

APRIL

2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	1 What are my core values, and how do they influence the choices I make in life?	2 What are some of my true passions?	3 In what areas of my life have I settled for what's comfortable?	4 When is the last time I remember being really challenged in my life?	5 When is the last time I remember doing something impulsively and what was the outcome?	6 When I act impulsively, how do I feel?
7 How do I want to be perceived and how do I feel I am perceived?	8 If I had to pick a speed for my life currently, what would it be?	9 If I was sharing the story of my life, what 5 things would I want people to know?	10 What is a situation in the last few years that was a defining moment?	11 Who are the people that I love the most?	12 How does my love for them impact how I behave?	13 What do I feel creates meaningful connections?
14 In what ways have I shown up for myself recently?	15 In what ways do I demonstrate self-care?	16 How can I cultivate a deeper sense self-love?	17 In what ways do I desire my friends to show up for me?	18 Who do I turn to for advice? Why do I trust them?	19 How do/ do I alert others when I need to be supported?	20 What does trusting myself look/feel like?
21 What does my inner voice sound like?	22 When I hear my inner voice, how do I respond?	23 What is one truth and one lie I told myself this week?	24 How do I combat negative self-talk?	25 What wounds do I know I need to heal?	26 What support do I need to heal those wounds?	27 Are there any habits I can change or develop to support my growth?
28 What limiting beliefs hold me back from reaching my full potential.	29 What legacy do I want to leave behind, and how can I start living in alignment with that vision today?	30 Moving forward, my life mantra will be...	1	2	3	4

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