



UpFromTheWell

The 30-Day Journal Challenge

The links to the journals: ['The Dark Side's' Journal](#), ['Road to Recovery' Journal](#) (to refresh your mind on the activities).

Day 1: Use your 'Mind Clear' Journal.

Day 2: Write 2-3 quotes that capture the essence of your depression.

Day 3: Write 2-3 quotes that will help to keep you motivated throughout your journey.

Day 4: Attempt the 'What Would I Do If Money Wasn't A Problem/I Had The Time?' activity (*Road To Recovery Journal*).

Day 5: Attempt 'My Why's' activity (*Road To Recovery Journal*).

Day 6: Attempt 'My Daily, Weekly, Monthly, Yearly Goals' activity (*Road To Recovery Journal*).

Day 7: Attempt 'My Mental Volcano' activity (*The Dark Side's Journal*).

Day 8: Use your venting pages (*The Dark Side's Journal*).

Day 9: Attempt 'The Three Versions Of Me' activity (*Road To Recovery Journal*).

Day 10: Attempt 'My Day To Day Life' activity (*Road To Recovery Journal*).

Day 11: Attempt the 'Love/Happiness/Fulfilment' activity (*Road To Recovery Journal*).

Day 12: Attempt the 'When I Feel Out Of Control' activity (*The Dark Side's Journal*).

Day 13: Attempt the 'When I Feel In Control' activity (*Road To Recovery Journal*).

Day 14: Attempt 'My Common Thoughts' activity (*The Dark Side's Journal*).

Day 15: Attempt the 'Changing My Thought Patterns' activity (*Road To Recovery Journal*).

Day 16: Write out how you are feeling at this point in the challenge.

Day 17: Attempt 'My Not-So-Great Traits' activity (*The Dark Side's Journal*).

Day 18: Attempt 'My Not-So-Great Traits Table' activity (*Road To Recovery Journal*).

Day 19: Attempt 'My Anxiety' activity (*The Dark Side's Journal*).

Day 20: Attempt the 'Anxiety Recognition' activity (*Road To Recovery Journal*).

Day 21: Attempt the 'Expectations/Pressures I Have From Other's' activity (*Road To Recovery Journal*).

Day 22: Attempt 'My Biggest Problems' activity (*The Dark Side's Journal*).

Day 23: Attempt the 'Resolving My Problems' activity (*Road To Recovery Journal*).

Day 24: Attempt 'My Biggest Fears' activity (*The Dark Side's Journal*).

Day 25: Attempt the ‘Working Through My Fears’ activity (*Road To Recovery Journal*).

Day 26: Attempt ‘My Traits Aligned With A Purpose’ activity (*Road To Recovery Journal*).

Day 27: Attempt the ‘Socialisation’ activity (*The Dark Side’s Journal*).

Day 28: Attempt the ‘What’s Holding Me Back?’ activity (*The Dark Side’s Journal*).

Day 29: Attempt the ‘Stripping Off Socialisation’ activity (*Road To Recovery Journal*).

Day 30: Write a personal reflection of this 30 day journey.

Congratulations on making it through the 30-Day Journal Challenge! You should be so proud of yourself!