

Turning the World Arund with Sara

MY 30 DAY

Adventure

JOURNAL

Your life is your adventure

Bonjour!



My name is *Sara*

Hello, sweet friend!
Welcome to your adventure!

Each day is an opportunity to live deeply, and I can't wait to hear what adventures this journal leads your heart to take you on.

Happy journaling!

JOIN MY NEWSLETTER

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(And remember, embrace the challenges - they'll help you grow!)

My Annecy Adventure



The images you see in this journal are all from Annecy - also known as the Venice of the Alps, and less well known as my new home town!

Moving from Paris to the Alps represents the next chapter of my own adventure, which is what inspired me to create this journal.

As someone who grew up prioritizing not upsetting others over listening to myself, I'm so excited to be taking this next step, that is calling me so deeply.

*It's time to fully live our own adventures,
here & now.*

Science & Zen

Dear journaler, each and every question in this 30-day adventure has been infused with gold-standard psychological science on healing and well-being, and a good dollop of Zen.

I invite you to spend quality time with the prompts that call you, and keep moving through them one a day!

As a licensed psychologist, and fellow human being, I know from experience that it's easy to lose sight of what deeply matters, in the fog of everyday life.

My hope is that this journal helps make this stretch of your journey into a deeply meaningful adventure.

Allons-y!

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INTENTIONS

JOURNAL

REFLECT

SETTING MY Intentions

BEFORE I BEGIN

What do you long to experience?



Tell me,
what is it you plan to do
with your one wild and precious life?

- Mary Oliver

HOW I'M FEELING ABOUT MY LIFE RIGHT NOW

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WHY I'M COMMITTING TO THIS 30 DAY JOURNAL

3 THINGS I WOULD LIKE TO SEE HAPPEN IN THE NEXT 30 DAYS

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START DATE

MY 30 DAY ADVENTURE JOURNAL

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RECORDING MY

Reflections

AFTER I'VE FINISHED

*Where did this journey
take you?*

HOW I'M FEELING ABOUT MY LIFE RIGHT NOW

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THE BIGGEST LESSON I LEARNED FROM THE LAST 30 DAYS

3 WONDERFUL THINGS THAT HAVE HAPPENED

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MORE THINGS I'VE LEARNT FROM LIVING MY LIFE LIKE IT'S
MY ADVENTURE

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à bientôt!



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