

Bonjour!



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!

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

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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 a now.

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Science & Zen

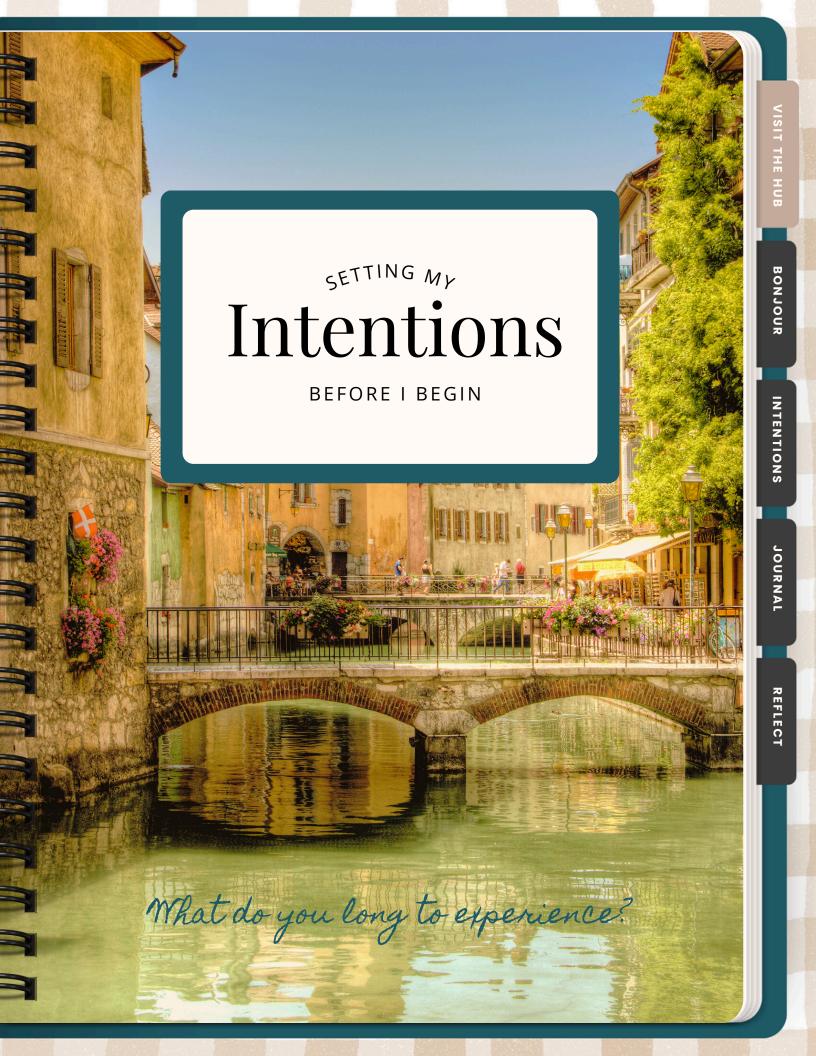
Dear journaler, each and every question in this 30-day adventure has been infused with gold-standard psychological science on healing and well-being, and a good dollop of Zen.

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!





Jell 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
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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REFLECT

START DATE

MY 30 DAY ADVENTURE JOURNAL

COMPLETED BY

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Who is the main character in the adventure that is your life? How does it show?

If you feel like it's not you - how would your priorities need to change for it to become you?

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Do something that brings you pleasure, that makes your body come alive.

Really feel the pleasure deeply in your body, relaxing open to it, and allowing yourself all of it.

Do you feel you're allowed to feel this much pleasure? (You are.)

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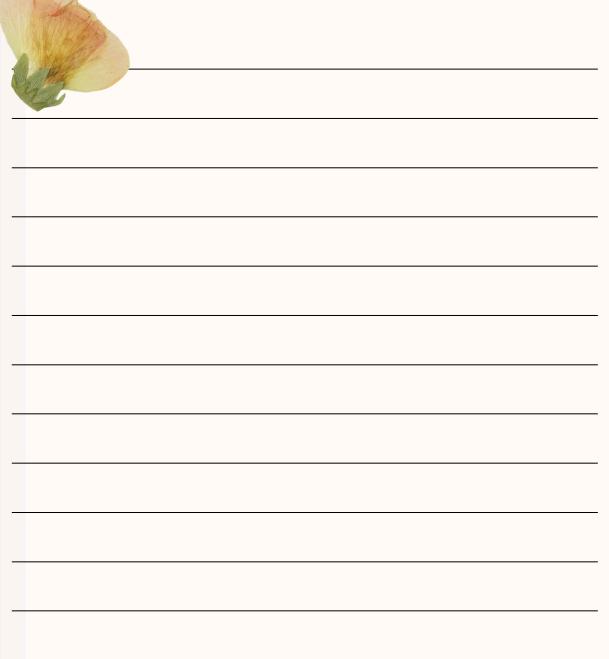
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Go for a walk, leaving your phone behind.
Whether you walk in the city or out in nature,
endeavour to experience the present moment, by
really looking, listening, moving and being.

How was this moment of your life?



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What are 10 experiences you deeply desire to experience before you die?

Make a concrete plan to make one of these experiences happen asap.



RECORDING MY

Reflections

AFTER I'VE FINISHED

Where did this journey take you?

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HOW I'M FEELING ABOUT MY LIFE RIGHT NOW
THE BIGGEST LESSON I LEARNED FROM THE LAST 30 DAYS
3 WONDERFUL THINGS THAT HAVE HAPPENED
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MY ADVENTURE

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

