifest my dreams for either the next 1 month to 5 years.	<ol style="list-style-type: none">1. Who am I without what I hide behind? (Sports, job, smile, comedy)2. What 5 words would people who know me use to describe me? What are the 5 words I want them to use to describe me as?3. What 5 words would I use to describe myself?	<ol style="list-style-type: none">1. What do I believe I deserve?2. Do people I love think I deserve more than what I'm accepting?3. What do I want to believe I deserve?	<ol style="list-style-type: none">1. How is my relationship with food and how do I want it to be?2. What are some of my mental health food goals?3. What is my mental health food goal for the month? How am I going to accomplish that? (Ex: intuitive eating? Following the plan? Etc.)	<ol style="list-style-type: none">1. Write about yourself from the viewpoint of someone who loves you2. Write down qualities about myself that I like, love, or appreciate about myself3. Write about why I forgive myself for a mistake I've made and how I can learn and be better from it	<ol style="list-style-type: none">1. How have my struggles shaped me?2. Who do I want to forgive? Why? How can I do that?3. What is a weight that I carry around with me that I want to lighten? Can I put a plan into action or change something today to help?	<ol style="list-style-type: none">1. Make a to do list for the upcoming week2. Reflect of the last week. Pros/Cons - What I'd do that same/different?3. How can I make next week more memorable?
<ol style="list-style-type: none">1. Who do I love?2. Who is someone I admire?3. Appreciation entry for someone who has made a positive impact on me	<ol style="list-style-type: none">1. What's a fear/intrusive thought I want to overcome?2. What's a challenge I want to conquer?3. What is a struggle/problem/stress weighing on me that I could fix right now?	<ol style="list-style-type: none">1. Write down your perfect attainable life2. What is something you want to start/try but haven't and why?3. What is holding you back from getting what you want?	<ol style="list-style-type: none">1. What do I want in a partner/relationship? (romantic or friend)2. What are my non negotiable boundaries/morals I won't change and want respected?3. Are my relationships adding as much value to me as I do to them?	<ol style="list-style-type: none">1. How do I view my body? How did I view my body? How do I want to view my body?2. Write down at LEAST five things I love/like about my physical features3. Write down a positive (funny or serious) about any body insecurity I have	<ol style="list-style-type: none">1. Reflect on my goals/dreams/feelings from journal day 1 and how it's going.2. What are some things I need to work on/change?3. Are there any goals I want to change, tweak, or modify? (It's okay to change original goals!!)	<ol style="list-style-type: none">1. List activities that I want to do/do again and how I'm going to schedule at least one in for this week2. What are my goals for this week (no matter what day of the week it is!)3. Write down reasons to be motivated this week
<ol style="list-style-type: none">1. Am I able to say no to someone when I don't want to do something?2. Am I taking enough time for myself?3. What am I doing to gain confidence, assertiveness, and to re-fuel my metaphorical tank?	<ol style="list-style-type: none">1. What kind acts could I do this week?2. How could I make someone else's day better and get outside of myself?3. How do I feel when I impact someone positively?	<ol style="list-style-type: none">1. What will genuinely make me happy?2. Who/what do I want to put more energy into?3. What makes me smile/feel good? Can I do that today or tomorrow?	<ol style="list-style-type: none">1. How much do I give vs receive? Which do I need to do more of?2. Am I vocal about my feeling and what I want/need?3. Am I comfortable sharing my feeling at any time? Why is this important to me?	<ol style="list-style-type: none">1. How do I feel after I workout?2. What is my reason to continue working out?3. What are the mental, physical, and emotional benefits I've experiences working out and being active?	<ol style="list-style-type: none">1. What is a habit I want to start that I think could be beneficial? (It takes 21 days to build a new habit or break an old one)2. What is something I'm doing really well right now?3. What is an accomplishment (recent or not) that I'm proud of?	<ol style="list-style-type: none">1. How do I want to prioritize my work/social life for the rest of this week/in the new week?2. What are some small goals I'd like to smash out in the next week?3. What self care do I need to do THIS week that will make me feel amazing?
<ol style="list-style-type: none">1. What are some things that I am struggling with?2. What is something in my day I can improve on?3. What would my IDEAL day be today?	<ol style="list-style-type: none">1. What am I grateful for?2. Who am I grateful for?3. What is something my body does for me that I'm grateful for? (Self love)	<ol style="list-style-type: none">1. Am I making enough time for the people I care about? (Texting? calling? visiting?)2. Be Honest: Who do I hang out with more: people who drain me or who fuel me (romantic/friendship/family)3. Where do my priorities lie? Am I well balanced? Could I do better?	<ol style="list-style-type: none">1. What have I put up with in the past that I will never again? (Partner, friend, family, work, etc.)2. How do I want to be treated by people?3. What are non negotiable in a partner/friend?	<ol style="list-style-type: none">1. What is something I'm proud of myself for?2. What kind acts did I do this week?3. How do people react when I'm kind to them? How can I do more of that?	<ol style="list-style-type: none">1. Do I like who I am?2. Do I like who I'm becoming?3. What makes me unique/special? Is there something I bring to the table that no one else does?	<ol style="list-style-type: none">1. Write a reflection on the last few days and my goals2. Write down my current feelings (vent/word vomit on to the page)3. What are some things coming up or that have happened that I want to document? Write them down today!
<ol style="list-style-type: none">1. How did this month go? What am I proud of?2. What are things I could do better the next 30 days and some things that I did well and want to keep doing?3. How much more capable do I feel after this month?	<div><div><div>**FEEL FREE TO WRITE SOME OF YOUR JOURNAL ENTRIES IN THE DFIT PRIVATE FACEBOOK COMMUNITY (IF COMFORTABLE). I KNOW MYSELF AND OTHERS WOULD LOVE TO READ THEM, RELATE, AND ENCOURAGE <3**</div></div></div>					