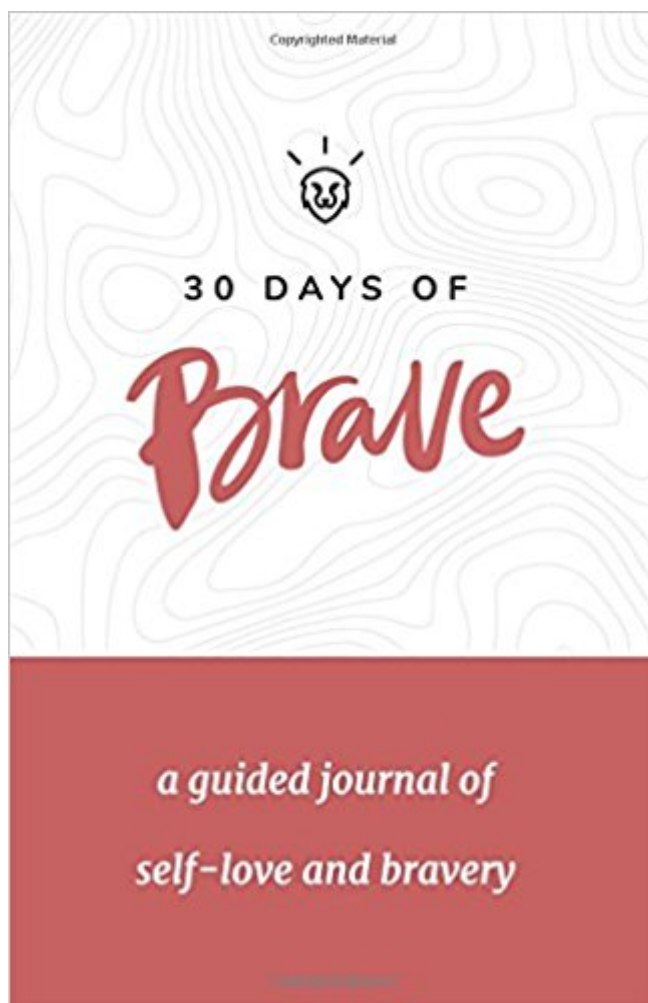


The book was found

30 Days Of Brave: A Guided Journal Of Self-Love And Bravery



Synopsis

30 Days of Brave has been thoughtfully crafted to guide you to the edge of your comfort zone and lovingly nudge you to explore what's on the other side. Designed to help with any 30-day goal to help overcome the fear that has previously held you back, and keep you inspired, motivated and accountable. What could you do in just 30 days, with only 5 minutes/day? I could lose 10 lbs I could let go of past hurts and finally move on I could connect intimately with others I could balance my work life I could take less for granted and be more grateful I could declutter my life I could be true to my most authentic self Each day uses our powerful, yet simple formula for self-development and positive change:

1. The Intention of the Day - to further develop attributes that cultivate courageous living.
2. An Affirmation - to help you embody the Intention of the Day through thoughtfully crafted statements.
3. Guided Prompts - to awaken your inner lion and prime a braver state of being.
4. Daily Challenge - small courageous wins that will set your day up for success.
5. Space to Free-flow - to give you a place to expand on ideas and reflect on your day.

Connect with a community of like-minded people who love to move their bodies, stretch their minds and push towards braver action. If you have ever had trouble sticking with a 30-day challenge or goal, The 30 Days of Brave Journal is an invaluable tool that will gently guide you along the courageous path of your greatest intentions and a life fully lived. This Journal was developed with the help of over 140,000 Intention Inspired family members who completed the 30 Days of Brave Challenge. Thank you for your support and feedback that ultimately lead to the creation of this journal!

Book Information

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Average Customer Review: 4.1 out of 5 stars 19 customer reviews

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Customer Reviews

Our mission is to nurture simple intentions into powerful actions by developing mindful lifestyle tools.

--This text refers to an out of print or unavailable edition of this title.

Journaling is a great way to work through thoughts, emotions, ideas. It allows you to really tap into your mind and soul; creating a better understanding of yourself and your thoughts/feelings. I've always loved journaling however, opening up a blank journal can be daunting. After awhile I stopped journaling because I was continually doing the same thing over and over, it got boring; I felt like I wasn't going forward. The Brave Companion Journal gives you quotes, prompted questions and fun exercises which really helps stimulate my little journaling sessions. I love how the companion journal is based around being brave, self-knowledge and awakening your courageous self! I know I need more of that! I love how it's a 30 day guided journal. Each day is laid out for you; prompting you with questions and exercises to do. It makes it really easy to put aside a few minutes; bettering yourself. I've done my first day already, and I can already tell that "spark" in me is coming back. I'm excited to do my second day!

I follow Matt on YouTube, he has inspired me and so has this journal. If you are feeling stuck in your life and need to figure out your next step, this is the journal for you.

Great way to journal your journey to a better you.

I gave this journal to a good friend for her birthday. She loves to journal and has raved about this! She said it was the best gift I ever gave her. I first saw it on Facebook. So glad I bought it for her. Very reasonably priced, too.

good

I was ready for this so that helped. I loved the prompts and was encouraged to journal for the first time in a long time.

This journal helps you stop for a few moments a day to reflect on yourself to improve the best way possible.

FABULOUS GUIDE TO SELF LOVE!!

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30 Days of Brave: A Guided Journal of Self-Love and Bravery Malala, a Brave Girl from Pakistan/Iqbal, a Brave Boy from Pakistan: Two Stories of Bravery Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Brave New World and Brave New World Revisited Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! Women and Children First: Bravery, love and fate: the untold story of the doomed Titanic Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction. NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) The Tapping Solution for Manifesting Your Greatest Self: 21 Days to Releasing Self-Doubt, Cultivating Inner Peace, and Creating a Life You Love Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series Super Self-Respect, Boost Your Self-Worth & Confidence: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep

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