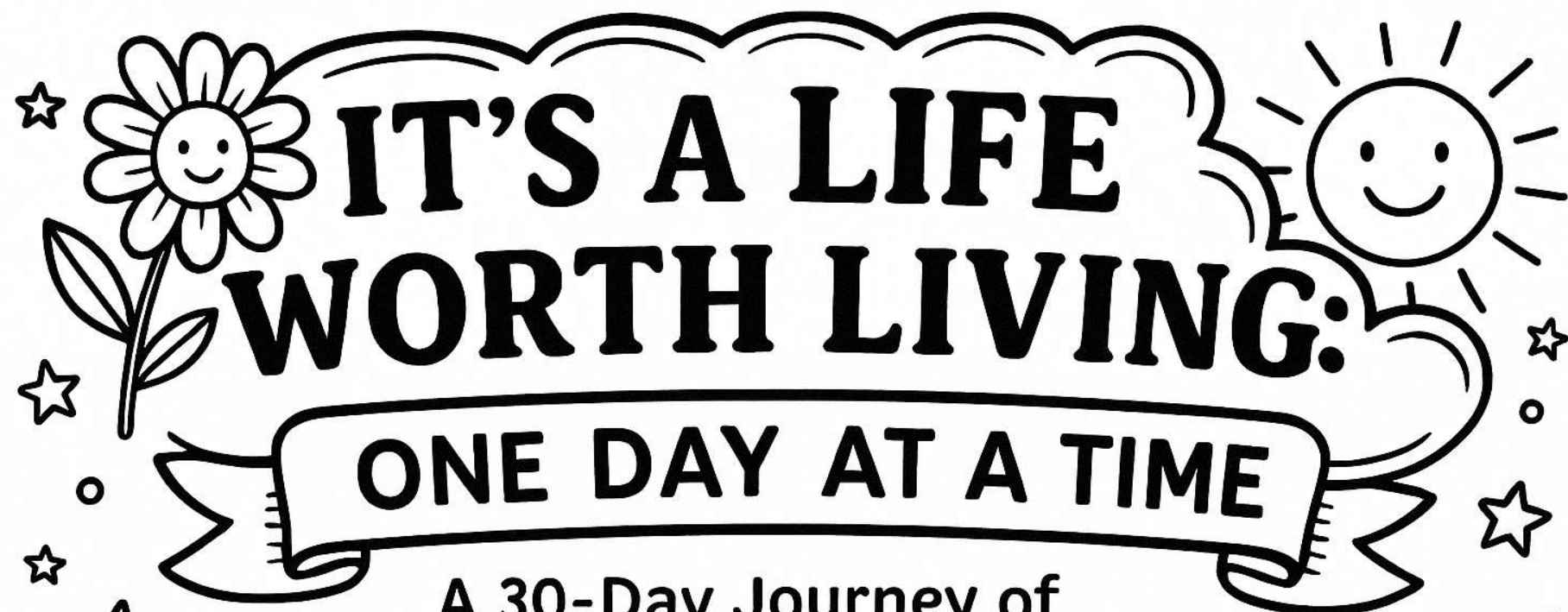




IT'S A LIFE WORTH LIVING:

ONE DAY AT A TIME

**A 30-Day Journey of
Reflection, Growth & Gratitude**

 **By Mission Save a Life**



This journal belongs to: _____



Welcome to Your 30-Day Journey

It's a Life Worth Living: One Day at a Time

You are here. That matters.

Whether you've arrived with hope, heaviness, curiosity, or courage
—this space is for you.

This journal is your invitation to slow down, be truly present, and
reconnect with what matters.

Instead of rushing toward *what's next*, take time to focus on *what's now*.

Savor every reflection, every connection, and the simple joys
that make life worth living.

Over the next 30 days, you'll explore powerful themes like gratitude, courage, peace,
and purpose—through gentle actions, meaningful prompts, and creative pages that
meet you where you are. There is no right way to do this. Just show up.

Breathe. Begin again if you need to.

You can find a more in-depth companion articles about each day at www.missionsavealife.org when you click
'Join the Challenge'

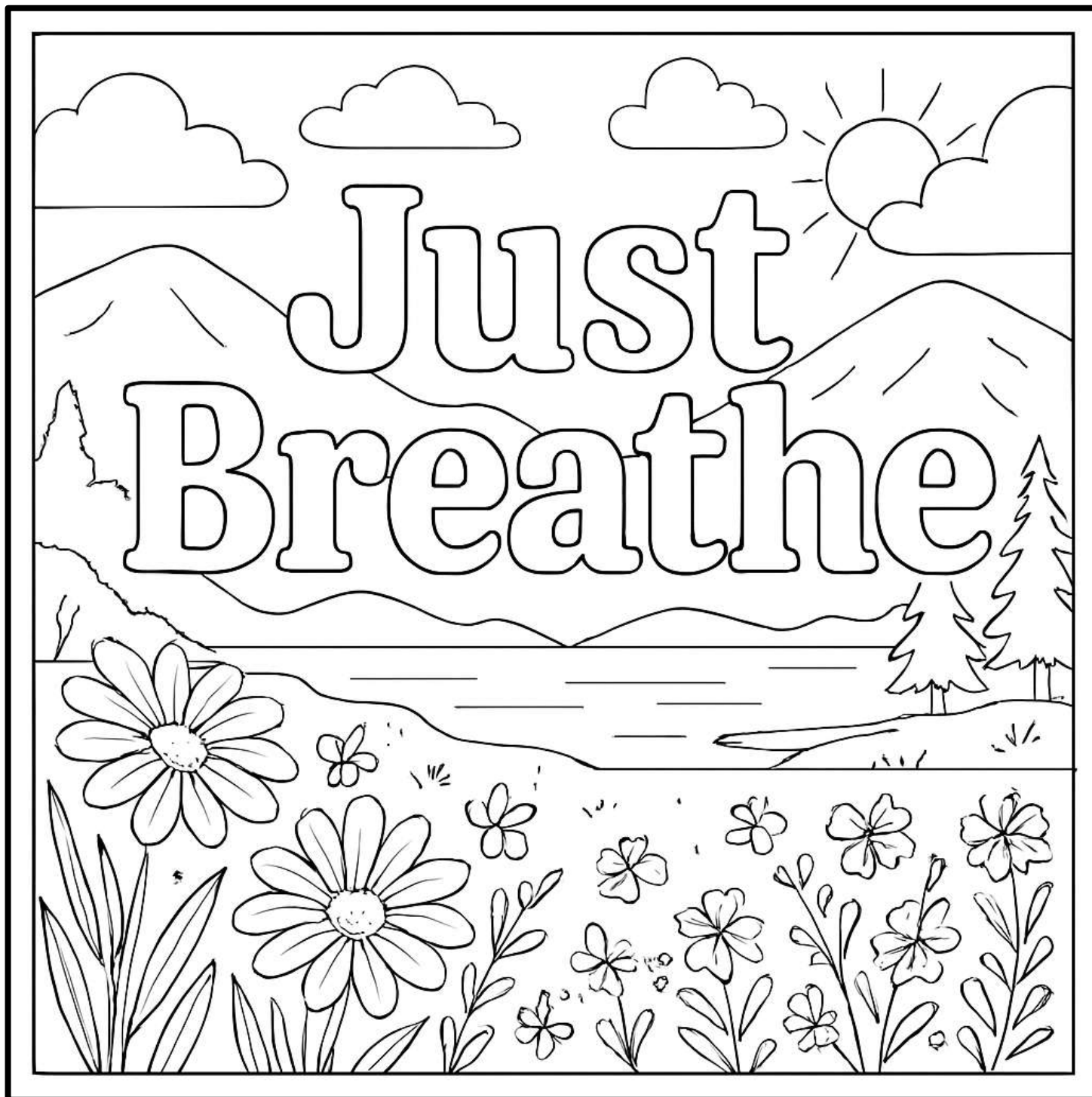
It's a Life Worth Living

30-Day Challenge

Day 1 – Breath (Learn to Pause)						
2 - Awareness	3 - Gratitude	4 - Smiles	5 - Laughter	6 - Nature	7 - Memories	8-Family/Friends
9-Sunrise/Sunset	10 - Kindness	11 - Senses	12 - Hugs/Touch	13 - Books	14 - Music	15 - Daydream
16 - Growth	17 - Courage	18 - Peace	19 - Grounding	20 - Inspiration	21 - Positivity	22 - Silence
23 - Connection	24 - Forgiveness	25 - Listening	26 - Love	27- Community	28 - Purpose	29 - Reflection
Day 30 - Reflection						

Daily Instructions

Pause Take a moment to pause and just breathe, be kind, let go and choose to set your intention for the day ahead.	Reflect Read the daily intention statement, do the activity, and reflect or journal on the prompt.	Give Thanks Acknowledge something you appreciated about the day, no matter how big or small.	One Word Write on this calendar one word to capture that appreciation for that day to use as a reminder.
--	--	--	--



Day 1

Learn to Pause with Conscious Breathing

Daily Intention:

"With each breath, I find calm, clarity, and strength."

Take at least 4 Deep Breaths

1. Just Breathe: put your hands on your stomach and be present with yourself
2. Be Kind: put your hands on your heart, forgive yourself, smile and be grateful for this moment
3. Let Go: open your hands in front of you, release any negative thoughts or emotions that don't serve you
4. Choose: put your hand on your temples, set your intention for the day

BONUS: Repeat this before each day's activity.

How does your body feel after taking a few mindful breaths?

Someone smiling 😊	A sound you hadn't noticed before	A moment of silence	A natural color (like green grass or blue sky)	A repeating pattern (brick wall, tiles, clothing)
Your own negative emotion	A moment where you paused before reacting	A smell you enjoy	Something moving slowly (like leaves or a person)	A reflection in a window or mirror
Something manmade	A cloud shaped like something	{enter your own}	Your own positive emotion	A unique piece of art or decoration
An act of kindness (by you or someone else)	Something that makes you smile	Something that surprised you	A warm surface (like sunlight or a mug)	Someone who seems upset 😞
A colorful flower or plant	A cool breeze	A sound of nature (bird, wind, etc.)	Your heartbeat or breath	Sound of Laughter

Day 2

Enhance Awareness by Observation

Daily Intention:

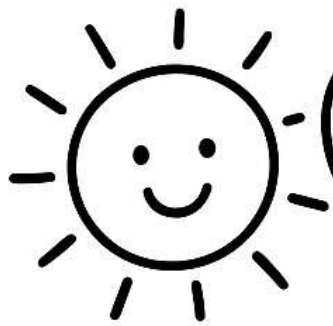
"I am present in this moment, noticing the beauty in the details of life."

Take time to slow down and become aware of the world around you.

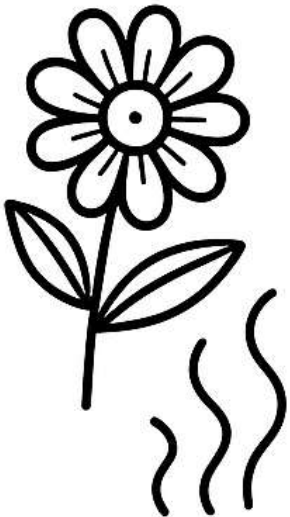
Find each to create a BINGO!
Populate the middle square with something you noticed for the first time.

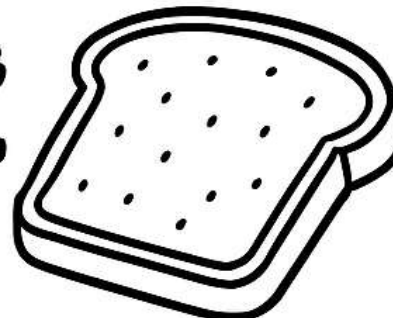
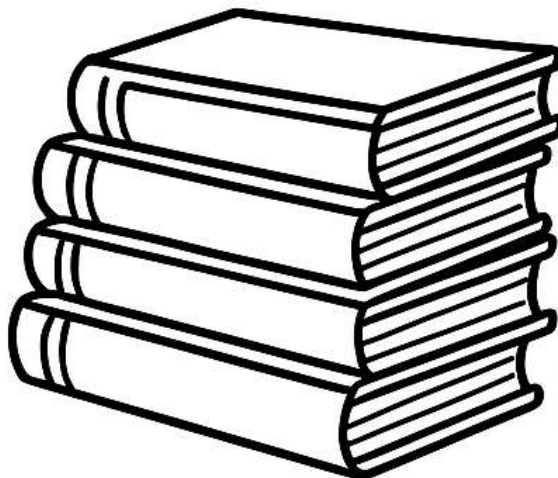
When you find each item, take a mental or actual picture of the item. If you are glad to notice it, say thank you for bringing {item} to my attention.

How does it feel to become aware of things around you?



GRATITUDE





Day 3

Choose Gratitude for Energy

Daily Intention:

"I am grateful for today and the moments that make life meaningful."

Reflect on the things you use every day and often take for granted but are glad you have. As you think of each, say "Thank You for {item}".

How does gratitude change your perspective and energy?

How can you incorporate throughout your day?

[illegible]

*How can you incorporate
throughout your day?*



Day 5

Discover the Healing Power of Laughter

Daily Intention:

"I welcome laughter and joy into my life each day."

Can you find 5 things wrong with the picture?

As you find them, purposely laugh.

How does laughter make you feel?

How can you incorporate laughter throughout your day?



Day 6

Recharge with the Abundance of Nature

Daily Intention:

"I am connected to the beauty and peace of nature."

Sit by a window, go outside, or listen to nature sounds.

Observe everything as if for the first time.

Notice the abundance all around you.

How does being in nature make you feel?

How can you incorporate nature more regularly?

Day 7

Relive Your Memories

Daily Intention:

"I honor my memories (good or bad) and carry their joy and growth with me today."

Reflect on memories (good or bad) that have helped you grow and shape who you are today.

What is one thing that at the time you thought was negative that turned into blessing?

How can you make more of the memories that matter?

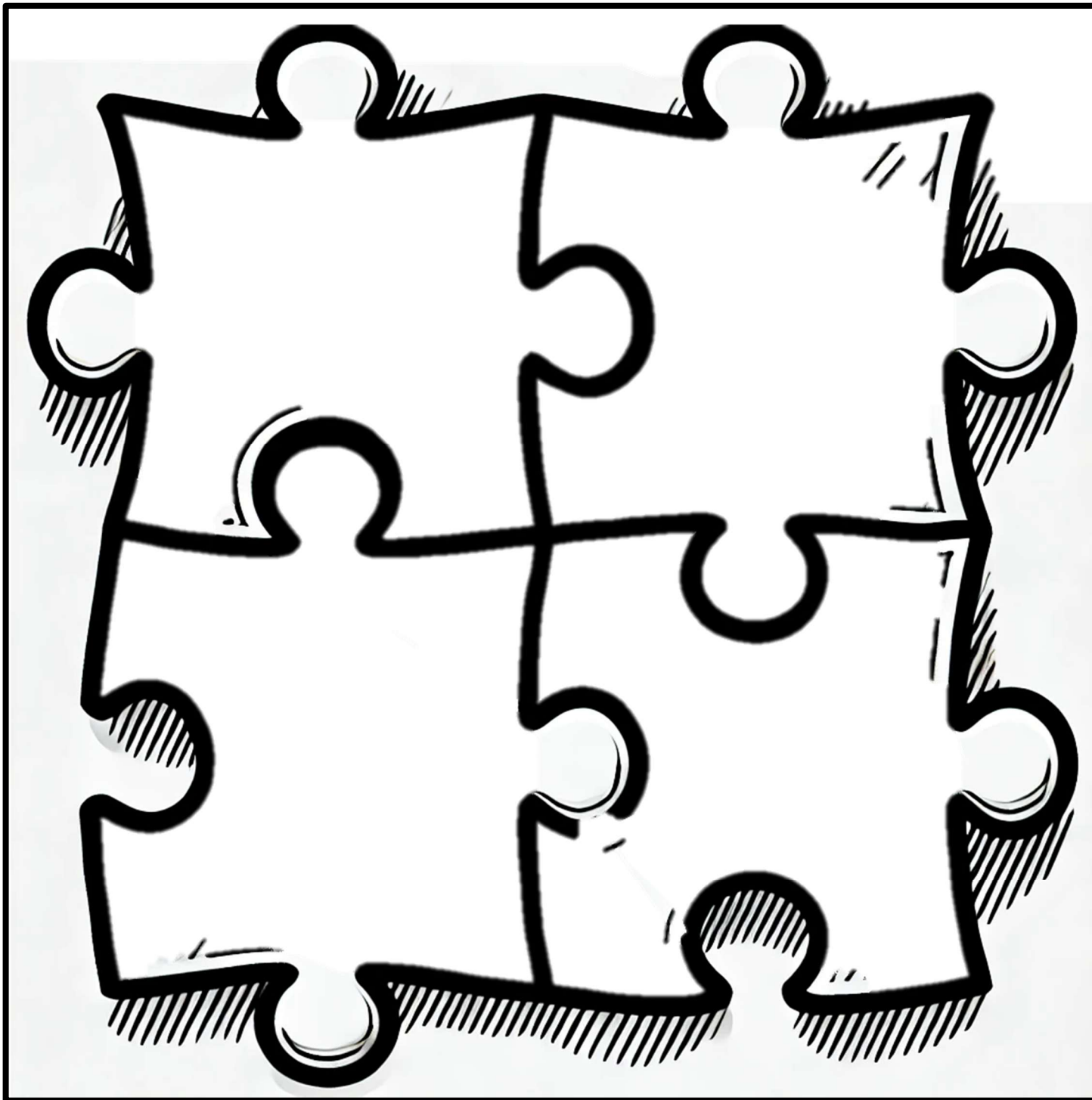
Childhood (Ages 0–12): What are some early memories, experiences, or lessons that stand out to you?

Teenage Years (Ages 13–19): What did you learn about yourself during this time?

Young Adulthood (Ages 20–39): What challenges or milestones helped you grow?

Midlife (Ages 40–59): What are some ways you changed or gained new wisdom (or plan to)?

Later Life (Ages 60+): How are you still growing (or hope to)? What have you learned or will learn?



Day 8

Celebrate the People Who Shape You

Daily Intention:

"I am thankful for the people who complete the picture of my life with their love, support, and presence."

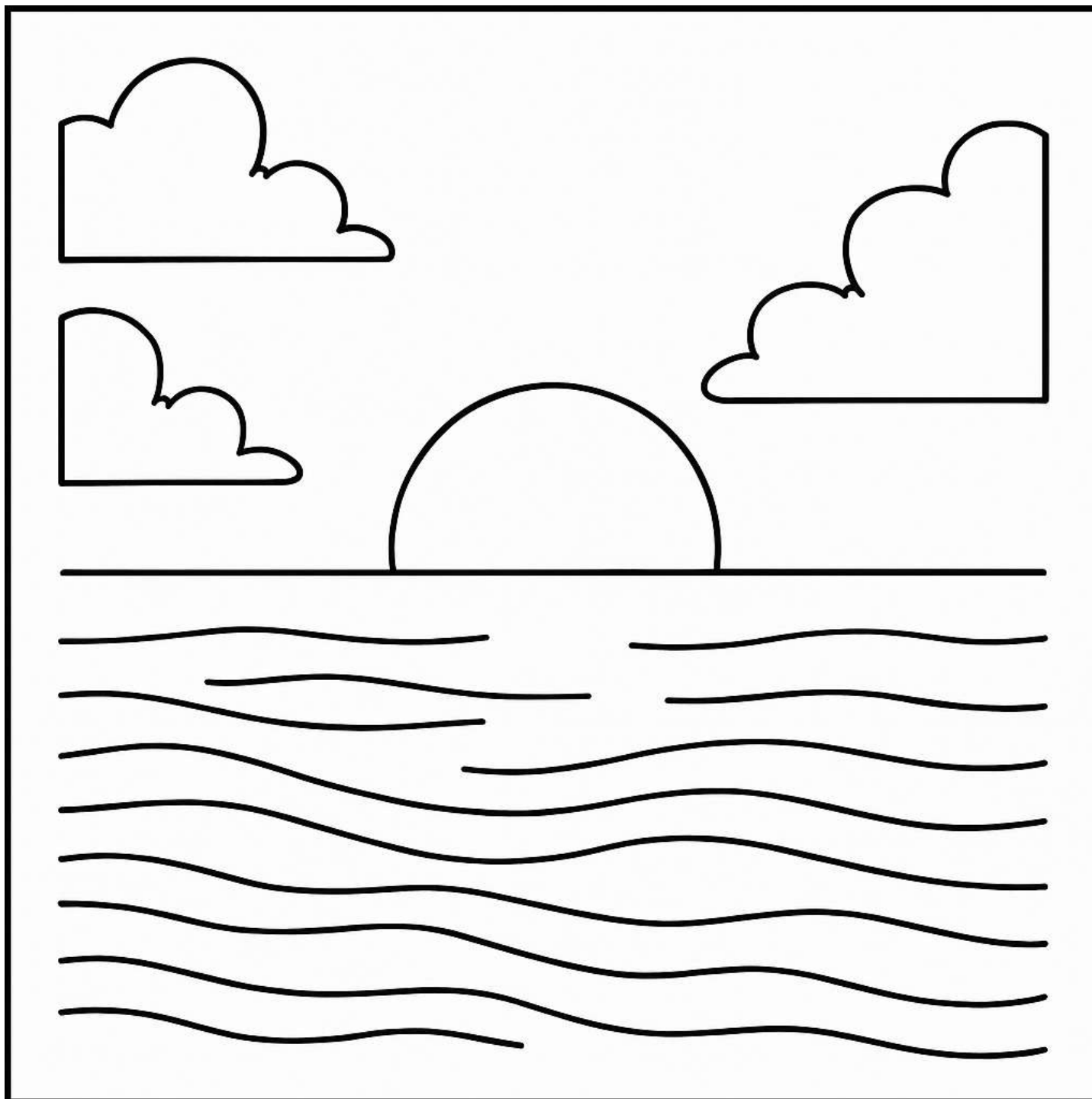
Write their names of four people that had an impact on your life and choose a color that reminds you of them.

When you see that color again, give thanks for the role they play in your life.

What are favorite moments with that person?

How does each person add to who you are becoming?

What would your life look like without one of these puzzle pieces?



Day 9

Celebrate New Beginnings with Sunrises & Sunsets

Daily Intention:

"Like the sun, I embrace each day with hope and close it with gratitude."

Observe a sunrise or sunset today, outside or on a video.

Visualize the sun representing the gratitude of a new day full of opportunity or closing the day and any learnings it held.

Color the colors you see or feel.

What thoughts or feelings does it bring?

Consider a daily ritual around the sunrise or sunset.

Take a deep breath and be kind to yourself.	Give a warm greeting to everyone you see today. 🙌	Say “thank you” and mean it.	Write a kind note to someone. 📝	Hold the door open for someone. 🚪
Call or visit a friend or family member. 📞	Say something positive about yourself. ❤️	Help someone without being asked.	Encourage someone who seems down.	Ask someone to share a favorite memory.
Let someone go ahead of you in line.	Pick up a piece of litter and throw it away. ♻️	{enter your own}	Tell someone why you appreciate them.	Leave an encouraging note in a public place.
Give a sincere compliment.	Ask someone how they are feeling and really listen.	Forgive yourself for something you said or did.	Make someone laugh or share a funny joke. 😂	Smile at someone today. 😊
Listen to someone without interrupting. 🗣️	Share a snack or treat with someone. 🍪	Pay something forward.	Say I love you to yourself in the mirror. 🪞	Wish someone a wonderful day.

Day 10

Choose Kindness: Light Up the Day

Daily Intention:

“I choose kindness, knowing it creates light for myself and those around me.”

Look at the Acts of Kindness Bingo board. Pick at least 5 acts you commit to doing today—mark them off as you go.

Remember: Even the smallest act of kindness can make a big difference.

How does it feel to be kind to another person?

To yourself?

Which acts came easily—and which ones stretched you outside your comfort zone? Why?



Day 11

Activate your Senses.

Daily Intention:

"I am grateful for the ability to experience life through my senses."

Be mindful of your senses today.

Take time today to observe what you see, hear, feel, smell, or taste as you go about your day (or the items on this page).

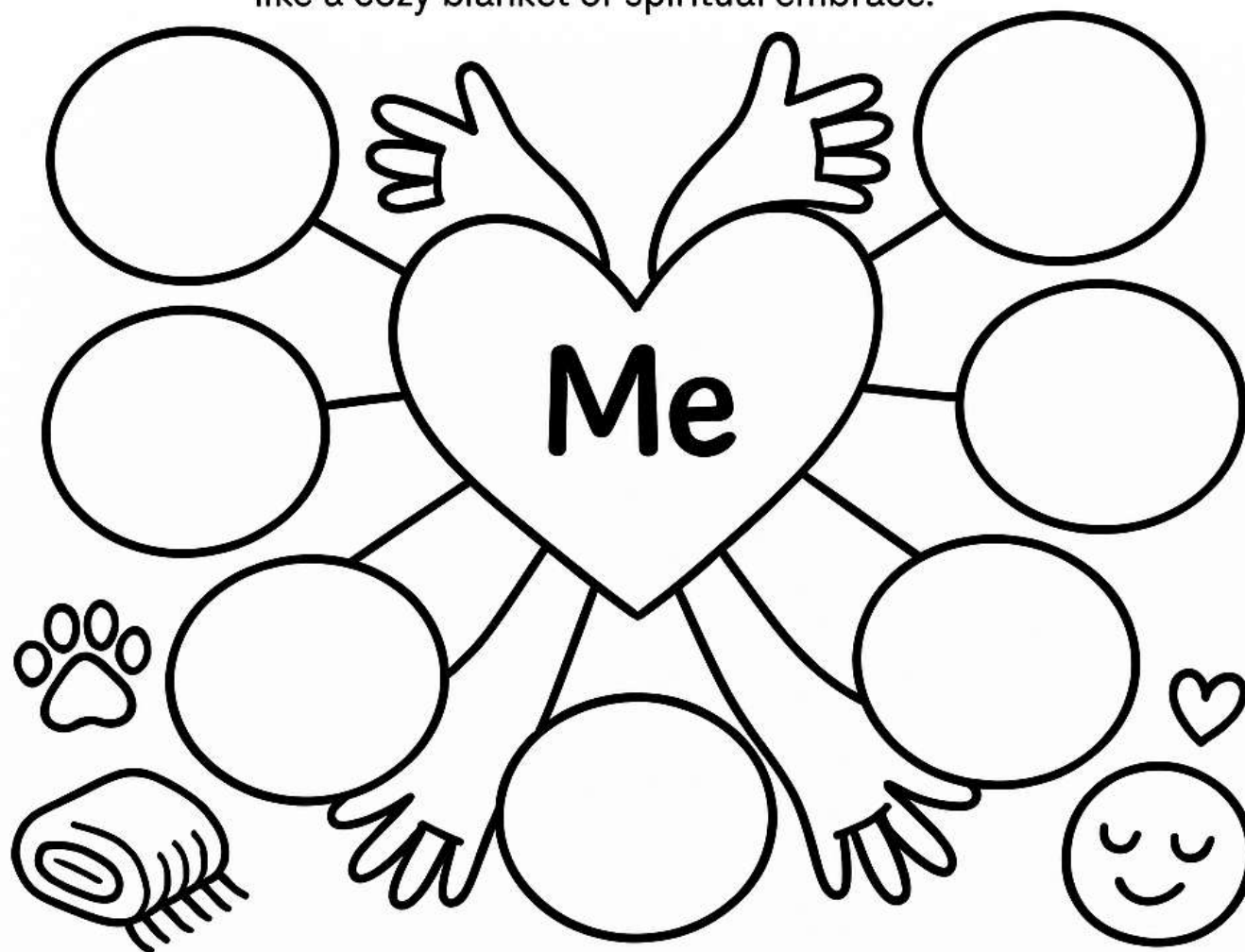
Say thank you as you do.

What senses do you often forget about?

When you are mindful does it change how you appreciate things?

Who Hugs You When You Need It Most?

Draw or write inside each hug bubble who or what brings you comfort through touch—whether it's a person, pet, or even something symbolic like a cozy blanket or spiritual embrace.



Day 12

Embrace The Power of Touch

Daily Intention:

"I am grounded, comforted, and connected through the healing power of touch."

Think about who or what wraps you in comfort when you need it most—people, pets, cozy spaces, or even warm sunlight.

Think about the individuals that seek you for comfort.

How do you feel when you receive or give a real hug?

Who do you naturally offer comfort to—and how does that make you feel?

How can you bring more intentional comfort and connection into your daily life?

Instructions: This fun fill-in-the-blank mad lib reminds us how the words we choose can completely change the meaning of a message—just like what we choose to read (books, socials, news, etc.) we choose can shape how we see the world.

Do not read the story yet! Fill in the blanks below with the words indicated. Then read the story.

1. **Adjective:** _____
2. **Time of day:** _____
3. **Two Emotions:** _____
4. **Verb (present tense):** _____
5. **Noun:** _____
6. **Plural noun:** _____
7. **Adjective:** _____
8. **Verb ending in -ing:** _____
9. **Adjective:** _____
10. **Place:** _____
11. **Plural noun:** _____
12. **Verb (present tense):** _____
13. **Noun:** _____
14. **Two Emotions:** _____
15. **Adjective:** _____

Day 13

Choose Books That Build You

Daily Intention:

“Today, I choose to fill my mind with words that nourish, challenge, and inspire me.

Words matter, they shape our thoughts, feelings, and actions.

Create a mad-lib story by suggesting words.

Now play with the words and see how the story changes.

What’s one book, quote, or story that changed how you see the world?

If your life right was a chapter in a book, what would the title be?

What would you want the next chapter to say?

A Day in My Life

(Pick your words. Then read your story. Then... rewrite your day your way.)

It was a **(1) [adjective]** _____ **(2) [time of day]** _____, and I woke up feeling **(3) [emotion]** _____ and _____. I decided to **(4) [verb]** _____ with intention.

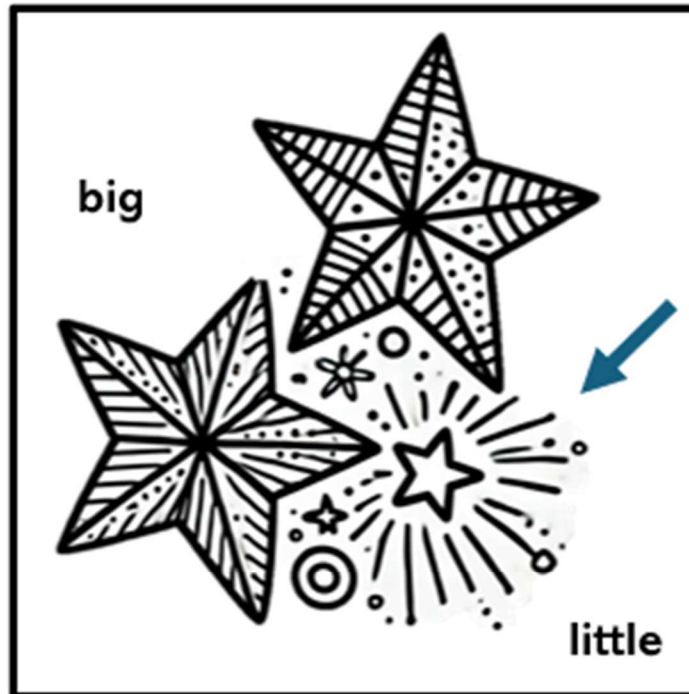
I grabbed my **(5) [noun]** _____ and surrounded myself with **(6) [plural noun]** _____ to stay inspired.

I wore my most **(7) [adjective]** _____ mindset and started **(8) [verb -ing]** _____ like I meant it.

Midway through the day, I felt a **(9) [adjective]** _____ energy fill me as I walked through **(10) [place]** _____, noticing all the **(11) [plural noun]** _____ around me.

I chose to **(12) [verb]** _____ with purpose, reminding myself that I'm building my own **(13) [noun]** _____.

By evening, I felt **(14) [emotion]** _____ and _____, knowing I had lived today with a **(15) [adjective]** _____ heart.



Day 14

Feel the Music!

Daily Intention:

"Music lifts my spirit, brings back joyful memories, and fills my day with light."

Listen to a favorite song and embrace the memories or feelings it brings up.

Can you name these classic tunes? (Try humming or singing them!)



How does music affect your mood? Think about a time music helped you.

What's one song you could play next time you're feeling low—to help shift your energy?

One (adjective) _____ morning, I packed my bags and headed to (place) _____ for my dream vacation. The sun was (adjective) _____, and the air smelled like (noun) _____ as I arrived at the (place) _____.

The first thing I did was try (food) _____, which tasted (adjective) _____ but was surprisingly (adjective) _____! After that, I decided to (verb) _____ along the (place) _____ and look for (plural noun) _____.

As I was exploring, I met a (adjective) _____ (person or animal) _____ who was wearing a (color) _____ (piece of clothing) _____. We became fast friends and spent the afternoon (verb ending in -ing) _____.

Later in the evening, I watched (noun) _____ while enjoying a (adjective) _____ (drink) _____. It was the most (adjective) _____ moment of my trip!

On my last day, I bought a (souvenir or object) _____ to remember my adventure. As I headed home, I thought to myself, "That was the most (adjective) _____ vacation ever!"

Day 15

Daydream, Wander in Wonder

"I give myself permission to dream big, explore joyfully, and imagine new experiences that energize my spirit."

Fill in the blanks to design your dream vacation—no limits, just imagination. Then, read your adventure out loud and enjoy the journey your mind created.

Have you ever taken a trip that felt magical or freeing? Why?

What part of your dream vacation could you bring into real life—even in a small way this week?

Why do you think this type of place or experience speaks to you right now?

It Happened – I achieved my goal!

Today is (future date) _____ and I just accomplished my goal of (goal you achieved) _____!

I woke up this morning feeling (emotion) _____, and the first thing I did was (action) _____ to celebrate. I looked in the mirror and said, (motivational phrase or affirmation)

" _____ " with the biggest smile on my face.

To get here, I had to be (adjective) _____, stay focused on (personal value or habit) _____, and remind myself that (belief or mantra) _____.

When I told (name of someone important) _____, they said, "(encouraging phrase) " _____ " and gave me a huge hug.

To celebrate, I'm going to (fun activity) _____ and treat myself to (small reward or indulgence) _____.

The best part? I feel (emotion) _____ and (another emotion) _____, and I know now that I can achieve (something else you want in the future) _____ too.

Want to make it real? Write this goal and date on a sticky note and place it somewhere you'll see every day. You're one decision away from getting started. 🌟

Day 15 (option 2)

Dream It, Do It

"I give myself permission to dream big, explore joyfully, and imagine new experiences that energize my spirit."

Fill in the blanks to step into your future. Imagine you've already achieved your goal—feel it, celebrate it, and let your words bring it to life. Read your story aloud and see yourself already there.

Do you believe you can achieve this goal?

What's one small action you can take today to move closer to this goal?

How will you feel when you reach this goal—and what will it say about who you are becoming?

Day 16

Watch Me Grow

"I honor my journey by recognizing how far I've come and how much I'm still becoming."

Reflect on how you've grown in different areas of your life—emotionally, mentally, physically, or spiritually.

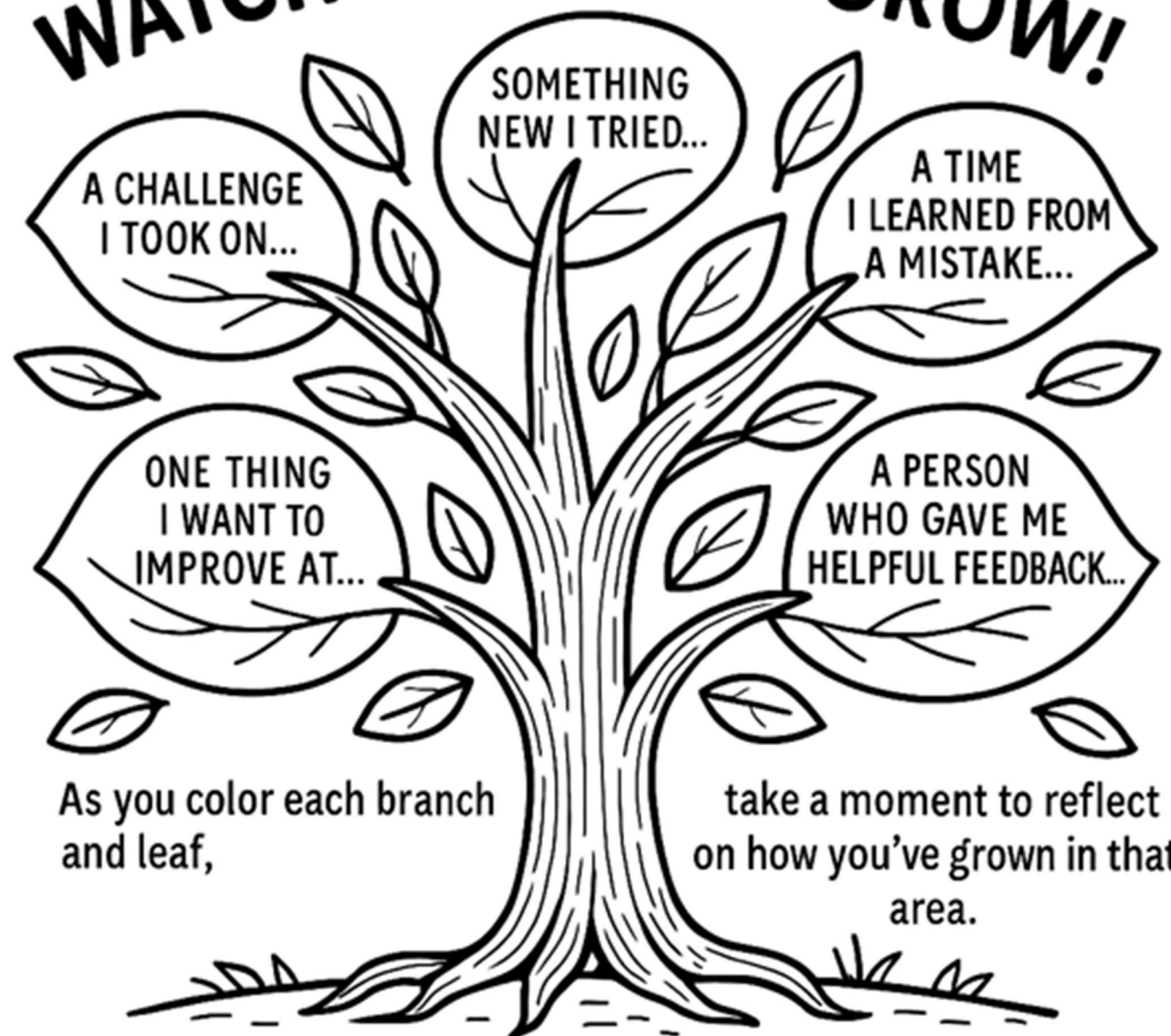
Think about challenges you've faced, new things you've tried, and lessons you've learned along the way.

What's one challenge that helped you grow more than you expected?

If you could talk to your past self, what would you say?

What is one area of your life where you're still growing—and how does that feel right now?

WATCH YOURSELF GROW!



As you color each branch and leaf,

take a moment to reflect on how you've grown in that area.

 Growth isn't always loud—but it's always powerful.

Offering comfort or encouragement to someone else	Admitting when you're feeling sad or vulnerable	Telling someone how much they mean to you	Saying "no" or setting a boundary	Asking for Help
Trying a new food or recipe	Standing up for someone else	Choosing to believe in yourself despite doubt	Letting go of a grudge or forgiving someone	Volunteering to help with a task
Admitting you are wrong	Leaving a toxic situation	{enter your own}	Admitting when you don't know something	Writing a letter to someone from your past
Facing health challenges with determination	Making a new friend	Trying a technology you're not familiar with	Telling a joke or doing something playful 🤪	Apologizing to someone you hurt
Teaching someone else a skill or craft	Share a personal story or memory	Simply showing up with a positive spirit, when you are sad	Acknowledge your own strength in the mirror 🪞	Trying a new activity for the first time

Day 17

Courage, Be Brave Everyday

"Each small act of courage builds my strength. Today, I celebrate the bravery in being me."

Reflect on how you can have courage in everyday life.

Mark off every act of courage you've done—or try something new today to stretch your bravery muscle.

Remember, courage isn't loud. Sometimes, it looks like showing up, speaking gently, or simply trying again.

Which act on the bingo board felt the most meaningful or surprising—and why?

What's one square you want to try this week that feels a little scary but doable?

Colors	Objects / Places
People / Animals	Activities

Day 18

Invite Peace In

“Peace is already within me. I choose to return to it today.”

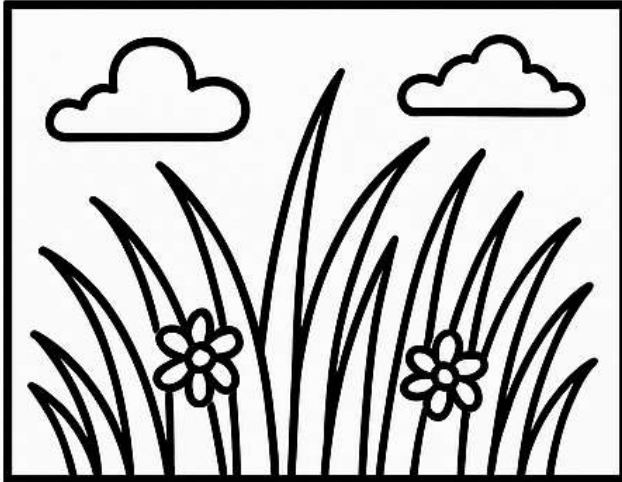
Write or draw the colors, people, places, objects, or activities that bring you peace.

Then take a few deep breaths and give thanks for any moment today that felt calm or comforting—no matter how small.

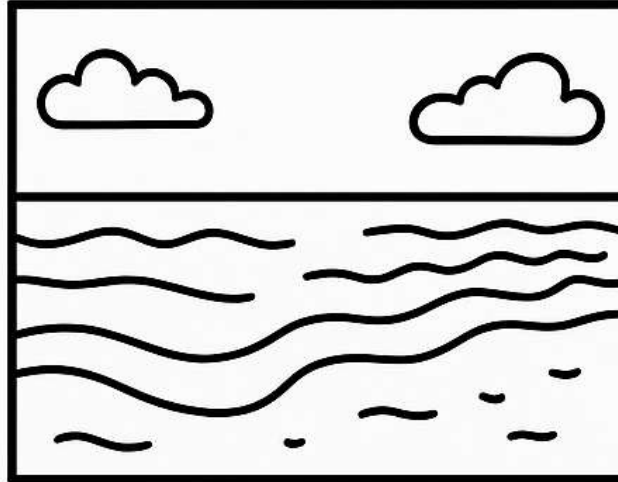
When do you feel most at peace—and why?

What’s one thing you could do today to create a peaceful moment for yourself or someone else?

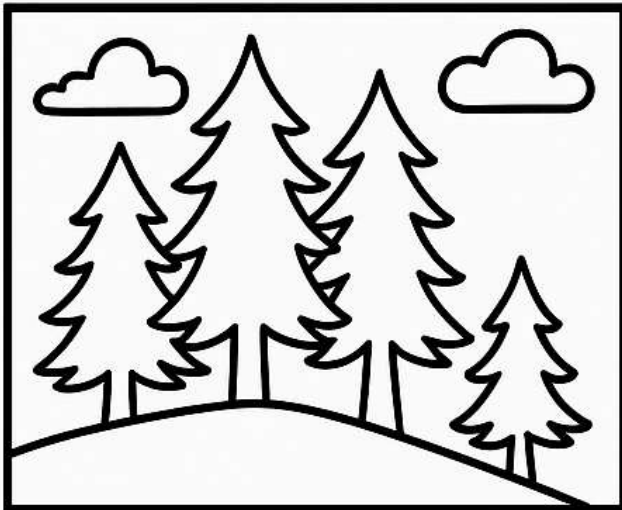
GROUNDING



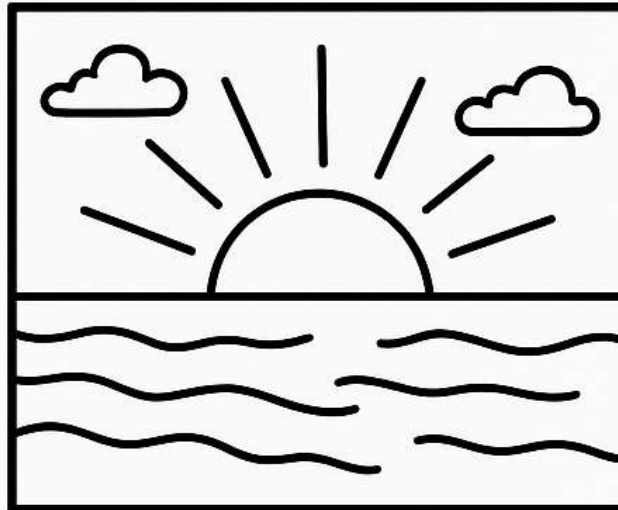
I AM SAFE



I FLOW WITH EASE



I AM PRESENT



I RELEASE

Day 19

Get Grounded: Feel the Earth Hold You

"I am rooted in the present. The earth supports me. I breathe in peace and exhale release."

As you color, imagine yourself standing in each grounding scene—grass, beach, forest, and sunset.

Feel your feet connected to the Earth. Notice the calm, safety, and strength that rises through you.

Which of the four scenes brought you the most peace or power—and why?

What can you do today to bring more of that grounded feeling into your everyday life?

Finding Words that Inspire:

B O S E C R E A T I V I T Y S
E K R E B M I X T F T I Y H M
B D L V K W N M J L W Q C E K
F Q L Y I S N Z D O U G O E I
P I Q H N T Y U U E Y D U E N
U Y Z K D R Y J G P F V R H S
R Y B V N E A B X K X K A K P
P P E W E N H E U Z V L G B I
O P D X S G S O E R U O E I R
S U V R S T W O P Z Q V W C E
E N P T B H F R B E Q E O A B
R V E D I M A D V E N T U R E
X L A X O Z D W Z C N I B V B
M J C N Z U E G U A A V G R J
Q C E J C O N N E C T I O N S

JOY
COURAGE
PURPOSE

HOPE
STRENGTH
CONNECTION

LOVE
ADVENTURE
KINDNESS

PEACE
INSPIRE
CREATIVITY

Day 20

Seek Inspiration: Find What Lifts You Up

*"I am inspired, and I inspire
others through my words,
energy, and actions."*

Complete the word search
and reflect on the words that
stand out to you most.

Circle or highlight the ones
that feel personal—and let
them guide your energy today.

*Which word from the puzzle
inspired you the most—and
why?*

*What does inspiration feel like
in your body or spirit?*

*How can you be a source of
inspiration to someone else
today?*



Day 21

Speak Light: Practice Positivity Daily

*"I will speak kindly to myself
and believe in the good that
each day brings."*

As you color the words and
symbols on this page, pause
to say each one out loud and
notice how those words make
you feel.

Let this page be a visual
reminder that your words—
especially the ones you say to
yourself—hold power..

*What's one positive phrase
you can say to yourself when
you're feeling low?*

*How does your day change
when you shift your mindset to
something hopeful or kind?*

QUIET REFLECTION SPACE

This space is yours. Sit in stillness,
When you're ready, draw, doodle, or write
what arises in the quiet. Let the silence speak.

Day 22

Embrace Silence: Find Calm in the Quiet

*"In stillness, I hear my truth. In
silence, I return to myself."*

Sit quietly in a peaceful space
without speaking. Take 10+
deep, slow breaths with your
eyes closed.

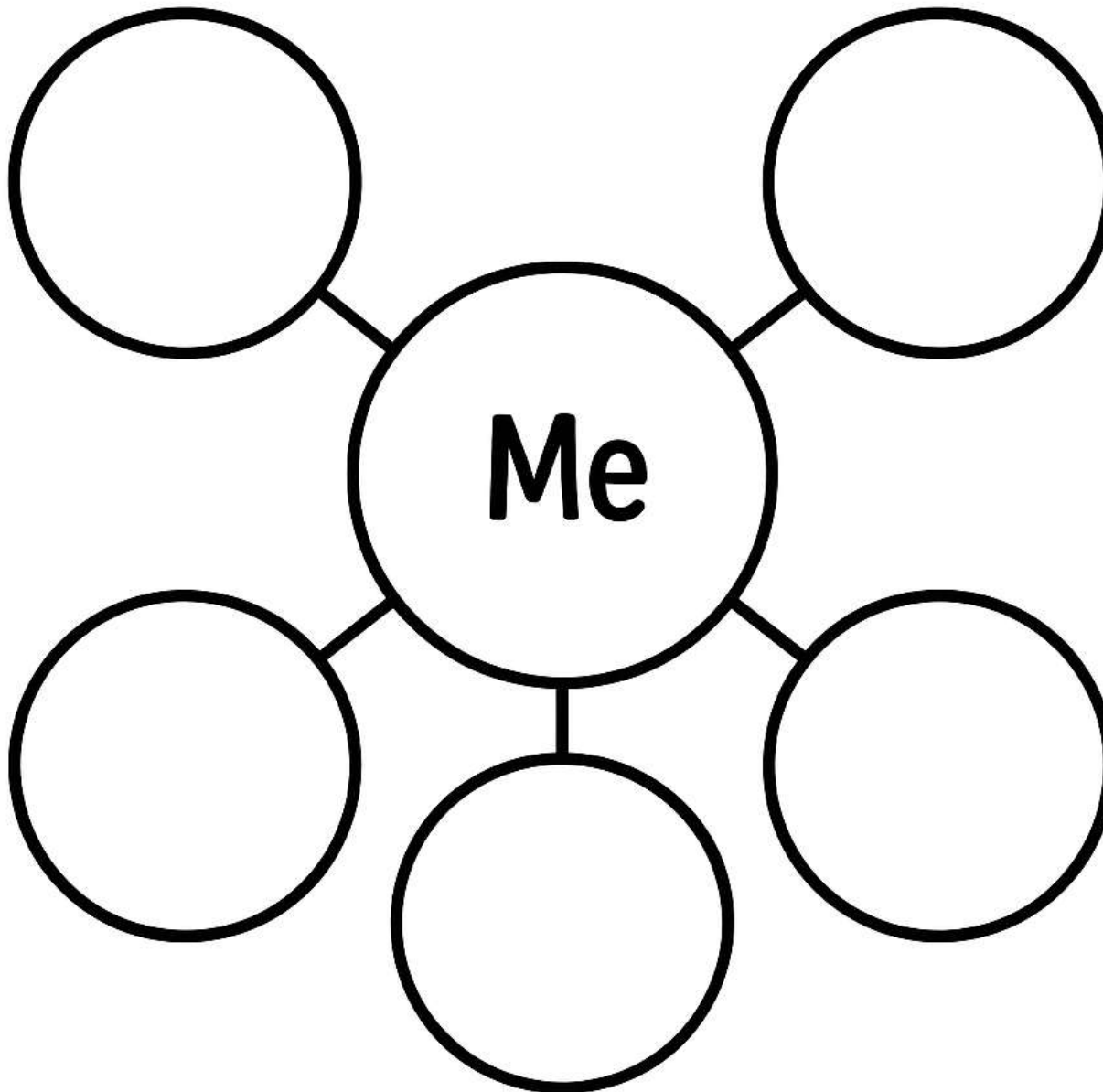
Give yourself permission to
pause. Let the silence hold
you.

*How did it feel to be in silence
today—uncomfortable,
peaceful, or something else?*

*What thoughts or feelings
surfaced when you
disconnected?*

*What could you change in your
daily rhythm to make more
room for quiet reflection?*

MY CIRCLE OF CONNECTION



Day 23

Build Connections: Reach for Relationships That Matter

"I am connected, seen, and supported by those around me—and I offer that same support in return."

Name five relationships you appreciate—family, friends, mentors, or even someone who always makes you smile.

Reach out to at least one of them today and let them know how much they mean to you.

How does being connected to others make you feel?

What is one relationship you'd like to nurture more—and how can you begin?

What do you bring to your relationships?



Day 24

Let Go with Forgiveness: Make Space for Healing

"I release the past and welcome peace into my heart."

As you color, read each affirmation aloud.

Think of one thing or person you're ready to release.

Let forgiveness make space for peace.

How does it feel to forgive someone, even silently?

What's one thing you can forgive yourself for today?

What might change if you fully let go?

Ask someone you would like to know better:

1. What was your favorite job or role in your life?
2. What's a skill or talent you've used or enjoyed over the years?
3. What's something most people don't know about you?
4. Do you have a favorite memory from your childhood?
5. What's something new you've learned or tried recently?
6. What brings you joy or makes you smile these days?

Day 25

Practice Listening: Connect with Curiosity

"My mind is open, and I welcome new knowledge and connection."

Use the prompts (or your own) to ask someone you would like to know better about their life.

Listen with curiosity, not judgment.

Notice how being present deepens your connection.

What surprised you or touched you in their answers?

How did it feel to listen without planning your reply?

What did you learn—about them, or about yourself?

SELF-LOVE



Day 26

Practice Self-Love: Start with You

*"I am surrounded by love—
and I begin by offering it to
myself."*

To be good at loving others, we
need to learn to love
ourselves.

Write down things you love
about yourself—even on hard
days.

Self-love helps you show up
for others with more honesty,
kindness, and joy.

*What makes you worthy of
your own love—no matter
what?*

*What's one thing you'd say to
your younger self with love?*

I am Grateful for My Community

These people make my community feel like home:

- _____
- _____
- _____

I'm grateful for these people who...

Make me laugh _____

Offer help when I need it _____

Listen to my stories _____

Share a meal with me _____

Say hello each morning _____

Invite me to join something _____

Remember my name _____

A kind thing I could do for someone in my community today is:

Day 27

Celebrate Community: See Your Circle with Gratitude

"I am a valuable part of my community, and my presence makes a difference."

Community is built on small moments of kindness, support, and connection.

Reflect on the people who make your world feel more like home—and how you can show them love in return.

Who in your community makes you feel seen or supported?

What's one way you can offer kindness back this week?

Finding Your Purpose

M L I S T E N E R P Q F I Q
G L Q U B F R I E N D H F U
V S H E J A Z M Z D L A V A
W T R E N L E M C V H Q O C
P O S Y L C H O S T D J L O
Q R I U C P O H W J Z V U M
R Y V D P O E U V S V W N F
G T I T G P N R R I Q X T I
H E O U R F O N Q A A P E X
F L Z J E Z S R E M G X E E
L L M I E F D S T C C E R R
Y E M T T N T M T E T K R T
S R P N E M E N T O R O O D
T C J Y R B C I F S K S R W

HELPER
GREETER
FRIEND

MENTOR
HOST
ENCOURAGER

STORYTELLER
LISTENER
VOLUNTEER

FIXER
CONNECTOR
SUPPORTER

Day 28

Live with Purpose: Find Meaning in the Everyday

"I have purpose. I matter. My presence makes a difference."

Find the words that describe different ways people live with purpose.

Circle the ones that feel most like you.

Reflect on how these everyday roles help make the world a better place.

Which of these words describes you best?

What words can you add to the list that describe a simple purpose for you?

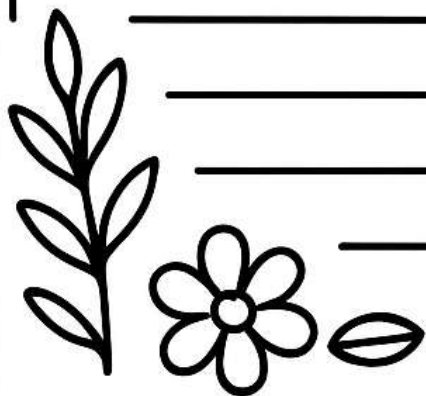
How can you lean into your purpose more?



A NOTE TO THE NEXT GENERATION



Dear,



Day 29

Live Your Legacy: Share What Matters Most

“My life has meaning. My story matters. My legacy lives on in the hearts I’ve touched.”

Legacy is about how we live and love, not just what we leave behind.

Reflect on your stories, your wisdom, and the values you hope to pass on.

What’s one lesson or story from your life worth passing on?

What do you hope people remember most about you?

What is one way you can begin creating your legacy today—through a choice, a habit, or a story you share?

Reflection Journal

Take a quiet moment to reflect on your 30-day journey and life journey. There's no right or wrong way to do this—just be honest and kind with yourself.

1. One thing I've learned about myself...

2. A moment I'll remember from this challenge...

3. A mindset or belief I want to carry with me going forward.....

4. One small thing I want to keep or start doing...

5. A strength I didn't know I had until now...

Day 30

Reflect & Rise: Carry Your Wisdom Forward

"I honor my journey. Every experience has shaped me, and I carry my wisdom forward."

Look back on your 28-day journey.

Celebrate the lessons, growth, and moments that mattered most.

Use the prompts to reflect with honesty and self-kindness.

What legacy or lesson are you walking away with that you'd want others to know?

You Made It! Time to Celebrate You!

This Is Just the Beginning.

Thank you for being courageous enough to focus on yourself for 30 days.
You showed up. You reflected. You grew.

You created space for gratitude, courage, and connection.
You honored your story. You chose to believe: **It's a Life Worth Living.**

This journal may be complete, but your journey continues.
Keep choosing to live with intention, purpose, and love—one day at a time.



Now Pass It On

Share this with 5 people who need to be reminded:
They matter. Their story matters. Life is worth living.
