

30-Day Journal Challenge

for Self Growth

Days 1–7: Know Yourself

- ☐ Day 1: What are five qualities you genuinely like about yourself?
- ☐ Day 2: What comes naturally to you that you sometimes take for granted?
- ☐ Day 3: When do you feel most confident and comfortable being yourself?
- ☐ Day 4: What values matter most to you?
- ☐ Day 5: What is one experience that taught you something important about yourself?
- ☐ Day 6: What do the people closest to you appreciate about you?
- ☐ Day 7: What part of yourself do you want to understand better?

Days 8–14: Challenge Your Patterns

- ☐ Day 8: What negative thought about yourself keeps coming back?
- ☐ Day 9: Whose approval do you find yourself seeking most?
- ☐ Day 10: When do you compare yourself with other people?
- ☐ Day 11: What mistake are you still using as evidence against yourself?
- ☐ Day 12: What would you say to a friend who had the same insecurity?
- ☐ Day 13: What expectation of yourself feels impossible to maintain?
- ☐ Day 14: Which pattern would you most like to change, and why?

Days 15–21: Choose Your Direction

- ☐ Day 15: What does a meaningful life look like to you?
- ☐ Day 16: Which goal actually matters to you, rather than simply looking impressive?
- ☐ Day 17: What kind of person do you want to be when things get difficult?
- ☐ Day 18: What would you try if you weren't worried about looking inexperienced?
- ☐ Day 19: Which relationship, habit, or commitment deserves more of your energy?
- ☐ Day 20: What do you want your future self to thank you for starting?
- ☐ Day 21: What is one direction you feel ready to explore?

Days 22–30: Turn Insight Into Action

- ☐ Day 22: What is one small action you can take toward your chosen direction?
- ☐ Day 23: What boundary would protect something important to you?
- ☐ Day 24: What uncomfortable conversation have you been avoiding?
- ☐ Day 25: What is one thing you can do without asking for anyone else's approval?
- ☐ Day 26: What recent action made you proud of yourself?
- ☐ Day 27: What setback can you respond to differently this time?
- ☐ Day 28: What habit would make the person you want to become easier to recognize?
- ☐ Day 29: What have the past 29 days taught you about yourself?
- ☐ Day 30: What is one promise you want to make to yourself for the next 30 days?

