

30 DAY *Divorce*  
SELF CARE CHALLENGE™

DAILY JOURNAL



WRIGHT FAMILY  
LAW ACADEMY™

30 DAY *Divorce*  
SELF CARE CHALLENGE™

## Day 1

# Journaling Your Heart

"Fill your paper with the breathings of your heart."

– William Wordsworth

Daily Intention: Today, I will give myself permission to let my heart speak freely on paper, without judgment or editing.

Soul Note: Write a short message to yourself as if you were your own best friend, offering compassion and reassurance for where you are today.

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 **Micro-Coaching Tip:**

Start your journal with three things you're grateful for to shift your mindset.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

 **Mood Tracker:**



 **Energy Tracker:**  High  Medium  Low

 **To-Do List:**

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## Notes

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Day 2  
Move for Joy

"Take care of your body. It's the only place you have to live."

– Jim Rohn

Daily Intention: Today, I will move my body in a way that feels good, not to meet a goal, but to celebrate the life within me.

Soul Note: Describe how your body feels after movement today — note even the smallest shift toward lightness, energy, or release.

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💡 **Micro-Coaching Tip:**

Focus on how movement feels, not on calories or distance.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



⚡ **Energy Tracker:**  High  Medium  Low

📝 **To-Do List:**

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Day 3  
*Rediscover Play*

"Find what brings you joy and go there."

– Jan Phillips

Daily Intention: Today, I will open myself to joy by engaging in an activity that sparks my curiosity or reconnects me to who I once was.

Soul Note: Recall a time you felt deeply joyful doing a hobby — what feeling would you like to bring back into your life?

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💡 **Micro-Coaching Tip:**

Allow yourself to be silly — it's a gateway to creativity.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



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📝 **To-Do List:**

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## Day 4

# *Giving from the Heart*

"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi

Daily Intention: Today, I will share my time or kindness with others, trusting that giving will help me heal as much as receiving.

Soul Note: Jot down how you felt helping someone today and what that act revealed about your own strength.

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 **Micro-Coaching Tip:**

Small acts of kindness can help you reconnect with your own heart.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

 **Mood Tracker:**



 **Energy Tracker:**  High  Medium  Low

 **To-Do List:**

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## Day 5

### *Quieting the Mind*

"Within you, there is a stillness and a sanctuary to which you can retreat at any time." – Hermann Hesse

Daily Intention: Today, I will pause to notice my breath, my surroundings, and the stillness available to me, even in the middle of change.

Soul Note: Describe a single peaceful moment you experienced today, no matter how brief, and how it touched you.

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 **Micro-Coaching Tip:**

Pause every hour for 60 seconds of deep breathing.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

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 **To-Do List:**

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## Day 6

# Support & Connection

"Asking for help isn't giving up. It's refusing to give up."  
– Charlie Mackesy

Daily Intention: Today, I will allow myself to be supported, knowing I don't have to carry everything alone.

Soul Note: Write about one insight or comfort you received from someone in your support circle.

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 **Micro-Coaching Tip:**

Reach out to one person today, even if just for a quick hello.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

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Day 7  
*Positive Circles*

"Surround yourself with only people who are going to lift you higher." – Oprah Winfrey

Daily Intention: Today, I will be intentional about surrounding myself with people who uplift and value me.

Soul Note: List two or three people who make you feel valued, and one reason each of them matters to you.

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💡 **Micro-Coaching Tip:**

Protect your energy by limiting time with people who drain you.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



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## Day 8

### *Visioning Forward*

"Create the highest, grandest vision possible for your life, because you become what you believe." – Oprah Winfrey

Daily Intention: Today, I will picture a future where I feel safe, joyful, and whole.

Soul Note: Capture one image or word from your vision board that inspires hope — why does it resonate?

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 **Micro-Coaching Tip:**

Visualize the version of yourself you're becoming.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

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## Day 9 Nature's Comfort

"And into the forest I go, to lose my mind and find my soul."

– John Muir

Daily Intention: Today, I will spend time in nature, letting its beauty remind me that life renews itself.

Soul Note: Describe a detail in nature you noticed today that made you pause — what did it remind you of?

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💡 **Micro-Coaching Tip:**

Spend 10 minutes noticing small details in your environment.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



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📝 **To-Do List:**

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## Day 10 Creative Flow

"Creativity takes courage."

– Henri Matisse

Daily Intention: Today, I will spend time in nature, letting its beauty remind me that life renews itself.

Soul Note: Describe a detail in nature you noticed today that made you pause — what did it remind you of?

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💡 **Micro-Coaching Tip:**

Spend 10 minutes noticing small details in your environment.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



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Day 11  
*Nourishing Rest*

"Almost everything will work again if you unplug it for a few minutes, including you." – Anne Lamott

Daily Intention: Today, I will choose rest without guilt, knowing it fuels my healing.

Soul Note: Describe a simple act of self-care you enjoyed and how it softened your heart.

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💡 **Micro-Coaching Tip:**

Give yourself permission to rest without guilt.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



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📝 **To-Do List:**

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Day 12  
*Joy in the Kitchen*

"To eat is a necessity, but to eat intelligently is an art."  
– François de La Rochefoucauld

Daily Intention: Today, I will nourish myself with food made with intention and care.

Soul Note: What recipe, flavor, or smell today made you feel cared for?

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💡 **Micro-Coaching Tip:**

Cook something colorful to nourish your senses.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



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📝 **To-Do List:**

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**Day 13**  
*Words that Inspire*

"A book is a dream that you hold in your hands."  
– Neil Gaiman

Daily Intention: Today, I will invite uplifting words to shape my thoughts.

Soul Note: Record a quote or line from your reading that felt like it was written just for you.

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 **Micro-Coaching Tip:**

Carry a quote with you today for encouragement.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

 **Mood Tracker:**



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Day 14  
*Rekindling Connections*

"A sweet friendship refreshes the soul."

– Proverbs 27:9

Daily Intention: Today, I'll reconnect with an old friend or colleague through a message, call, or meetup, making space for memories and renewed bonds.

Soul Note: Reflect on how the interaction felt and what you'd like to nurture in this connection.

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💡 **Micro-Coaching Tip:**

Reconnecting can be simple — even a quick “thinking of you” can spark warmth.

🌟 **Try This Today:**

Pick one person you miss and reach out with a heartfelt note, memory, or invitation to meet up. Let them know why they matter to you.

📊 **Mood Tracker:**



⚡ **Energy Tracker:**  High  Medium  Low

📝 **To-Do List:**

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## Day 15

# Learning and Growth

"The beautiful thing about learning is that nobody can take it away from you." – B.B. King

Daily Intention: Today, I will welcome new knowledge as a seed for my future self.

Soul Note: Write about one skill or idea you learned today and how it might shape your next chapter.

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💡 **Micro-Coaching Tip:**

Ask yourself: What's one thing I'd love to learn this year?

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



⚡ **Energy Tracker:**  High  Medium  Low

📝 **To-Do List:**

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Day 16  
*Fresh Starts*

"Live as if you were to die tomorrow. Learn as if you were to live forever." – Mahatma Gandhi

Daily Intention: Today, I will make space in my surroundings for the life I'm building.

Soul Note: Describe one way decluttering or organizing brought you a sense of renewal.

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💡 **Micro-Coaching Tip:**

Clear a small space to invite new opportunities.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



⚡ **Energy Tracker:**  High  Medium  Low

📝 **To-Do List:**

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**Day 17**  
*Musical Uplift*

"Have nothing in your house that you do not know to be useful, or believe to be beautiful." – William Morris

Daily Intention: Today, I will let music lift my spirit and shift my perspective.

Soul Note: Jot down how a song you heard today shifted your mood.

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 **Micro-Coaching Tip:**

Let music set the tone for your day.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

 **Mood Tracker:**



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 **To-Do List:**

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Day 18  
*Small Adventures*

"Adventure is worthwhile in itself."

– Amelia Earhart

Daily Intention: Today, I will explore somewhere new, even if it's close to home.

Soul Note: Capture a moment from today's outing that made you feel present and alive.

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💡 **Micro-Coaching Tip:**

Explore a place you've never been in your city.

🌟 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

📊 **Mood Tracker:**



⚡ **Energy Tracker:**  High  Medium  Low

📝 **To-Do List:**

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## Day 19

# Gratitude in the Moment

"Jobs fill your pockets, adventures fill your soul."

– Jaime Lyn Beatty

Daily Intention: Today, I will name the good I see, no matter how small.

Soul Note: List three small things you're grateful for today — be specific.

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 **Micro-Coaching Tip:**

Notice three things going right today.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

 **Mood Tracker:**



 **Energy Tracker:**  High  Medium  Low

 **To-Do List:**

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## Day 20

### Active Connections

"A little progress each day adds up to big results."  
– Satya Nani

Daily Intention: Today, I'll join a class, sport, or group activity to move my body and connect with others.

Soul Note: Did it boost your energy, mood, or connection?

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 **Micro-Coaching Tip:**

Moving with others boosts motivation and makes fitness more fun.

 **Try This Today:**

Join a local class or meetup — yoga, dance, pickleball, or running — and meet someone new.

 **Mood Tracker:**



 **Energy Tracker:**  High  Medium  Low

 **To-Do List:**

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**Day 21**  
*New Moves, New You*

"You miss 100% of the shots you don't take."  
– Wayne Gretzky

Daily Intention: Today, I'll try a new sport or activity that challenges me and brings joy.

Soul Note: Reflect on how it felt and what you learned about yourself.

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 **Micro-Coaching Tip:**

Pushing your physical limits can boost confidence and spark adventure.

 **Try This Today:**

Join a beginner class, a local sports meetup, or try a new hike or swim.

 **Mood Tracker:**



 **Energy Tracker:**  High  Medium  Low

 **To-Do List:**

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## Day 22

### Inspired Listening

"The right words from the right voice can change your whole day."

– Unknown

Daily Intention: Today, I will explore the world of podcasts, choosing topics and voices that inspire, educate, and uplift me.

Soul Note: Write down one idea, story, or insight from a podcast you listened to today and how it resonated with you.

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#### 💡 Micro-Coaching Tip:

Podcasts help you learn, stay motivated, and shift your mindset — listen on the go or while relaxing.

#### 🌟 Try This Today:

Find a new podcast on an unfamiliar topic and listen to a full episode attentively.

#### 📊 Mood Tracker:



#### ⚡ Energy Tracker:

High    Medium    Low

#### 📝 To-Do List:

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Day 23  
*Affirming Your Strengths*

"I am not what happened to me, I am what I choose to become."  
- Carl Jung

Daily Intention: Today, I'll speak affirmations that remind me of my worth, strength, and resilience, rewiring my thoughts to embrace my inner power.

Soul Note: Write down one or two affirmations that felt especially true for you today. Reflect on how saying them aloud shifted your mindset.

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💡 **Micro-Coaching Tip:**

Affirmations are most powerful when repeated daily — say them in front of a mirror, write them on sticky notes, or set them as reminders on your phone.

🌟 **Try This Today:**

Create a short list of three affirmations that resonate with you.

📊 **Mood Tracker:**



⚡ **Energy Tracker:**  High  Medium  Low

📝 **To-Do List:**

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Day 24  
*Enjoying Your Own Company*

"I am not what happened to me, I am what I choose to become."  
– Carl Jung

Daily Intention: I will savor time with myself as a gift, not a gap.

Soul Note: Describe how it felt to spend intentional time with yourself.

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 **Micro-Coaching Tip:**

Enjoy your own company as you would a dear friend's.

 **Try This Today:**

Choose one small action that aligns with today's intention and commit to it.

 **Mood Tracker:**



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 **To-Do List:**

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Day 25  
*Garden Therapy*

"To plant a garden is to believe in tomorrow."  
– Audrey Hepburn

Daily Intention: Today, I will immerse myself in gardening, tending to plants and finding peace in the rhythm of nurturing life.

Soul Note: Write about your experience in the garden today — what you planted, pruned, or watered, and how the process made you feel.

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💡 **Micro-Coaching Tip:**

Gardening can be a moving meditation.

🌟 **Try This Today:**

Plant something new, repot a plant, or spend time watering while noticing the beauty of growth.

📊 **Mood Tracker:**



⚡ **Energy Tracker:**  High  Medium  Low

📝 **To-Do List:**

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**DAY 26**

*Kindness in Action*

"No act of kindness, no matter how small, is ever wasted."

– Aesop

Daily Intention: Today, I will actively seek out moments to show kindness, knowing that each small act can ripple far beyond what I see.

Soul Note: Note how it felt to help someone and how it may have helped you, too.

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 **Micro-Coaching Tip:**

Small gestures of kindness can brighten someone's day.

 **Try This Today:**

Perform one intentional act of kindness — hold the door, send a thoughtful message, or help someone without being asked.

 **Mood Tracker:**



 **Energy Tracker:**  High  Medium  Low

 **To-Do List:**

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DAY 27  
*Create & Improve*

"The desire to create is one of the deepest yearnings of the human soul." – Dieter F. Uchtdorf

Daily Intention: Today, I'll make progress on a DIY or home project, using creativity to improve my space and boost my sense of accomplishment.

Soul Note: Write about the project you worked on today — what steps you took, how it made you feel, and what you're excited to see when it's finished.

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 **Micro-Coaching Tip:**

DIY projects heal and create—enjoy the process, not just the result.

 **Try This Today:**

Choose a small project you've been putting off — hang a shelf, paint a wall, organize a space — and take the first step toward completing it.

 **Mood Tracker:**



 **Energy Tracker:**  High  Medium  Low

 **To-Do List:**

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**DAY 28**  
*Investing in You*

"An investment in knowledge pays the best interest."

– Benjamin Franklin

Daily Intention: Today, I will attend a workshop, seminar, or class that supports my personal growth and self-improvement journey.

Soul Note: What learning experience do you think you might take away from a workshop or seminar and how might it apply to your life?

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 **Micro-Coaching Tip:**

Every new skill or insight you gain becomes a tool you can use to shape your future — keep adding to your toolkit.

 **Try This Today:**

Pick a small project you've delayed and take the first step today.

 **Mood Tracker:**



 **Energy Tracker:**

High    Medium    Low

 **To-Do List:**

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DAY 29  
*Exploring Spirituality*

"You do not have a soul. You are a soul. You have a body."  
- C.S. Lewis

Daily Intention: Today, I'll connect with my inner self through prayer, meditation, journaling, or time in nature to feel grounded and at peace.

Soul Note: Note one insight from today's spiritual practice and how it shifted your mood, perspective, or sense of connection.

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💡 **Micro-Coaching Tip:**

Spirituality is deeply personal — give yourself permission to explore different practices and notice which ones bring you clarity, peace, or joy.

🌟 **Try This Today:**

Spend 15 minutes on a spiritual practice. meditate, reflect, read in nature.

📊 **Mood Tracker:**



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📝 **To-Do List:**

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DAY 30  
Celebrating Milestones

"Celebrate every tiny victory."

— Anonymous

Daily Intention: Today, I will acknowledge how far I've come and honor my journey forward.

Soul Note: Write a note of recognition to yourself for completing this 30-day journey and what you've gained from it.

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💡 **Micro-Coaching Tip:**

Celebrate yourself — you've earned it!

🌟 **Try This Today:**

Treat yourself to a reward for completing this journey — enjoy a favorite meal, flowers, a bath, or a fun outing to honor your progress.

📊 **Mood Tracker:**



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📝 **To-Do List:**

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## Notes

# CLOSING REFLECTION

Congratulations on completing the 30-Day Divorce Self-Care Challenge! Over the past month, you've shown courage, resilience, and dedication to yourself in ways that truly matter.

This final reflection is your chance to pause, honor the growth you've experienced, and acknowledge the healing steps you've taken. Think of it as both a celebration of how far you've come and a gentle launch into the next chapter of your journey.

Take your time, be honest with yourself, and let these prompts guide you in capturing the strength, wisdom, and hope you've cultivated along the way.

1. What are the biggest changes I've noticed in myself over the past 30 days?
2. What self-care practices did I discover that nourish me the most?
3. What was the hardest part of this journey, and how did I move through it?
4. What moments of strength or courage am I most proud of?
5. How has my relationship with myself shifted since Day 1?

## Letting Go & Closure

1. What am I finally ready to release from my past?
2. What old beliefs, patterns, or fears no longer serve me?
3. What forgiveness (for myself or others) feels possible now?
4. If I could speak to my past self at the start of this challenge, what would I say?

## Looking Forward

1. What intention do I want to carry with me beyond these 30 days?
2. Which self-care practices do I want to continue daily or weekly?
3. What vision do I hold for my life moving forward?
4. How will I celebrate myself when I notice my continued growth?
5. What one word best captures how I feel about this new chapter?

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