

AUTHENTIC SELF

Era



GUIDED WELLNESS JOURNAL

Sonal Sudan

INTRODUCTION

“Authentic Self Era” is an inner reflection journey that inspires living a life true to yourself.

A 30-day guided journal with thoughtfully reflective prompts to connect with your inner self, promoting emotional well-being, self-awareness, and personal growth.

Embark on this beautiful journey and start living an emotionally rich and satisfying life.

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*Your **daily** dose of Self-love with thoughtfully
reflective Prompts.*

*Designed to help you connect with your inner
self.*

*This simple practice allows you to align your
thoughts and actions with your true desires,
leading to a more fulfilling and authentic life.*



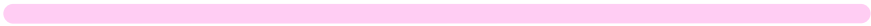
Authentic Self Era

DAU

1

INNER
PEACE

*What brings you inner peace and puts a beautiful smile on
your face?*



Lined area for writing the answer, consisting of 20 horizontal lines.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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**DAY
2**

FAITH
OVER
FEAR

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

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DAY

3

*INNER
CONVERSATIONS*

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DAY

4

*EMBRACE
IMPERFECTION*

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5



*BEING
SELECTIVE*



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6



EMPATHY
OVER
JUDGEMENT



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[illegible]

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DAY

7



EXTERNAL VALIDATION



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Who are the people in your life whose opinions actually matter to you?

[illegible]

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DAY

8



EMOTIONAL EXHAUSTION



[illegible]

[illegible]

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DAY

9



LIFE
CHOICES



What are some of your life choices that let you sleep peacefully at the end of the day?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What or Who was your source of inspiration while exercising those choices?

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DAY

10

*OVER
INVESTING
IN
RELATIONS*

[illegible]

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DAY

11



*BEAUTIFUL
SOULS*



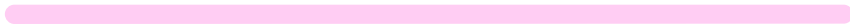
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12



*BEING
AWAKE*



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13



DREAMS



[illegible]

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14



PASSION



What is something you are extremely passionate about and can talk about for hours?

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15

*DEALING
WITH
TOXICITY*

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[illegible]

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16



*UNCONVENTIONAL
OPINIONS*



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[illegible]

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17

EMOTIONAL TRIGGERS

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[illegible]

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18



*EMOTIONALLY
CHALLENGING*



Which is the most emotionally challenging phase of your life that helped you grow as a person?

[illegible]

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19

EMOTIONAL REGULATION

What are your negative or toxic behavioral patterns you need to work on?

[illegible]

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20



SETTING BOUNDARIES



[illegible]

When was the last time someone disrespected your boundaries and what was your response to that?

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21

SENSITIVITY
AS
A
GIFT

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[illegible]

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22



SOUL
SATISFACTION



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[illegible]

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23

*PROTECT
YOUR
ENERGY*

How do you preserve your mental energy during an emotionally low phase?

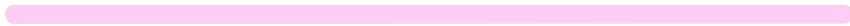
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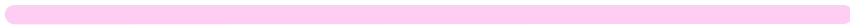
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24



VIBE
ALONE



This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the paper.

When was the last time you prioritized your "ME" time & found peace in your own company?

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25

*GETTING
INSPIRED*

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26

COMFORT ZONE

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27

POWER
OF
PRIVACY

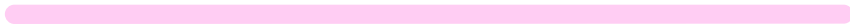
This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

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28



SELF
KINDNESS



[illegible]

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29

CHANGE OF PERSPECTIVE

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*How did you gather the courage to accept those changes
and evolve in life?*

[illegible]

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30

*TRUSTING
YOUR
INTUITION*

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

A large, light pink heart outline is centered on the page. The heart is formed by two thick, slightly irregular strokes that meet at the top and bottom, giving it a hand-drawn or ribbon-like appearance. It serves as a background for the text.

READY

SET

GLOW