

The background is a watercolor illustration of a landscape. It features a light beige sky, a range of mountains in soft purple and blue tones, a middle ground of rolling hills in muted green and blue, and a foreground of brownish-yellow fields. The entire image has a layered, torn-paper effect with visible white lines separating the different color sections.

# 30 DAYS OF JOURNALING

BY JESSICA SWIFT, MPS

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Journaling is a spiritual practice, a ritual, that can help you access the deepest parts of you. It can bring new insights and healing where you need it.

*30 Days of Journaling* was created so that you can become more aware of the things that matter the most to you. Spiritual wellness themes of connection and belonging, beliefs and values, purpose, meaning, and identity are woven throughout to help you discover your truest self.

### How to use this tool:

Find a quiet place to spend 5-10 minutes per day. When you sit to write, simply put pen to paper and begin. It is sometimes helpful to set a timer for ten minutes and just keep writing until it sounds. Stream of consciousness is encouraged!

Remember – this is for your eyes only. It doesn't have to be perfect, or look beautiful, or contain profound revelations. Just write.

*A blessing for you as you begin...*

*May the pen in your hand carry the truth of your  
spirit to the page,  
and may the eyes of your heart be opened to what  
you did not know was there.*

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*[The page contains horizontal dotted lines for writing.]*

A blank sheet of white paper with horizontal ruling lines.

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This image shows a full page of a document template. It consists of approximately 30 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting or typing. The background is plain white, and there are no margins, headers, or footers visible.

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not death.

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*[The page contains horizontal dotted lines for writing.]*

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# About Jessica Swift

Jessica is professionally trained in Spiritual Care and mental health, and has spent her career working with people healing from/or experiencing trauma, abuse, mental illness, addiction, and homelessness, as well as those who were sick or dying.

Jessica has also spent 12 joy-filled years as a Youth & Families minister. Jessica believes that spiritual wellness is the key to a healthy and fulfilled life.

Jessica now works as a Spiritual Wellness Coach and provides individual sessions, workshops, and groups centered around spiritual wellbeing .

Find out more at  
[yourspiritualwellnesscoach.com](http://yourspiritualwellnesscoach.com)

