

30-Day Guided Balance Journal

Daily prompts to track progress,
mindset & habits



CUREVIGOR

30-Day Guided Balance Journal

HOW TO USE THIS JOURNAL

This 30-day journal helps you build balance in small, intentional steps.

Each day includes simple prompts to check your mindset, energy, habits, emotions, and progress.

How to use:

- Take 5–10 minutes each morning or evening
- Answer the prompts honestly and without judgment
- Track small improvements
- Notice patterns, habits & emotional shifts
- Return to any day whenever you need a reset

Consistency matters more than perfection — your balance grows with each page.



 DAY 1

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 2

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 3

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 4

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 5

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 6

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 7

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 8

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 9

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 10

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 11

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 12

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 13

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 14

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 15

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 16

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 17

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 18

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 19

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 20

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 21

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 22

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 23

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 24

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 25

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 26

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 27

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 28

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 29

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 30

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:

 DAY 31

1. How do I feel right now?

2. What is one thing that would bring me balance today?

3. Today's Focus Habit (one small action):

4. Energy Level (1–10):

5. What I want to release today:

6. Evening Reflection — What went well today?

7. What challenged me today?

8. One thing I'm grateful for:

Notes:



30-DAY CHECK-IN PROMPTS (End of Each Week)

WEEK 1

WEEKLY BALANCE CHECK-IN

1. What improved this week?

2. What drained my energy?

3. What brought me joy or relief?

4. What habit did I stay most consistent with?

5. What will I adjust for next week?

 **30-DAY CHECK-IN PROMPTS (End of Each Week)**

WEEK 2

WEEKLY BALANCE CHECK-IN

1. What improved this week?

2. What drained my energy?

3. What brought me joy or relief?

4. What habit did I stay most consistent with?

5. What will I adjust for next week?



30-DAY CHECK-IN PROMPTS (End of Each Week)

WEEK 3

WEEKLY BALANCE CHECK-IN

1. What improved this week?

2. What drained my energy?

3. What brought me joy or relief?

4. What habit did I stay most consistent with?

5. What will I adjust for next week?

 **30-DAY CHECK-IN PROMPTS (End of Each Week)**

WEEK 4

WEEKLY BALANCE CHECK-IN

1. What improved this week?

2. What drained my energy?

3. What brought me joy or relief?

4. What habit did I stay most consistent with?

5. What will I adjust for next week?



FINAL DAY 30 REFLECTION

30-Day Completion Reflection

1. How has my balance improved overall?

2. What new habits feel natural now?

3. What habits still need attention?

4. What surprised me during this journey?

5. My balance intention for the next 30 days:
