30-Day

SOUL CONNECTION

a journal

30 DAYS OF INSPIRATIONAL WORDS FOR MINDFUL REFLECTION

Jacqueline Steudler

Black and White Edition

Hello! Thank you for your purchase.
This black-and-white journal is meant
to be **printed double-sided.**
This way, the quote and the word of the day
will face each other.
I kept the design simple, so you've space
for your own creative ideas.

Enjoy, Jacqueline

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Welcome to

30 Days of Soul Connection

This self-reflective 30 day journal helps you deepen your awareness. It enhances your well-being through daily mindful reflection.

Each day, you will find a single-word inspiration, a quote an empty page for your creative doodles. It will help you connect with your emotions and cultivate self-awareness. These strong words can evoke emotions and allow you to reflect on your thoughts and feelings.

Take five minutes daily to write, doodle or draw your thoughts and feelings. You can discover how the word inspires you and deepen your understanding of yourself.

Bonus tips:

- Use your less dominant hand to write for an extra layer of self-awareness. This simple technique can help you access your innermost thoughts and feelings. Try it and develop a greater connection to your soul and heart.
- Take some colour pencils and bring your mood to life creatively.
- Please test your pen before writing. You don't want it to bleed through to the next page.
- Before you start to write, colour in the word of the day.

At the back of the book, you will find a list of all the words included in "Soul Connection." This list can serve as a reference for future reflection. Track your progress as you deepen your self-awareness and enhance your well-being.

I hope "Soul Connection" will become a valuable tool on your journey to self-discovery and self-improvement. May it inspire, challenge, and guide you toward a sense of self-care and inner peace.

Jacqueline

NOTES

"What we have once enjoyed we can never lose.
All that we love deeply becomes a part of us."
~ Helen Keller

EMPOWER

"To dare is to lose one's footing momentarily.
To not dare is to lose oneself."
~ Soren Kierkegaard

COURAGE

"Believe you can and you're halfway there."
~ Theodore Roosevelt

BELIEVE

"Embrace your creativity and run with it."
~ Jacqueline Steudler

EMBRACE

"Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all."
~ Emily Dickinson

HOPE

"Some have been thought brave
because they were afraid to run away."
~ Thomas Fuller

BRAVE

"Love is the bridge between you and everything."
~ Rumi

LOVE

"Why do you stay in prison when the door is so wide open."
~ Rumi

THRIVE

"Very little is needed to make a happy life;
it is all within yourself, in your way of thinking."
~ Marcus Aurelius

HAPPY

"Everything that is made beautiful and fair and lovely
is made for the eye of one who sees."
~ Rumi

EASE

“When you arise in the morning, think of what a precious privilege it is to be alive to breathe, to think, to enjoy, to love.”
~ Marcus Aurelius

BREATHE

"It’s your road, and yours alone, others may walk it with you,
but no one can walk it for you."
~ Rumi

GENTLE

"Savor the moments of life that make you smile."
~ Jacqueline Steudler

SAVOR

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."
~ Marcel Proust

DISCOVER

"Seek the wisdom that will untie your knot.
Seek the path that demands your whole being."
~ Rumi

RELEASE

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."
~ Ralph Waldo Emerson

BECOME

"As you start to walk on the way, the way appears."
~ Rumi

GROWTH

"The journey of a thousand miles begins with a single step."
~ Lao Tzu

JOURNEY

"What is planted in each person’s soul will sprout."
~ Rumi

TRUST

“The more you know yourself, the more you forgive yourself.”
~ Confucius

FORGIVE

"Walking with a friend in the dark is better than
walking alone in the light."
~ Helen Keller

LIGHT

"Move with love and grace through life - or not. It's your dance."
~ Jacqueline Steudler

GRACE

"Allow yourself some silliness daily;
it will lift your spirit and creativity."
~ Jacqueline Steudler

ALLOW

"It's in the quiet moments you'll find to your true self."
~ Jacqueline Steudler

QUIET

"Tenderness and kindness
are not signs of weakness and despair
but manifestations of strength and resolution."
~ Kahlil Gibran

TENDER

“The secret of change is to focus all your energy
not on fighting the old but on building the new.”
~ Socrates

ENERGY

"Simplicity is the ultimate sophistication."
~ Leonardo da Vinci

SIMPLIFY

"The universe is not outside of you. Look inside yourself;
everything that you want, you already are."
~ Rumi

WEALTH

"Life without love is like a tree without blossoms or fruit."
~ Khalil Gibran

FUN

“Anyone who genuinely and consistently, with both hands,
looks for something will find it.”
~ Rumi

CREATE

"The only true wisdom is in knowing you know nothing."
~ Socrates

WISDOM

"Awaken your inner magic and let it sparkle."
~ Jacqueline Steudler

AWAKEN

“When I am silent, I fall into the place
where everything is music.”
~ Rumi

SHIFT

“Beauty surrounds us, but usually, we need to be
walking in a garden to know it.”
~ Rumi

TRANSFORM

“Let go of your mind and then be mindful.
Close your ears and listen.”
~ Rumi

STILLNESS

Inspirations

- [ ] empower
- [ ] courage
- [ ] believe
- [ ] embrace
- [ ] hope
- [ ] brave
- [ ] love
- [ ] thrive
- [ ] happy
- [ ] ease
- [ ] breathe
- [ ] gentle
- [ ] savor
- [ ] discover
- [ ] release
- [ ] become
- [ ] growth
- [ ] journey
- [ ] trust
- [ ] forgive
- [ ] light
- [ ] grace
- [ ] allow
- [ ] quiet
- [ ] tender
- [ ] energy
- [ ] simplify
- [ ] wealth
- [ ] fun
- [ ] create
- [ ] wisdom
- [ ] awaken
- [ ] shift
- [ ] transform
- [ ] stillness
- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....

NOTES

Thank you for joining us on this journey of self-discovery and mindful reflection. I hope *Soul Connection* has served as a valuable tool for your growth and path.

As you close this journal, take a moment to reflect on your journey. Think about the words that inspired you. The emotions they evoked. The insights you gained about yourself.

Remember that self-awareness is a continuous process. Every step you take towards greater understanding and acceptance of yourself is a step towards well-being and inner peace.

Remember to keep exploring, growing, and connecting with your soul in creative ways.

With love and gratitude,

Jacqueline

CREATIVE SELF-CARE HUB

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Jacqueline Steudler

Jacqueline Steudler is an artist, art therapist, and grief coach. She uses art-making to help women express their emotions and work through difficult life experiences. She has helped many clients process their grief, anxiety, and other emotional challenges.

Jacqueline creates compassionate and supportive spaces. So that her clients can explore their emotions with ease. She knows that art-making provides a unique opportunity for people to express themselves when words are not enough. She uses a variety of creative interventions to help her clients gain insight into their emotions and experiences. Jacqueline aims to empower clients to use the arts for healing and growth.

She knows how important self-care is and has created the Creative Hour. It's an online offering to help busy women add creative self-care to their schedules.

Since her mother died in 2013, she has dedicated most of her time to helping women navigate the complex and sometimes overwhelming feelings of grief. She uses her knowledge as an art therapist and training in grief recovery. She helps grieving women explore their emotions and find a path forward.

In 2020 she released the Kindle eBook, *From Grieving to Grateful: Heal Your Broken Heart*. It became an instant bestseller in Canada. Jacqueline shares her expertise and insights into the process of growing around grief. Plus, she provides readers with practical strategies and tools for healing.

Jacqueline lives in beautiful Nova Scotia, Canada. You can find her in her wild garden, walking along a beach or creating in her art studio.