

The Next Chapter Challenge

30 Days of Small Steps, Big Shifts
Journal & Reflection Companion

Day 1 – Set Your Intention

Today's Activity:

Reflection Prompt:

How do I want to feel 30 days from now?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 2 – Gratitude Three Ways

Today's Activity:

Reflection Prompt:

List one person, one experience, and one thing you're grateful for.

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 3 – Five Deep Breaths

Today's Activity:

Reflection Prompt:

How did slowing down affect you today?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 4 – Celebrate Yourself

Today's Activity:

Reflection Prompt:

What are three recent wins?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 5 – Drink More Water

Today's Activity:

Reflection Prompt:

How did caring for your body feel?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 6 – Nature Break

Today's Activity:

Reflection Prompt:

What did you notice outdoors?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 7 – Weekly Reflection

Today's Activity:

Reflection Prompt:

What did you learn this week?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 8 – Today's Affirmation

Today's Activity:

Reflection Prompt:

How did your affirmation influence your day?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 9 – Reframe a Thought

Today's Activity:

Reflection Prompt:

What thought did you reframe?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 10 – Smile More

Today's Activity:

Reflection Prompt:

How did smiling change your mood?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 11 – Digital Pause

Today's Activity:

Reflection Prompt:

What did you gain from unplugging?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 12 – Encourage Yourself

Today's Activity:

Reflection Prompt:

Write yourself a kind note.

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 13 – Lift Your Mood

Today's Activity:

Reflection Prompt:

What song inspired you and why?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 14 – Weekly Reflection

Today's Activity:

Reflection Prompt:

What mindset shift are you keeping?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 15 – Imagine Your Future

Today's Activity:

Reflection Prompt:

Describe your future self.

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 16 – One Tiny Goal

Today's Activity:

Reflection Prompt:

What small goal did you choose?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 17 – Find Your Why

Today's Activity:

Reflection Prompt:

Why does this goal matter?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 18 – Clear One Small Space

Today's Activity:

Reflection Prompt:

How did decluttering help?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 19 – Learn Something New

Today's Activity:

Reflection Prompt:

What did you learn today?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 20 – Encourage Your Future Self

Today's Activity:

Reflection Prompt:

Write a note to your future self.

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 21 – Weekly Reflection

Today's Activity:

Reflection Prompt:

What inspired you most?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 22 – Stretch & Breathe

Today's Activity:

Reflection Prompt:

How does your body feel?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 23 – Random Act of Kindness

Today's Activity:

Reflection Prompt:

Describe today's act of kindness.

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 24 – Joy List

Today's Activity:

Reflection Prompt:

Which joy surprised you most?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 25 – Let It Go

Today's Activity:

Reflection Prompt:

What are you releasing?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 26 – Dream Bigger

Today's Activity:

Reflection Prompt:

What's one bold dream?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 27 – Celebrate Progress

Today's Activity:

Reflection Prompt:

List five wins.

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 28 – Self-Care Time

Today's Activity:

Reflection Prompt:

What restored your energy?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 29 – One Habit to Keep

Today's Activity:

Reflection Prompt:

Which habit will you continue?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐

Day 30 – Your Next Chapter

Today's Activity:

Reflection Prompt:

What is your next chapter?

Journal:

Today's Affirmation:

Mood: 😊 😐 😞 Energy: 1 2 3 4 5 Completed: ☐