

*the*  
HIGHLY  
SENSITIVE  
PERSON

*30 days Journal*

VERSIONE21.COM

If you have ever been told that you are “TOO sensitive,” this journal is for you.

For 30 days, you will find one guiding question each day, along with two blank pages to respond and write freely.

Week after week, you will be supported in listening to your emotions, recognising your needs, managing your energy, and strengthening your self-confidence.

A simple yet profound journey to transform your sensitivity into an everyday resource.



“ Where there is  
great sensitivity,  
there is great strength”

Leonardo Da Vinci

This journal is your space to  
recognize and honor that strength.







Dear Highly Sensitive Person,

This journal is a simple and safe space to listen to yourself every day and give value to what you feel.

Each day you will find a guiding question and two blank pages.

Start from that question, let the answer flow, and if you have space left, also write about what you experienced during the day or what is on your mind at that moment. The idea is to give yourself a few minutes of daily self-listening, to become more aware of what you feel, who you are, and who you want to become.

Each week, on the seventh day, you will find a moment of reflection to review and go deeper into what you explored in the previous days.

At the end of the 30 days, there will be a final recap to help you look at your journey from beginning to end.

At the back of the journal, you will also find some coloring pages with affirmations.



They are meant as a creative and relaxing space you can use whenever you want: before writing, after a long day, or simply when you feel the need to pause and breathe.

It is not a task, but an invitation.

You will also find some blank pages for notes, extra reflections, or drawings. They are there to give you even more freedom.

You can repeat this journal whenever you wish. Use it as a tool to observe your growth over time or as a basis for reflection in therapy.

If you would like to share your experience or go deeper into your personal work, you can contact me at [info@versione21.com](mailto:info@versione21.com)

or visit the website <https://www.versione21.com>

.

This journal is a small companion on your journey. Let it work with you, at your pace.

Simona D'Isanto



THE OWNER OF  
THIS JOURNAL IS

---

---

---



Week 1

## Emotions and Body

*Listening*



Day 1 \_\_\_\_\_ (Date)

## HOW ARE YOU FEELING RIGHT NOW?

DON'T STOP AT "GOOD" OR "BAD." DESCRIBE AS IF YOU WERE TALKING TO A 5-YEAR-OLD CHILD, USING COLORS, IMAGES, AND EXAMPLES.

This image shows a single sheet of white paper with horizontal green 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.

Handwriting practice lines consisting of 20 horizontal green lines.





HOW DID YOUR DAY GO?

DO A BODY SCAN: WHERE DO YOU FEEL THE MOST TENSION?

WHICH EMOTIONS COME UP AND IN WHICH PART OF THE BODY?

DESCRIBE IT WITH SIMPLE IMAGES



Handwriting practice lines consisting of 20 horizontal green lines.



DURING THE DAY, DID YOU ASK YOURSELF HOW YOU WERE FEELING?

## WHERE DID YOU FEEL THE EMOTIONS?

DO THEY BELONG TO YOU OR DID YOU PICK THEM UP FROM SOMEONE ELSE?

This image shows a single sheet of white paper with horizontal green 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.

Handwriting practice lines consisting of 20 horizontal green lines.



## HOW DO YOU FEEL RIGHT NOW?

DESCRIBE THE EMOTION OR EMOTIONS AS YOU  
FEEL THEM IN YOUR BODY AND WHERE THEY ARE  
LOCATED

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.



Day 5 \_\_\_\_\_ (Date)

NOW ASK YOURSELF: "WHAT DO I NEED RIGHT NOW?"  
NOTICE HOW YOU FEEL WHILE ANSWERING.

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.





A) AFTER RECOGNIZING YOUR NEEDS, ASK YOURSELF:  
"WHAT DO I WANT NOW?"

OBSERVE HOW YOUR INNER SENSATION CHANGES.



Handwriting practice lines consisting of 20 horizontal green lines.



B) WHAT DO YOU WISH FOR YOURSELF IN THE SHORT TERM (WITHIN A MONTH), MEDIUM TERM (WITHIN SIX MONTHS), LONG TERM (ONE OR TWO YEARS)?  
WRITE IT DOWN, OBSERVING HOW YOU FEEL WHILE DOING IT.



Handwriting practice lines consisting of 20 horizontal green lines.



Day 7 \_\_\_\_\_ (Date)

## WEEKLY SUMMARY

## HOW DID IT FEEL TO TAKE A FEW MINUTES EACH DAY TO LISTEN TO YOURSELF?

This image shows a single sheet of white paper with horizontal green 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.

## WEEKLY SUMMARY

## WHAT EMOTIONS DID YOU EXPERIENCE WHILE WRITING YOUR DESIRES?

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

## WEEKLY SUMMARY

DID YOU NOTICE ANY RESISTANCE?



## WEEKLY SUMMARY

READ YOUR ANSWERS FROM THE WEEK: WERE YOU ENCOURAGING OR JUDGMENTAL TOWARD YOURSELF? IF NEEDED, REPHRASE AS IF YOU WERE SPEAKING TO A CLOSE FRIEND.





Handwriting practice lines consisting of 20 horizontal green lines.



Handwriting practice lines consisting of 20 horizontal green lines.



Week 2

# **Energy and Boundaries**

*Protection*





## HOW IS YOUR ENERGY LEVEL TODAY?

ON A SCALE FROM 1 TO 10, WHAT SCORE DO YOU GIVE YOURSELF?

## DO YOU KNOW WHY YOU GAVE YOURSELF THAT SCORE?

[illegible]

Handwriting practice lines consisting of 20 horizontal green lines.



WHO AMONG THE PEOPLE YOU SEE REGULARLY TENDS TO LEAVE YOU DRAINED?  
MAKE A LIST, EXPLAIN HOW YOU FEEL AFTERWARDS AND WHY YOU THINK IT HAPPENS.

[illegible]

Handwriting practice lines consisting of 20 horizontal green lines.





WHICH PLACES OR ACTIVITIES DO YOU FEEL DRAIN YOUR ENERGY?

DESCRIBE THEM IN DETAIL.



Handwriting practice lines consisting of 20 horizontal green lines.



## HOW DO YOU FEEL AFTER SETTING A BOUNDARY?

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.



## IN MOMENTS OF FATIGUE, WHAT THOUGHTS ABOUT YOURSELF COME UP?

## ARE YOU ABLE TO NOTICE THEM CLEARLY?

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

Handwriting practice lines consisting of 20 horizontal green lines.



WHICH PEOPLE, PLACES, OR ACTIVITIES RECHARGE  
YOU THE MOST?  
DESCRIBE THEM.



Handwriting practice lines consisting of 20 horizontal green lines.





## WEEKLY SUMMARY

LOOK BACK AT WHAT YOU WROTE THIS WEEK.  
WHAT COULD YOU CHANGE TO PRESERVE MORE  
ENERGY?



## WEEKLY SUMMARY

CAN YOU DISTINGUISH WHEN YOU ARE SETTING A  
HEALTHY BOUNDARY FROM WHEN YOU ARE BUILDING A  
WALL?



## WEEKLY SUMMARY

WHO IN YOUR FAMILY OR ENVIRONMENT TENDS TO USE  
THE THOUGHTS OR PHRASES YOU NOTICED AS  
JUDGMENTAL?



Handwriting practice lines consisting of 20 horizontal green lines.



Week 3

# **Energy and Authenticity**

*Truth*



WHEN DO YOU ALLOW YOURSELF TO BE AUTHENTIC?  
WITH WHOM, IN WHICH SITUATIONS?  
HOW DO YOU FEEL AFTERWARDS?

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.





WHEN DO YOU WEAR A "MASK"?

WITH WHOM, HOW OFTEN?

WHAT EFFECT DOES IT HAVE ON YOU?



Handwriting practice lines consisting of 20 horizontal green lines.



Day 17 \_\_\_\_\_ (Date)

IF YOU FELT FREE TO ALWAYS BE YOURSELF,  
WHAT WOULD CHANGE IN YOUR LIFE?

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.



## IN WHICH SITUATIONS DO YOU REACT AUTOMATICALLY OR LOSE CONTROL?

## HOW DO YOU FEEL AFTERWARD?

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

Handwriting practice lines consisting of 20 horizontal green lines.



## WHICH THOUGHTS OR HABITS DRAIN YOUR ENERGY THE MOST?

WRITE THEM WITHOUT FILTERS.

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.





## WHEN DO YOU FEEL GRATITUDE?

## WHERE DO YOU SENSE IT IN YOUR BODY?

## HOW OFTEN DO YOU EXPERIENCE IT?

[illegible]

Handwriting practice lines consisting of 20 horizontal green lines.



Day 21 \_\_\_\_\_ (Date)

## WEEKLY SUMMARY

## WHAT KEEPS YOU FROM TAKING OFF THE MASK MORE OFTEN?

## WHAT WOULD YOU NEED TO DO SO?

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.

## WEEKLY SUMMARY

DO YOU KNOW WHERE YOUR AUTOMATIC REACTIONS  
COME FROM?

CAN YOU FACE THEM ON YOUR OWN, OR DO YOU THINK  
SUPPORT IS NEEDED?



## WEEKLY SUMMARY

WHICH ENERGY-DRAINING HABITS ARE YOU READY TO CHANGE?



---

## WEEKLY SUMMARY

WRITE AT LEAST 5 THINGS, BIG OR SMALL, THAT YOU FEEL GRATEFUL FOR.



Week 4

# **Confidence and Self-Esteem**

*Strength*







WHAT DO YOU VALUE MOST ABOUT YOURSELF?  
LIST AT LEAST 5 POINTS AND EXPLAIN WHY.

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.



WHAT DO YOU TRUST YOURSELF FOR?  
LIST AT LEAST 5 POINTS AND EXPLAIN WHY.

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.



ON A SCALE FROM 1 TO 10, WHAT OPINION DO YOU HAVE OF YOURSELF TODAY?

## HOW DO YOU FEEL WHEN RATING YOURSELF?

## WHERE WOULD YOU LIKE TO GROW?

This image shows a single sheet of white paper with horizontal blue 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.

Handwriting practice lines consisting of 20 horizontal green lines.



Day 25 \_\_\_\_\_ (Date)

WRITE DOWN YOUR VICTORIES, BIG OR SMALL (EXAM,  
DRIVER'S LICENSE, SUCCESSFUL PROJECT).  
REMEMBER HOW YOU FELT AT THAT TIME.



Handwriting practice lines consisting of 20 horizontal green lines.





REGARDING THE AREAS WHERE YOU WANT TO GROW:  
DO YOU SEE THEM AS LACKS OR AS OPPORTUNITIES FOR  
GROWTH?

## HOW WOULD YOUR LIFE CHANGE, EVEN WITH A SMALL IMPROVEMENT?

This image shows a single sheet of white paper with horizontal green 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.

Handwriting practice lines consisting of 20 horizontal green lines.



IF YOU IMPROVED THESE ASPECTS, WHAT WOULD GIVE YOU ANXIETY OR FEAR?

## WHAT WOULD YOU NEED TO FEEL SAFE?

[illegible]

Handwriting practice lines consisting of 20 horizontal green lines.



Day 28 \_\_\_\_\_ (Date)

## WEEKLY SUMMARY

LOOKING BACK AT WHAT YOU WROTE THESE DAYS,  
WHAT SURPRISED YOU MOST ABOUT YOURSELF?

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

## WEEKLY SUMMARY

HAS YOUR OPINION OF YOURSELF CHANGED A LITTLE,  
FOR BETTER OR WORSE, OR STAYED THE SAME?  
WHY?



## WEEKLY SUMMARY

WHAT CONCRETE STEP COULD YOU TAKE NOW TO  
STRENGTHEN YOUR SELF-ESTEEM AND SELF-  
CONFIDENCE?



Handwriting practice lines consisting of 20 horizontal green lines.





## BONUS DAY

## WHAT ARE YOUR BIGGEST DREAMS?

## WHAT WOULD YOU NEED TO MAKE THEM COME TRUE?

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

Handwriting practice lines consisting of 20 horizontal green lines.



## FINAL SUMMARY

REVIEW YOUR MONTH.

WHAT ARE THE THREE MOST IMPORTANT DISCOVERIES  
ABOUT YOURSELF?



## FINAL SUMMARY

WHAT DO YOU WANT TO CARRY FORWARD STARTING  
TOMORROW?

WHAT DO YOU WANT TO LET GO OF?



## FINAL SUMMARY

WRITE A SENTENCE OR AN IMAGE THAT REPRESENTS  
YOUR JOURNEY THROUGH THESE 30 DAYS.

This image shows a single sheet of white paper with horizontal green 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.

Handwriting practice lines consisting of 20 horizontal green lines.

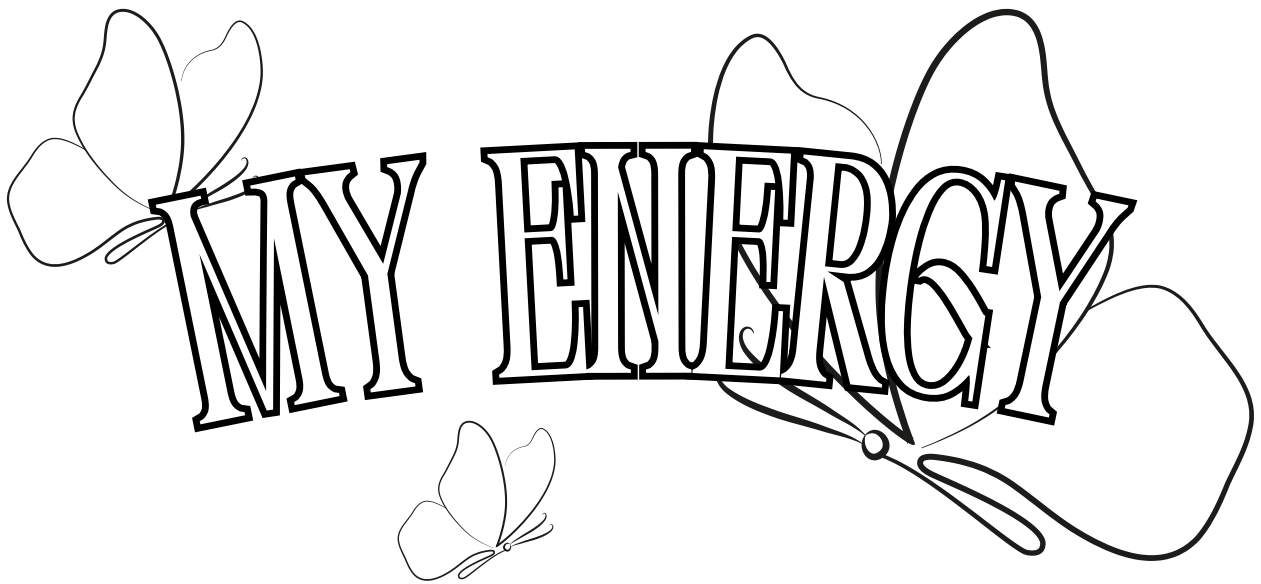


# Colouring Pages

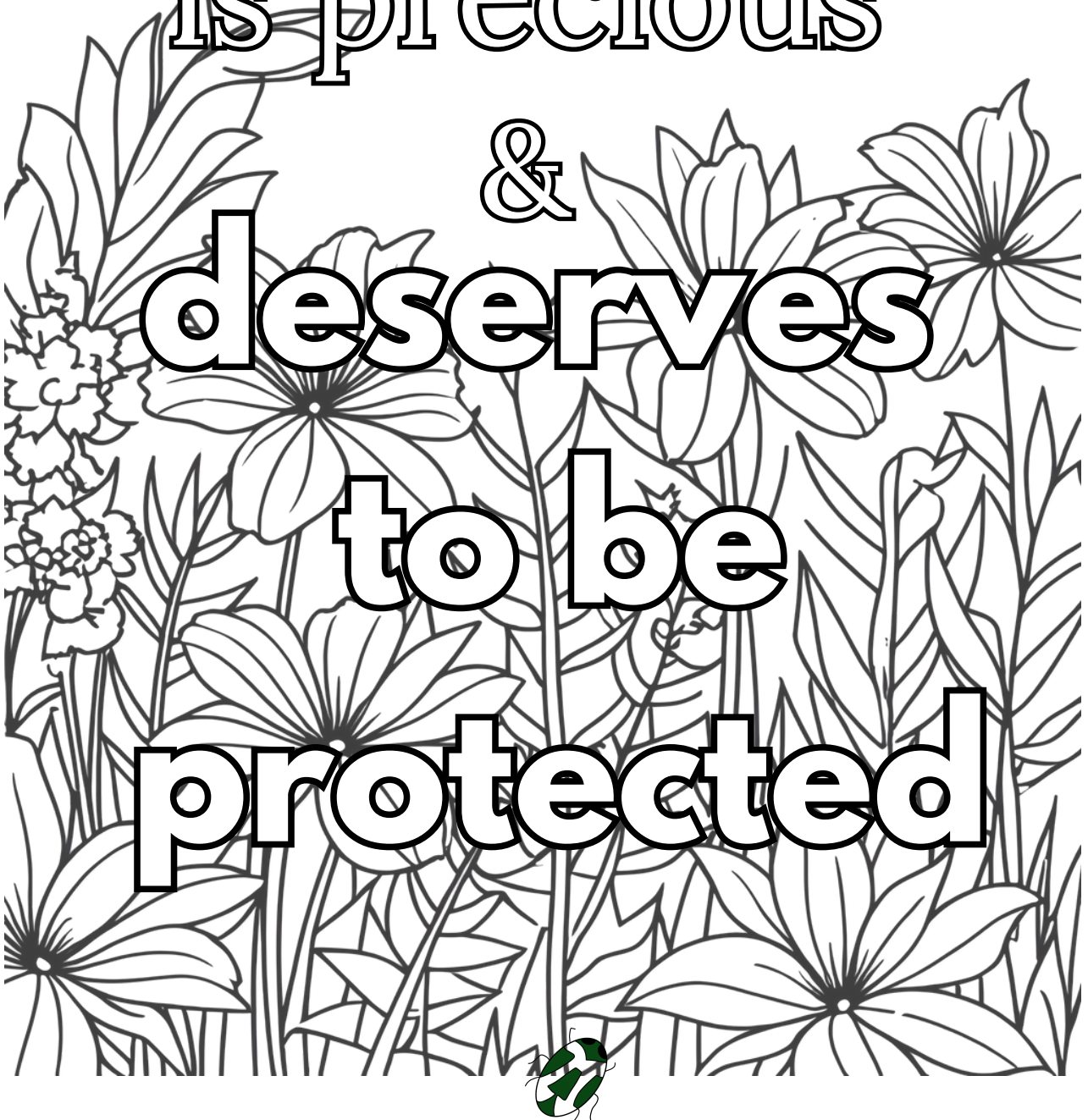








is precious  
&  
deserves  
to be  
protected





I have  
the right  
to say NO  
WITHOUT  
FEELING  
GUILTY

















[illegible]

## This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal green lines across its entire width, providing a guide for handwriting or typing. The background is a clean, solid white color.



[illegible]

[illegible]

## This image shows a full page of blank white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.



[illegible]

[illegible]

## NOTES





[illegible]

