



The Gentle Soul's
JOURNAL

30 Days of Exploring Your
AUTHENTIC SELF!

THE
GENTLE SOUL'S
EXPLORATION JOURNAL



CREATED BY
Sheri Summers

Helping Gentle Souls Find Their Way

HOW IT WORKS

Simply print out the pages you need each day and fill them out. Or you can use an online app like GoodNotes to write on your device.

If you would like a journal that answers you back, visit www.GentleSoulsJourney.com



Day 1

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 2

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 3

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 4

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 5

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 6

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 7

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

DAY 7

*As of right now, what do you think
your life's purpose might be?
Why?*

Day 8

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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GRATITUDE JOURNAL

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REMEMBER

AFFIRMATION

Day 9

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

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Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

DAY 9

*What do you need to let go of in
order to be happier in your life?*

Day 10

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

DAY 10

*What labels do you give yourself?
(even the weird ones)*

Day 11

Date:
S/M/T/W/T/F/S

 Set intentions

 Nourishing Foods

 Moved My Body

 Journalling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

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Morning Thoughts Feelings & Intuitions

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What do you want to accomplish today?

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What did you accomplish today?

GRATITUDE JOURNAL
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REMEMBER

AFFIRMATION

Day 12

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

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REMEMBER

AFFIRMATION

Day 13

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

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Morning Thoughts Feelings & Intuitions

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 14

Date:

S/M/T/W/T/F/S

 Set intentions

 Nourishing Foods

 Moved My Body

 Journalling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

DAY 14

In what ways do you feel other people are better than you (and why do you think that)?

Day 15

Date:

S/M/T/W/T/F/S

 Set intentions

 Nourishing Foods

 Moved My Body

 Journalling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

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Morning Thoughts Feelings & Intuitions

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How did you feel today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

DAY 15

*What were you told as a child that
you no longer believe?*

Day 16

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 17

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

DAY 17

*What do you know that most people
don't know?*

Day 18

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

DAY 18

*What are you doing these days that
you know doesn't serve you?*

Day 19

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 20

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 21

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 22

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 23

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 24

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 25

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 26

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 27

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 28

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 29

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 30

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

DAY 30

*Now that you have completed this
Discovery Journal, what new
possibilities can you see for yourself?*



FINAL REFLECTIONS

Complete this after you finish your journal.

What emotions, thoughts and insights you have gained these past 30 days?

MY EXPERIENCE



MARY ANN RADMACHER

*"Sometimes the
smallest step in the
right direction ends
up being the biggest
step of your life."*

Embrace the real you!

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