



LIVE WELL. LIVE FREE.

One Small Step at a Time.

THE 30-DAY JOURNEY

Four weeks. Four essentials. One small step at a time toward a healthier, happier, freer life.

Before You Begin



● Welcome to Your 30-Day Journey

You already proved something in your 7-Day Reset: small, consistent steps create real change. This journey builds on exactly that — no giant leaps, no all-or-nothing overhauls. Just one small step at a time, for 30 days.

Each week is dedicated to one of your four essentials. You'll build two small habits per week, introduced a few days apart so nothing ever feels like too much at once. By the end of each week, you'll decide what's worth carrying forward.

Week 1 · Well-Being

Days 1–7 — caring for your body and energy

Week 2 · Confidence

Days 8–14 — building self-trust, one promise at a time

Week 3 · Freedom

Days 15–21 — releasing what weighs you down

Week 4 · Opportunity

Days 22–28 — building an abundant mindset

● Before You Begin

Give yourself 10–15 quiet minutes each day, just like before. Be honest — but kind — with yourself. Some habits will stick easily. Others won't, and that's useful information too, not failure. The goal isn't a perfect 30 days. It's a truer one.

● How to Use Your Daily Affirmation

Each day includes one short affirmation — just a line or two, made to actually be remembered. Read it when you first see it, then say it out loud once or twice. Let it be the sentence you come back to during the day, especially in a hard moment. You don't need to fully believe it yet. Repeating it is what starts to make it true.

● What Would I Love to Be True in 30 Days?

Take a moment before Day 1. What would feel different — in your body, your confidence, your time, or your outlook — if you showed up for this journey the way you showed up for your Reset?

Welcome to Well-Being Week



● Today's Encouragement

This week is about caring for your body — not perfecting it, just tending to it. Below is a short list of well-being habits. Pick just one to start with. Small and doable beats big and overwhelming, every time.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Choose Your First Habit

Pick the habit that feels right for you. There's no wrong choice — just pick one that feels doable.

- | | |
|--|---|
| ☐ Drink more water | ☐ Move your body for 10 minutes |
| ☐ Go to bed a little earlier | ☐ Eat one more nourishing meal |
| ☐ Stretch or take deep breaths | ☐ Spend time outside |
| ☐ Journal for a few minutes today | ☐ Try a short meditation or quiet reflection |

My first habit is:

● Today's Affirmation

"My body deserves care, not perfection."

● Today's Reflection

Why did this habit stand out to you over the others?

What usually gets in the way of taking care of yourself?

● Celebrate Today's Win

One thing I gave my body today is...

Show Up Again



● Today's Encouragement

You don't need a new plan today — just today's version of yesterday's habit. Consistency is built in these quiet, unremarkable repeats, not in the exciting first day.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habit you chose this week.

☐ I practiced my habit today

Today it looked like:

● Today's Affirmation

"Showing up again is enough."

● Today's Reflection

How did it feel to repeat your habit today?

Was it easier or harder than Day 1, and why?

● Celebrate Today's Win

One thing I did for my well-being today is...

Nourish, Don't Punish



● Today's Encouragement

However your habit is going, let today be about kindness, not grading yourself. Keep showing up for it, and notice how your body responds over time, not just today.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habit you chose this week.

☐ I practiced my habit today

Today it looked like:

● Today's Affirmation

"I nourish myself with kindness."

● Today's Reflection

How does your body feel after a few days of this habit?

What would it look like to treat this as care instead of a task to finish?

● Celebrate Today's Win

One thing I'm proud of today is...

Add a Second Habit



● Today's Encouragement

You've had a few days with your first habit — today, add a second one from the list below. Keep your first habit going too; this isn't a swap, it's a build.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Choose Your Second Habit

Pick the habit that feels right for you. There's no wrong choice — just pick one that feels doable.

- | | |
|--|---|
| ☐ Drink more water | ☐ Move your body for 10 minutes |
| ☐ Go to bed a little earlier | ☐ Eat one more nourishing meal |
| ☐ Stretch or take deep breaths | ☐ Spend time outside |
| ☐ Journal for a few minutes today | ☐ Try a short meditation or quiet reflection |

My second habit is:

● Today's Affirmation

"My body is capable and strong."

● Today's Reflection

Why did you choose this second habit?

How does it feel different from your first one?

● Celebrate Today's Win

One thing I did for my body today is...

Both Habits, One Day



● Today's Encouragement

By now you're holding two small habits. That's not small anymore — that's a foundation. Today, simply keep both going.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habits you chose this week.

☐ I practiced my first habit today

☐ I practiced my second habit today

Today it looked like:

● Today's Affirmation

"Small habits are building a stronger me."

● Today's Reflection

Which of your two habits has felt easier to keep?

Which has felt harder, and why might that be?

● Celebrate Today's Win

One thing I'm proud of this week is...

Listen Before You Push



● Today's Encouragement

Some days your body needs more rest, not more effort. Today, check in before deciding what well-being looks like — keep both habits going, but let yourself adjust how they show up.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habits you chose this week.

☐ I practiced my first habit today

☐ I practiced my second habit today

Today it looked like:

● Today's Affirmation

"I listen to what my body needs."

● Today's Reflection

What is your body telling you today that you almost ignored?

How can you honor that tomorrow?

● Celebrate Today's Win

One thing I listened to today is...

Well-Being Week Reflection



● Today's Encouragement

You just spent a week paying attention to your body in small, sustainable ways. That's not nothing — that's the foundation the rest of this journey builds on. Before Confidence week begins, let's look back.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- ☐ Choose which of your two habits you want to keep ☐ Or keep both, if they're both feeling good
- ☐ Write down what made this week feel different

My one small step today is:

● Today's Affirmation

"I am building a healthier version of myself, one week at a time."

● Today's Reflection

Which habit from this week do you want to keep going?

What made this week's approach feel different from other times you've tried to "get healthy"?

● Celebrate Today's Win

The thing I'm most proud of from this week is...

Welcome to Confidence Week



● Today's Encouragement

Confidence isn't about feeling fearless — it's about trusting yourself. Below is a short list of confidence-building habits. Pick one to start with this week.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Choose Your First Habit

Pick the habit that feels right for you. There's no wrong choice — just pick one that feels doable.

- | | |
|---|--|
| ☐ Try something you've been hesitant to do | ☐ Finish one task you've been avoiding |
| ☐ Journal one honest reflection about yourself | ☐ Say one kind, true thing to yourself out loud |
| ☐ Write down one thing you did well today | ☐ Do one small thing today just because it brings you joy |

My first habit is:

● Today's Affirmation

"I keep my word to myself."

● Today's Reflection

Why did this habit stand out to you?

What do you hope changes by practicing it?

● Celebrate Today's Win

One thing I'm proud of today is...

Small Steps, Real Trust



● Today's Encouragement

Every time you repeat this habit, you're teaching yourself that you follow through. That's where real confidence comes from — not from getting everything right, but from showing up.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habit you chose this week.

☐ I practiced my habit today

Today it looked like:

● Today's Affirmation

"I am someone I can rely on."

● Today's Reflection

Has this habit changed how you see yourself, even slightly?

What made today easier or harder than yesterday?

● Celebrate Today's Win

One thing I'm proud of today is...

Naming What You Do Well



● Today's Encouragement

Confidence grows when you notice your strengths, not just what needs work. Keep your habit going today, and take a moment to name something you're genuinely good at.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habit you chose this week.

☐ I practiced my habit today

Today it looked like:

● Today's Affirmation

"I have real strengths, and I'm allowed to see them."

● Today's Reflection

What is something you do well that you rarely give yourself credit for?

Why is it hard to acknowledge your own strengths?

● Celebrate Today's Win

One thing I'm proud of today is...

Add a Second Habit



● Today's Encouragement

You've had a few days with your first habit — today, add a second one from the list below. Keep your first habit going too.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Choose Your Second Habit

Pick the habit that feels right for you. There's no wrong choice — just pick one that feels doable.

- | | |
|---|--|
| ☐ Try something you've been hesitant to do | ☐ Finish one task you've been avoiding |
| ☐ Journal one honest reflection about yourself | ☐ Say one kind, true thing to yourself out loud |
| ☐ Write down one thing you did well today | ☐ Do one small thing today just because it brings you joy |

My second habit is:

● Today's Affirmation

"I speak to myself the way I would to someone I love."

● Today's Reflection

Why did you choose this second habit?

How does it feel different from your first one?

● Celebrate Today's Win

One thing I'm proud of today is...

Try Something Uncertain



● Today's Encouragement

Confidence isn't built by staying comfortable. Keep both habits going today, and let yourself try one small thing you've been hesitant to do.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habits you chose this week.

☐ I practiced my first habit today

☐ I practiced my second habit today

Today it looked like:

● Today's Affirmation

"I am capable of doing hard, small things."

● Today's Reflection

What did you try today that felt a little uncertain?

What happened when you did it anyway?

● Celebrate Today's Win

One thing I'm proud of today is...

Confidence After a Setback



● Today's Encouragement

Real confidence isn't the absence of setbacks — it's what you do after one. Keep both habits going today, gently, even if this week hasn't gone perfectly.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habits you chose this week.

☐ I practiced my first habit today

☐ I practiced my second habit today

Today it looked like:

● Today's Affirmation

"Setbacks don't undo my progress."

● Today's Reflection

What setback, big or small, happened this week?

What would it look like to try again without starting over completely?

● Celebrate Today's Win

One way I showed up for myself today is...

Confidence Week Reflection



● Today's Encouragement

You've spent a week building confidence through small, repeated habits. That's the real foundation of confidence — not certainty, but self-trust. Before Freedom week begins, let's look back.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- ☐ Choose which of your two habits you want to keep ☐ Or keep both, if they're both feeling good
- ☐ Write down one way you've changed this week

My one small step today is:

● Today's Affirmation

"I trust myself a little more than I did a week ago."

● Today's Reflection

Which habit from this week do you want to keep going?

What is one way your confidence feels different than it did on Day 8?

● Celebrate Today's Win

The thing I'm most proud of from this week is...

Welcome to Freedom Week



● Today's Encouragement

Freedom often isn't about adding more — it's about releasing what's weighing you down. Below is a short list of freedom habits. Pick one to start with this week.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Choose Your First Habit

Pick the habit that feels right for you. There's no wrong choice — just pick one that feels doable.

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|---|--|
| ☐ Release one item or commitment | ☐ Protect 15 minutes of undistracted time |
| ☐ Say no to something unnecessary | ☐ Forgive yourself for one thing |
| ☐ Spend quiet time in prayer or reflection | ☐ Simplify one part of your day |

My first habit is:

● Today's Affirmation

"I release what I no longer need."

● Today's Reflection

Why did this habit stand out to you?

What do you hope feels lighter by the end of the week?

● Celebrate Today's Win

One thing I let go of today is...

Lighter, Not Emptier



● Today's Encouragement

Letting go isn't about having less of everything — it's about making room for what matters. Keep your habit going today, and notice what starts to feel lighter.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habit you chose this week.

☐ I practiced my habit today

Today it looked like:

● Today's Affirmation

"Letting go makes room for what matters."

● Today's Reflection

What feels lighter after a couple days of this habit?

What are you still holding onto that you're not ready to release yet, and that's okay?

● Celebrate Today's Win

One thing I'm proud of today is...

Forgive Yourself for One Thing



● Today's Encouragement

Sometimes what we're holding onto isn't a thing at all — it's a mistake we haven't forgiven ourselves for. Keep your habit going today, and let yourself off the hook for one thing.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habit you chose this week.

☐ I practiced my habit today

Today it looked like:

● Today's Affirmation

"I forgive myself and move forward."

● Today's Reflection

What have you been holding against yourself?

What would it feel like to truly let that go?

● Celebrate Today's Win

One thing I'm proud of today is...

Add a Second Habit



● Today's Encouragement

You've had a few days with your first habit — today, add a second one from the list below. Keep your first habit going too.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Choose Your Second Habit

Pick the habit that feels right for you. There's no wrong choice — just pick one that feels doable.

- | | |
|---|--|
| ☐ Release one item or commitment | ☐ Protect 15 minutes of undistracted time |
| ☐ Say no to something unnecessary | ☐ Forgive yourself for one thing |
| ☐ Spend quiet time in prayer or reflection | ☐ Simplify one part of your day |

My second habit is:

● Today's Affirmation

"My time is mine to protect."

● Today's Reflection

Why did you choose this second habit?

How does it feel different from your first one?

● Celebrate Today's Win

One way I protected my freedom today is...

Freedom in Small No's



● Today's Encouragement

Every time you say no to something that drains you, you're saying yes to something that matters more. Keep both habits going today.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habits you chose this week.

☐ I practiced my first habit today

☐ I practiced my second habit today

Today it looked like:

● Today's Affirmation

"Saying no to some things means saying yes to what matters."

● Today's Reflection

What did you say no to today, even in a small way?

What did that no make room for?

● Celebrate Today's Win

One thing I'm proud of today is...



A Freer Week, Looking Back

● Today's Encouragement

Freedom rarely arrives all at once — it accumulates. Keep both habits going today, and notice how different this week feels from where you started.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habits you chose this week.

☐ I practiced my first habit today

☐ I practiced my second habit today

Today it looked like:

● Today's Affirmation

"I am building a freer life, one choice at a time."

● Today's Reflection

What feels different about your week compared to Day 15?

What's one boundary you want to keep holding going forward?

● Celebrate Today's Win

One thing I'm proud of today is...

Freedom Week Reflection



● Today's Encouragement

You've spent a week releasing what weighed you down and protecting what matters. That's real freedom — not the absence of responsibility, but room to breathe inside your own life. Before Opportunity week begins, let's look back.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- ☐ Choose which of your two habits you want to keep ☐ Or keep both, if they're both feeling good
- ☐ Write down what freedom feels like right now

My one small step today is:

● Today's Affirmation

"I have room to breathe, and I built that room myself."

● Today's Reflection

Which habit from this week do you want to keep going?

What does freedom feel like for you right now, compared to Day 15?

● Celebrate Today's Win

The thing I'm most proud of from this week is...

Welcome to Opportunity Week



● Today's Encouragement

This final week is about opening up to possibility — building an abundant mindset, the belief that there's enough room for good things to keep coming. Below is a short list of habits to help. Pick one to start with.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Choose Your First Habit

Pick the habit that feels right for you. There's no wrong choice — just pick one that feels doable.

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|--|--|
| ☐ Practice daily gratitude | ☐ Ask yourself a "what if" possibility question |
| ☐ Offer encouragement to someone else | ☐ Say yes to a small opportunity |
| ☐ Journal about what abundance means to you | ☐ Notice and release scarcity thinking |

My first habit is:

● Today's Affirmation

"I have enough, and more is possible."

● Today's Reflection

Why did this habit stand out to you?

What would it feel like to genuinely believe there's enough good ahead for you?

● Celebrate Today's Win

One thing I'm grateful for today is...

Enough for Everyone



● Today's Encouragement

An abundant mindset doesn't mean ignoring real limits — it means believing good things aren't finite. Keep your habit going today, and notice where scarcity thinking shows up.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habit you chose this week.

☐ I practiced my habit today

Today it looked like:

● Today's Affirmation

"Someone else's good fortune doesn't diminish mine."

● Today's Reflection

Where did scarcity thinking show up for you today?

What would it feel like to believe there's enough to go around?

● Celebrate Today's Win

One thing I'm proud of today is...

Receiving Without Guilt



● Today's Encouragement

Abundance also means letting yourself receive — a compliment, help, good news — without deflecting it. Keep your habit going, and practice simply saying thank you today.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habit you chose this week.

☐ I practiced my habit today

Today it looked like:

● Today's Affirmation

"I am allowed to receive good things."

● Today's Reflection

What was hard about receiving today, if anything?

What did you learn about yourself in that moment?

● Celebrate Today's Win

One good thing I let myself receive today is...

Add a Second Habit



● Today's Encouragement

You've had a few days with your first habit — today, add a second one from the list below. Keep your first habit going too.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Choose Your Second Habit

Pick the habit that feels right for you. There's no wrong choice — just pick one that feels doable.

- | | |
|--|--|
| ☐ Practice daily gratitude | ☐ Ask yourself a "what if" possibility question |
| ☐ Offer encouragement to someone else | ☐ Say yes to a small opportunity |
| ☐ Journal about what abundance means to you | ☐ Notice and release scarcity thinking |

My second habit is:

● Today's Affirmation

"I am open to possibilities I haven't imagined yet."

● Today's Reflection

Why did you choose this second habit?

How does it feel different from your first one?

● Celebrate Today's Win

One possibility I let myself imagine today is...

Abundance in Action



● Today's Encouragement

An abundant mindset isn't just internal — it shows up in how generous you're willing to be. Keep both habits going today, and look for one small way to share that generosity.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habits you chose this week.

☐ I practiced my first habit today

☐ I practiced my second habit today

Today it looked like:

● Today's Affirmation

"I have enough to share."

● Today's Reflection

How did you practice generosity today, even in a small way?

How did it feel different from generosity out of guilt or obligation?

● Celebrate Today's Win

One way I shared something good today is...

Opportunity Looks Different Than You Think



● Today's Encouragement

Opportunities rarely arrive labeled. Keep both habits going today, and stay alert for one you might normally miss.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Keep showing up for the habits you chose this week.

☐ I practiced my first habit today

☐ I practiced my second habit today

Today it looked like:

● Today's Affirmation

"I recognize opportunity, even in small forms."

● Today's Reflection

What opportunity showed up today, even a small one?

What almost made you dismiss it?

● Celebrate Today's Win

One thing I'm proud of today is...

Opportunity Week Reflection



● Today's Encouragement

You've spent a week practicing gratitude and possibility — the real building blocks of an abundant mindset. Before we bring this whole journey together, let's look back.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- ☐ Choose which of your two habits you want to keep ☐ Or keep both, if they're both feeling good
- ☐ Write down one belief about abundance that feels true now

My one small step today is:

● Today's Affirmation

"I believe there is enough good ahead for me."

● Today's Reflection

Which habit from this week do you want to keep going?

What do you believe about opportunity now that you didn't on Day 22?

● Celebrate Today's Win

The thing I'm most proud of from this week is...

Bringing It All Together



● Today's Encouragement

Over the past four weeks, you've cared for your well-being, strengthened your confidence, created more freedom, and opened yourself to opportunity and abundance. That's not a small thing — that's a month of real, compounding change.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

☐ Choose one habit from each week to carry forward

☐ Write all four chosen habits in one place you'll see daily

☐ Notice which essential felt most natural, and which stretched you most

My one small step today is:

● Today's Affirmation

"I have built habits that will keep serving me."

● Today's Reflection

Which habits from these four weeks do you want to keep for good?

Looking back at Day 1, what feels most different about you now?

● Celebrate Today's Win

The thing I'm most proud of from this whole journey is...

Your Next Small Step



● Today's Encouragement

Thirty days ago, you said yes to yourself. Today isn't an ending — it's proof of what happens when you keep showing up, one small step at a time. Well-Being, Confidence, Freedom, and Opportunity aren't finished projects. They're practices you now know how to build.

● Quick Check-In

How are you feeling today?

☐ Energized ☐ Hopeful ☐ Calm ☐ Tired ☐ Stressed ☐ Overwhelmed

One word to describe today:

● Today's One Small Step

Today's goal isn't to change everything — it's to take one small step. Choose one that feels right for you:

- ☐ Choose your favorite habit from each of the four weeks to keep going ☐ Write yourself a note about what this month taught you
- ☐ Celebrate today, fully — you earned it

My one small step today is:

● Today's Affirmation

"I will keep living well and living free, one small step at a time."

● Today's Reflection

What is the biggest lesson you've learned about yourself this month?

What does "live well, live free" mean to you now, in your own words?

● Celebrate Today's Win

The thing I'm most proud of from these 30 days is...

CONGRATULATIONS

You Did It



Thirty days ago, you began this journey. However it went — some days easier than others, some habits stickier than others — you showed up for yourself, again and again. That's the whole point. Not perfection. Just consistency.

You now have four small, real habits — one from each essential — that you built yourself, at your own pace. That's not a program you finished. That's a foundation you're standing on.

Keep going. Keep choosing the small step. That's always been the whole secret.

With so much gratitude,

Brenda Branstiter

Live Well. Live Free.

One Small Step at a Time.