

Living Vibes Guided Journal for Transitions

30 Days of Reflection, Clarity
& Becoming



coachingwithnatalierenee



Welcome to Your 30 Day Journey

Dear Beautiful Soul,

Transitions are not always easy, but they are invitations. Invitations to pause, reflect, and honor who you are becoming. This 30-day journal was created as a gentle companion to guide you through change with compassion and curiosity.

Inside, you'll find prompts, encouragement, and plenty of space to write, doodle, or simply breathe into the pages. There's no "right way" or "wrong way" to use this journal—only your way. Spend a few quiet minutes each day reflecting, and trust that every word you write is a step toward clarity.

Tip: Keep this journal nearby—at your nightstand, in your bag, or beside your morning coffee. The more you show up, the more you'll notice small shifts stacking into something profound.

This is your safe place to lay down fear and pick up trust.

I'm honored to walk this path with you.

With love & light,
Natalie Starkey
Living Vibes, LLC

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Day 1-Pause

Slowing down is not a weakness- It's how clarity finds you.

If I give myself full permission to pause today, what do I notice in my body, my heart, and my mind?

A large grid of 20 columns and 25 rows of small grey dots, intended for handwritten notes.

"I create space for clarity to arrive."

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Pause

A large grid of 20 columns and 25 rows of small dots, intended for journaling or writing during a pause.

"I create space for clarity to arrive."

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Day 2- Naming the Shift

When we name the shift, we begin to own it.

What change or transition is unfolding in my life right now?
How does it feel to name it honestly?

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I honor the truth of where I am."

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Naming the Shift

A large grid of 20 columns and 25 rows of small dots, intended for writing notes or reflections.

"I honor the truth of where I am."

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Day 3-Fear Check-In

Fear isn't failure-it's often protection. Listen to its message, then decide what's true for you.

What fears show up when I imagine stepping fully into this next chapter?

A large grid of 20 columns and 20 rows of small dots, intended for handwriting or drawing a response to the question above.

"I see my fears clearly, but I am not ruled by them."



Fear Check-In

A large grid of 20 columns and 20 rows of small dots, intended for writing or drawing.

"I see my fears clearly, but I am not ruled by them."

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Day 4-Support

Support is strength. Receiving is as sacred as giving.

Who or what supports me when life feels uncertain? How can I lean into that support this week?

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I am supported, guided, and held."

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Support

A large grid of 20 columns and 20 rows of small dots, intended for writing or drawing.

"I am supported, guided, and held."

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Day 5-Letting Go

Every release is a return to freedom.

What am I ready to release so I can carry less weight into the next chapter?

A large grid of 20 columns and 25 rows of small dots for writing.

“I gently release what no longer serves me.”

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Letting Go

A large grid of 20 columns and 25 rows of small dots, intended for writing or journaling.

"I gently release what no longer serves me."

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Day 6-Self-Trust

Trust grows in the small promises you keep to yourself.

Where have I honored myself in the past, even when it was hard? What proof do I already have that I can trust myself?

A large grid of 20 columns and 20 rows of small dots, intended for handwriting practice or journaling.

"I trust myself to take the next step."

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Self-Trust

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I trust myself to take the next step."

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Day 7- Weekly Reflection

This isn't about perfection-it's about presence. Celebrate every step you took this week.

- What surprised me this week?
- Where did I feel resistance?
- What felt like a win?

A large grid of 20 columns and 20 rows of small dots, intended for writing reflections.

"I honor my growth, both big and small."

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Weekly Reflection

A large grid of 20 columns and 25 rows of small dots, intended for writing a weekly reflection.

"I honor my growth, both big and small."

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Day 8- Rooting in Self

When life shifts, values become your compass

What 3 values feel most important for me to carry into this next season of life? Why?

A large grid of 20 columns and 20 rows of small dots, intended for handwriting the response to the question above.

“My values guide my choices with clarity.”

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Rooting in Self

A large grid of 20 columns and 20 rows of small dots, intended for handwriting practice or journaling.

"My values guide my choices with clarity."

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Day 9- Boundaries

Boundaries are bridges, not walls.

Where am I leaking energy by saying yes when I want to say no? What's one gentle boundary I can practice this week?

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I honor my energy with clear and kind boundaries."

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Boundaries

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I honor my energy with clear and kind boundaries."

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Day 10- Energy Check

Energy tells the truth even when words don't.

What people, places, or habits energize me right now?
What drains me?

A large grid of 20 columns and 25 rows of small dots for writing.

"I choose what nourishes my energy."

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Energy Check

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I choose what nourishes my energy."

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Day 11- The Stories I Tell Myself

You are not your old stories. You are the author of your next chapter.

What story am I repeating about who I am or what's possible for me? Is it true-or just familiar?

A large grid of dots for writing, consisting of 20 rows and 25 columns of small grey dots.

"I release old stories and write a new one."



The Stories I Tell Myself

A large grid of 20 columns and 25 rows of small dots, intended for writing.

"I release old stories and write a new one."

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Day 12- Gratitude in the Midst of Change

Gratitude expands your capacity to hold hope alongside challenge.

“Even in uncertainty, what 3 things can I be grateful for today?”

A large grid of 20 columns and 20 rows of small dots, intended for writing a response to the prompt above.

“Gratitude grounds me in possibility.”

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Gratitude in the Midst of Change

A large grid of small dots for writing, consisting of 20 columns and 25 rows.

“Gratitude grounds me in possibility.”

www.coachingwithnatalierenee.com



Day 13- Courage

Courage isn't the absence of fear—it's choosing to move with it.

When have I shown courage before, even in small ways?
How can I honor that part of me now?

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I honor the courage already within me."

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Courage

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I honor the courage already within me."

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Day 14- Weekly Reflection

You are building roots that will hold you steady, no matter how the winds blow.

What did I learn about myself this week? Where did I feel most grounded? Where do I still need support?

A large grid of 20 columns and 25 rows of small dots, intended for writing reflections.

"I root myself in strength and self-trust."

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Weekly Reflection

A large grid of 20 columns and 20 rows of small dots, intended for writing reflections.

"I root myself in strength and self-trust."

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Day 15- Identity Shifts

You are allowed to outgrow the version of you that once kept you safe.

What parts of my old identity no longer fit who I'm becoming? What new parts are emerging?

A large grid of dots for writing, consisting of 20 rows and 25 columns of small grey dots.

"I embrace the identity that reflects my becoming."



Identity Shifts

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I embrace the identity that reflects my becoming."

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Day 16- Small Wins

Big change is built on small wins.

What small win can I celebrate today, even if it feels tiny?

A large grid of 20 columns and 25 rows of small dots, intended for writing a response to the question above.

"I celebrate every step I take forward."

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Small Wins

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I celebrate every step I take forward."

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Day 17- Resistance

Resistance is information, not failure.

Where do I feel resistance right now? What might it be trying to protect me from?

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I welcome resistance as a teacher."

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Resistance

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I welcome resistance as a teacher."

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Day 18- What I Desire Most

Desire is your compass, pointing to your soul's truth.

If nothing was holding me back-no fear, no doubt-what would I choose or create next?

A large grid of 20 columns and 25 rows of small dots, intended for writing a response to the prompt above.

"I am worthy of my deepest desires."

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What I Desire Most

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I am worthy of my deepest desires."

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Day 19- Sacred Rest

Rest is not earned-it's essential.

What does true rest look like for me? When was the last time I allowed myself to receive it?

A large grid of 20 columns and 25 rows of small grey dots, intended for handwriting practice or journaling.

"Rest is my birthright."

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Sacred Rest

A large grid of 20 columns and 25 rows of small dots, intended for journaling or writing.

"Rest is my birthright."

www.coachingwithnatalierenee.com



Day 20- Alignment

Alignment is less about doing more and more about doing what matters most.

What's one action I can take this week that feels fully aligned with who I am becoming?

A large grid of dots for writing a response to the question above.

"I align my actions with my values."

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Alignment

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I align my actions with my values."

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Day 21- Weekly Reflection

You are embodying your transition-not just thinking about it.

What shifted in me this week? What did I learn from resistance or rest? Where did I feel most aligned?

A large grid of 20 columns and 20 rows of small dots, intended for handwritten reflection notes.

"I honor the wisdom I embodied this week."

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Weekly Reflection

A large grid of 20 columns and 25 rows of small dots, intended for writing a weekly reflection.

"I honor the wisdom I embodied this week."

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Day 22- Reframing Self-Sabotage

Sabotage is often self-preservation in disguise.

Where does self-sabotage show up in my life? What if I saw it not as failure, but as a part of me trying to keep me safe?

A large grid of 20 rows and 25 columns of small dots, intended for journaling or writing.

"I meet all parts of myself with compassion."

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Reframing Self-Sabotage

A large grid of 20 columns and 25 rows of small dots, intended for writing or journaling.

"I meet all parts of myself with compassion."

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Day 23- The Archetype at My Threshold

Archetypes are mirrors of your inner wisdom.

Which archetype feels most alive for me in this transition-
Seeker, Rebel, Caregiver, Inner Child, or another? How is it
guiding me?

A large grid of 20 columns and 25 rows of small dots for writing.

"I honor the archetype guiding me forward."

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The Archetype at My Threshold

A large grid of 20 columns and 25 rows of small dots, intended for journaling or writing.

"I honor the archetype guiding me forward."

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Day 24- Compassion for My Past Self

Every past version of you was doing their best.

What would I say to the version of me who carried me through the last chapter? What does she/he/they deserve to hear?

A large grid of 20 columns and 25 rows of small dots, intended for writing a response to the prompt above.

"I offer love and compassion to who I have been."



Compassion for My Past Self

A large grid of 20 columns and 25 rows of small dots, intended for writing a letter of compassion to one's past self.

"I offer love and compassion to who I have been."

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Day 25- Joy & Playfulness

Joy is medicine for the soul.

When was the last time I felt pure joy or play? How can I invite more of it into this next chapter?

A large grid of 20 columns and 25 rows of small grey dots, intended for handwriting practice or journaling.

"I welcome joy and play into my becoming."

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Joy & Playfulness

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I welcome joy and play into my becoming."

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Day 26- Unshakable Self-Trust

Trust is not about never doubting-it's about returning to yourself.

What practices or reminders help me come back to trust in myself, no matter what?

A large grid of dots for journaling, consisting of 20 columns and 20 rows of small grey dots.

"I am learning to trust myself deeply."



Unshakable Self-Trust

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I am learning to trust myself deeply."

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Day 27- My Vision Emerging

Clarity often comes in whispers. Trust what you hear.

If I lean into everything I've practiced this month, what vision of my life is beginning to emerge?

A large grid of 20 columns and 25 rows of small grey dots, intended for handwriting or drawing a response to the question above.

"I honor the vision unfolding within me."

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My Vision Emerging

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I honor the vision unfolding within me."

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Day 28- Weekly Reflection

You've stepped across the threshold into your next chapter.

What felt like my biggest breakthrough this week? What part of me feels most alive right now? What am I ready to carry forward?

A large grid of 20 columns and 25 rows of small dots, intended for handwritten reflection.

"I walk forward with clarity and courage."

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Weekly Reflection

A large grid of 20 columns and 25 rows of small dots, intended for writing reflections.

"I walk forward with clarity and courage."

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Day 29- Anchoring My Next Chapter

Anchors keep you steady-not stuck.

What three practices, beliefs, or intentions do I want to anchor into my daily life as I move forward?

A large grid of 20 columns and 25 rows of small dots for writing.

"I anchor myself in practices that support my growth."



Anchoring My Next Chapter

A large grid of 20 columns and 25 rows of small dots, intended for writing or drawing.

"I anchor myself in practices that support my growth."

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Day 30- Who I Am Becoming

Transitions are invitations into becoming. You are ready.

Looking back on these 30 days, what feels different in me?
Who am I becoming?

Write a Letter to Self-thank yourself for the journey, bless
your future, and affirm your courage.

A large grid of dots for writing a letter to self.

"I embrace who I am becoming with love and trust."



Who I Am Becoming

A large grid of 20 columns and 25 rows of small dots, intended for handwriting practice or journaling.

"I embrace who I am becoming with love and trust."

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Congratulations, Beautiful Soul - You Did It!

Dear Beautiful Soul,

You've done something extraordinary. For 30 days, you showed up for yourself - with honesty, courage, and an open heart. This is no small thing. It's a choice to honor your own becoming, and that deserves to be celebrated.

As you close these pages, take a gentle pause. Reflect on the shifts you've noticed - big or small. The clarity that surfaced. The ways you've softened, released, or grown stronger. Every step, every word written, has been a seed planted in the garden of your life.

Remember, this is not an ending - it's a beginning. The insights you've uncovered here are invitations to keep moving forward with compassion and trust.

When you're ready, know that there are deeper paths waiting for you. Whether it's continuing with the Creating Clarity Self-Paced Program or stepping into 1:1 coaching, I would be honored to walk alongside you as you keep building a life aligned with your truth.

You are worthy of peace, purpose, and joy - and it's already unfolding within you.

With love & light,
Natalie Starkey
Living Vibes, LLC

www.coachingwithnatalierenee.com

