

A 30-DAY JOURNEY TO LESS SCREEN TIME,
MORE **SELF-LOVE**, AND A LIFE THAT **MATTERS**.

30-DAY DIGITAL Wellness CHALLENGE

INCLUDES
GUIDED AUDIO
REFLECTIONS
VIA QR CODES

A COMPANION TO

The Love of Likes ♥



30 DAYS
OF GROWTH



BUILD
CONFIDENCE



IMPROVE
WELL-BEING



LIVE
WITH PURPOSE



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The Love of
Likes



YOUR

SOCIAL MEDIA

Healing

JOURNAL

A Guided 90-Day Healing Journal
to Reflect, Reset, Rebuild Confidence,
and Reclaim Your Peace.



Your story matters. Your healing matters. *You matter.*





30-DAY DIGITAL

Wellness CHALLENGE

A Companion to *The Love of Likes*

INTRODUCTION

Congratulations on finishing *The Love of Likes*.

Reading this book was an important first step, but real transformation happens when you put what you've learned into practice.

This **30-Day Digital Wellness Challenge** is designed to help you build healthier habits, strengthen your confidence, improve your relationships, and develop a healthier relationship with social media.

Remember, this isn't about giving up technology.

It's about learning to use technology without allowing it to control your life.

Take one day at a time.

Progress—not **perfection**—is the goal.





30-DAY DIGITAL Wellness CHALLENGE

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Progress—not **perfection**—is the goal.

YOUR 30-DAY JOURNEY



WEEK 1 BECOMING AWARE

Build awareness around your current habits and how they impact your mind, emotions, and daily life.



WEEK 2 BUILDING HEALTHY HABITS

Create positive daily habits that replace mindless scrolling with purpose, productivity, and connection.



WEEK 3 STRENGTHENING YOUR CONFIDENCE

Grow your self-worth, challenge negative thinking, and uncover the strength that's already within you.



WEEK 4 LIVING WITH PURPOSE

Live intentionally, pursue your dreams, and build a life rooted in purpose rather than popularity.



DAY 1

≡ Becoming Aware ≡



TODAY'S CHALLENGE

Track your screen time today without making any changes.

Notice how much time you spend on social media, TV, games, and other apps. Awareness is the first step toward freedom.



"You can't change what you don't measure."



DAILY AFFIRMATION

I am in control of my choices, not my phone.

REFLECTION

How much time did I actually spend on my phone today?

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?

✓ ACTION STEP

Write down one small action you can take tomorrow to use your time more intentionally.



HEAR TO HEAL TIP

Use the Hear to Heal app to journal your thoughts and emotions. Awareness creates the power to heal and grow.

TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW. ≡

DAY 2

Building Healthy Habits

TODAY'S CHALLENGE



Set a time limit for social media apps today. Stick to it.

Creating healthy habits means being intentional with your time and attention.



DAILY AFFIRMATION

I choose habits that help me grow.

REFLECTION



What habit can I build today that will help me feel better tomorrow?

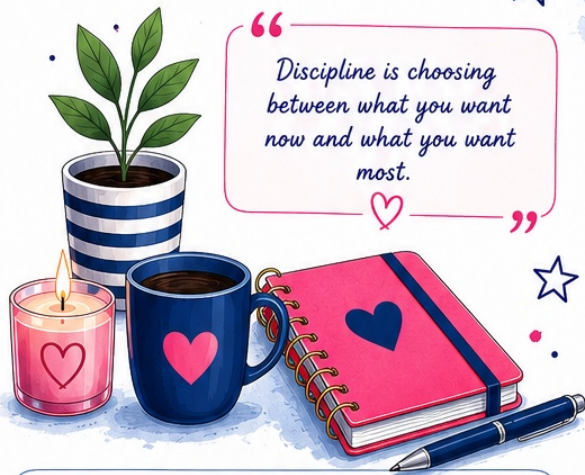
ACTION STEP

Write down one healthy habit you'll practice today.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



“

Discipline is choosing between what you want now and what you want most.



”



TODAY'S SCREEN TIME

My goal for today:

HOURS

:

MINUTES



TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



HEAR TO HEAL TIP

Small steps create big change. Use the Hear to Heal app to stay consistent and track your progress every day.



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 3

Strengthening Your Confidence



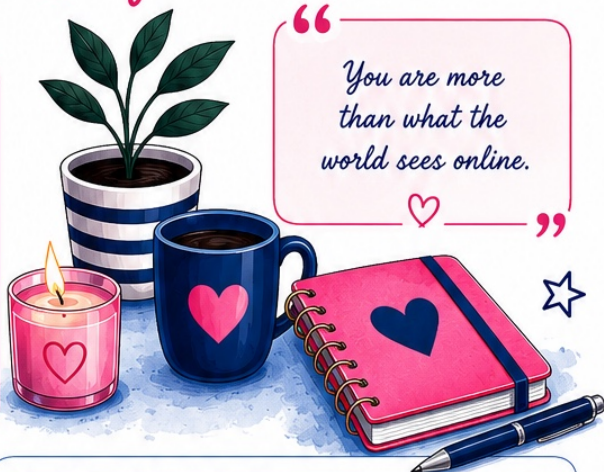
TODAY'S CHALLENGE



Write down three things you like about yourself that have nothing to do with social media.



True confidence comes from knowing your worth beyond likes and followers.



"You are more than what the world sees online."



DAILY AFFIRMATION

I am enough, just as I am.

TODAY'S SCREEN TIME

How much time will you allow yourself today?

HOURS

:

MINUTES



REFLECTION



How can I remind myself of my worth every day?

TODAY'S MOOD



Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

Do one small thing today that makes you feel good about yourself.



HEAR TO HEAL TIP



Use the Hear to Heal app to listen to an encouraging audio or write in your journal when you need a confidence boost.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 4

Living With Purpose

TODAY'S CHALLENGE



Do something today that brings you closer to your dreams.

Living with purpose means making choices that align with what truly matters to you.

“Purpose gives meaning to your days and direction to your steps.”



DAILY AFFIRMATION

I live intentionally and with purpose.

TODAY'S SCREEN TIME

My goal for today:

HOURS

:

MINUTES



REFLECTION

What is one step I can take today toward my dreams?

TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

Write down one intentional action you will take today to chase your dreams.



HEAR TO HEAL TIP

Use the Hear to Heal app to set a purpose reminder and reflect on how each day can move you closer to the life you want.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 5

≡ Becoming Aware ≡

TODAY'S CHALLENGE



Take a break from social media for 2 hours today.

Use this time to reconnect with yourself, your surroundings, or people who matter.

“

Awareness is the first step toward change.

”



DAILY AFFIRMATION

I am present. I am aware.
I am enough.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION



How did I feel during my break?

TODAY'S MOOD



Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What can I do to protect more unplugged time in my day?



HEAR TO HEAL TIP



Use the Hear to Heal app to reflect on your break and notice how less screen time creates more peace, clarity, and connection.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 6

≡ Practicing Gratitude ≡



TODAY'S CHALLENGE



Write down 3 things you are grateful for today.



Gratitude shifts your focus from what's missing to what's already good.



“

Gratitude turns what we have into enough.



”



DAILY AFFIRMATION

I am grateful for today and excited for tomorrow.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION



What are 3 things I am grateful for today?

1. _____
2. _____
3. _____

TODAY'S MOOD



Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

How can I bring more gratitude into my everyday life?



HEAR TO HEAL TIP



Use the Hear to Heal app to journal your gratitude, listen to uplifting audios, and build a positive mindset.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 7

≡ Digital Detox Day ≡



TODAY'S CHALLENGE



Take a full break from all screens for at least **4 hours** today.

Step away, be present, and enjoy real-life moments that feed your soul, not your screen.

“The best connection happens when we disconnect to reconnect.”



DAILY AFFIRMATION

I choose presence over screens.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION

How did it feel to unplug today?

TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one activity I can do more of instead of screen time?



HEAR TO HEAL TIP

Use the Hear to Heal app to listen to a relaxing audio or complete a journal prompt while you enjoy your screen-free time.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 8

= Choosing Positive Content =



TODAY'S CHALLENGE



Follow or engage with positive, inspiring, and educational accounts today.

What you consume online shapes how you think, feel, and show up in your life.



“Your mind is like a garden. Feed it what helps you grow.”



DAILY AFFIRMATION

I choose to fill my mind with positivity.

REFLECTION

What type of content makes me feel good and supports my growth?

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What positive content will I intentionally choose to watch, read, or listen to today?



HEAR TO HEAL TIP

Use the Hear to Heal app to listen to uplifting audios or read encouraging reflections that help you reset your mind and elevate your mood.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY.

BIG CHANGE TOMORROW.



DAY 9

Protecting My Peace

TODAY'S CHALLENGE



Set one boundary today to protect your time, energy, or emotions.

Boundaries are not walls.
They are a way to honor
your peace and well-being.



Protecting your peace
is one of the best
investments you can
make in yourself.



DAILY AFFIRMATION

I have the right to protect
my peace and my time.

REFLECTION

What boundary will I set today?

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing
you're grateful for
today?



ACTION STEP

What is one boundary I will set or
reinforce today?



HEAR TO HEAL TIP

Use the Hear to Heal app to
journal about your boundaries,
listen to guided meditations,
and discover tools that
support your peace and
emotional wellness.



TODAY'S WIN

What is one win, no matter how small,
that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 10

Acts of Kindness

TODAY'S CHALLENGE



Do one act of kindness for someone today—big or small.

Kindness not only helps others, it boosts your mood, builds connection, and makes the world a better place.



“Kindness is free.
Sprinkle that stuff everywhere.”



DAILY AFFIRMATION

I choose kindness.
It starts with me.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION

What act of kindness did I do today?

How did it make me feel?

TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

How can I make kindness a daily habit?



HEAR TO HEAL TIP

Use the Hear to Heal app to journal about your act of kindness, listen to uplifting audios, and reflect on how kindness fuels your healing and growth.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 11

Self-Love in Action

TODAY'S CHALLENGE



Do one thing today that shows you love and care for yourself.

You deserve the same kindness, patience, and love you so freely give to others.



Loving yourself isn't selfish. It's essential.



DAILY AFFIRMATION

I am worthy of love, starting with my own.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION

How did I show myself love today?

How did it make me feel?

TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What self-care activity will I do again tomorrow?



HEAR TO HEAL TIP

Use the Hear to Heal app to journal about self-love, listen to confidence-boosting audios, and practice self-care challenges that help you heal and grow.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 12

Choosing a Better You

TODAY'S CHALLENGE

BE BETTER TODAY

- ☒ My Mind
- ☒ My Habits
- ☒ My Future

Make one small choice today that aligns with the person you want to become.

Small choices shape your habits.
Good habits build your future.
You have the power to choose!



"You don't need to be perfect. You just need to be better than you were yesterday."



DAILY AFFIRMATION

I choose growth.
I choose to be better,
every single day.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION



What is one choice I made today that is making me a better version of myself?

How will this choice impact my future?

TODAY'S MOOD



Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one small choice I will make tomorrow to keep becoming a better me?



HEAR TO HEAL TIP



Use the Hear to Heal app to set personal goals, listen to motivating audios, and journal about the person you are becoming.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 13

≡ Unplug to Recharge ≡ ♡ ☆

TODAY'S CHALLENGE



Take a break from screens today. Step away to rest your mind and reconnect with real life.

Your mind needs quiet to heal, reset, and find balance. Give yourself permission to unplug.



“ Sometimes the most productive thing you can do is relax. ”



DAILY AFFIRMATION

I give myself permission to rest and recharge.

REFLECTION



What will I do with the extra time from unplugging today?

How do I feel when I unplug?

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



TODAY'S MOOD



Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one offline activity I will do today?



HEAR TO HEAL TIP



Use the Hear to Heal app to listen to calming audios, journal your thoughts, or practice mindfulness exercises that help you slow down, reset, and recharge.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY.

BIG CHANGE TOMORROW.



DAY 14

Gratitude Changes Everything

TODAY'S CHALLENGE



Write down 3 things you are grateful for today.

- 1 _____
- 2 _____
- 3 _____

Gratitude shifts your focus from what's missing to what matters most.



Gratitude turns what we have into enough—and more.



DAILY AFFIRMATION

I am grateful for today and the good in my life.

REFLECTION

What made me smile today?

What am I grateful for right now?



ACTION STEP

What is one way I can show gratitude to someone today?

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 15

= Speak Kindly to Yourself =

TODAY'S CHALLENGE



Notice negative self-talk and replace it with a kind and truthful thought.

Your words shape your mindset.
Choose words that build you up,
not tear you down.



“Talk to yourself like someone you love.”



DAILY AFFIRMATION

I treat myself with kindness and respect.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION



What negative thought(s) did I catch today?

What kind and truthful thought did I replace it with?

TODAY'S MOOD



Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one kind thing I can say to myself tomorrow?



HEAR TO HEAL TIP



Use the Hear to Heal app to journal about self-love, listen to confidence-boosting audios, and practice daily affirmations that support your healing.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 16

≡ Progress, Not Perfection ≡ ♡ ☆

TODAY'S CHALLENGE



Celebrate how far you've come instead of focusing on how far you have to go.

Every small step forward is still movement. Keep going—you're becoming who you're meant to be.



“Progress is progress, no matter how small. Be proud of every step.”



DAILY AFFIRMATION

I am proud of my progress.
I keep showing up for myself.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What progress did I make recently, even if it was small?

How can I celebrate my progress today?

TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one step I can take tomorrow to keep moving forward?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to talk about your wins, listen to encouraging audios, and track your progress. Healing happens one step at a time.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW. ≡

DAY 17

= Protect Your Peace =

TODAY'S CHALLENGE



Set one boundary today that protects your time, energy, and mental health.

Boundaries are not walls—
they are how you love yourself.
You deserve peace.



“Protecting your peace is choosing what and who gets access to your energy.”



DAILY AFFIRMATION

I have the right to protect my peace. I choose what supports my well-being.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION



What or who drains my energy the most?

What boundary can I set or strengthen today?

TODAY'S MOOD



Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one action I will take to protect my peace today?



HEAR TO HEAL TIP



Use the Hear to Heal app to journal about your boundaries, listen to calming audios, and remind yourself—you deserve peace every single day.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 18

≡ Be Present, Not Perfect ≡ ♡



TODAY'S CHALLENGE



Focus on being here, right now. Let go of the pressure to be perfect.



You don't have to do everything perfectly. You just have to show up and do your best.



“ Presence is where life happens. Perfection is just pressure in disguise. ”



DAILY AFFIRMATION

I choose to be present.
I release the need to be perfect.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION



Where did I feel the pressure to be perfect today?

How can I focus more on being present instead of perfect?

TODAY'S MOOD



Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one way I can be more present today?



HEAR TO HEAL TIP



Use the Hear to Heal app to practice mindfulness exercises, listen to grounding audios, and journal about how you can be more present in your daily life.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW.



DAY 19

Be Kind to Your Mind

TODAY'S CHALLENGE



Choose one way to be kind to your mind today—your mind works hard for you every day.

You are not your thoughts.
Be patient with yourself.
You are growing.



Your mind is a garden. Plant kind thoughts and watch peace grow.



DAILY AFFIRMATION

I treat my mind with kindness, patience, and love.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION

What negative or unkind thoughts did I notice today?

What kind and supportive thought can I replace it with?

TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one kind thing I can do for my mind today?



HEAR TO HEAL TIP

Use the Hear to Heal app to practice self-compassion. Listen to soothing audios, journal your thoughts, and remind your mind that it's safe, capable, and loved.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?

SMALL CHOICES TODAY. BIG CHANGE TOMORROW.

DAY 20

≡ Let Go of What You Can't Control ≡ ♡



TODAY'S CHALLENGE



Release what you can't control and focus on what you can. You've got this!

Worry steals your today.
Letting go gives you
back your power.



“
Let go of what's
out of your control
and trust what's
meant to be.
”



DAILY AFFIRMATION

I release what I can't control
and trust the process.
I choose peace over worry.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What is something I'm worrying about
that I can't control?

What is one thing I can do today
that is within my control?

TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing
you're grateful for
today?



ACTION STEP

What is one small action I can take
today to focus on what I can control?



TODAY'S WIN

What is one win, no matter how small,
that you're proud of today?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to
listen to calming audios, practice
breathing exercises, and journal
about what you can let go of.
You deserve peace of mind.



SMALL CHOICES TODAY. BIG CHANGE TOMORROW. ≡



DAY 21

≡ You Are Enough, Just As You Are ≡ ♡



TODAY'S CHALLENGE



You don't have to change who you are to be worthy of love, success, or happiness.

You are already enough.
You always have been.
You always will be.



“You are enough today, tomorrow, and every day. Never forget that.”



DAILY AFFIRMATION

I am enough.
I am worthy.
I am exactly who I'm meant to be.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What makes me feel like I'm not enough?

What can I remind myself of when I start to doubt my worth?

TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



✓ ACTION STEP

What is one kind thing I can do for myself today?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to listen to self-love audios, journal about your strengths, and track your progress. You are enough—always have been, always will be.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW. ≡

DAY 22

≡ Your Healing Is Your Journey ♡ ☆

TODAY'S CHALLENGE



Healing isn't a race. It's a journey with ups, downs, detours, and beautiful breakthroughs.

Be patient with your process.
Celebrate your progress.
Every step counts.



“Healing isn't about becoming a new person—it's about becoming more of you.”



DAILY AFFIRMATION

I trust my healing journey.
I am becoming more of the best version of me.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What has been the most challenging part of my healing journey?

What progress have I made that I'm proud of?

TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?

_____ ♡



ACTION STEP

What is one small step I can take today to support my healing?

_____ ♡



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to journal your journey, listen to healing audios, practice guided meditations, and track your growth. You're not alone—we're here for every step.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?

_____ ☆



SMALL CHOICES TODAY. BIG CHANGE TOMORROW. ≡

DAY 23

Choose Progress, Not Perfection

TODAY'S CHALLENGE



Small steps
create big
changes.
Focus on
moving forward,
not being
perfect.

Progress is growth.
Perfection is pressure.
You've got this!



You don't have
to be perfect to
be amazing.
One step forward
is still forward.



DAILY AFFIRMATION

I celebrate my progress.
I release the need for perfection.
I trust that I am growing every day.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION

What is one area where I tend to be
too hard on myself?

How can I celebrate my progress,
no matter how small?

ACTION STEP

What is one small step I can take
today toward my goals?



TODAY'S WIN

What is one win, no matter how small,
that you're proud of today?



HEAR TO HEAL TIP

Use the Hear to Heal app to
listen to motivational audios,
set positive goals, and journal
about your progress. Every
step forward matters!

GRATITUDE MOMENT

What is one thing
you're grateful for
today?

SMALL CHOICES TODAY. BIG CHANGE TOMORROW.

DAY 24

⇒ Protect Your Peace, Guard Your Heart ♡

TODAY'S CHALLENGE



Set boundaries.
Say no when
needed. Choose
people and
situations that
nourish your
well-being.

Your peace is precious.
Protect it fiercely.
Your heart deserves safety.



“Protecting your
peace doesn't mean
avoiding life.
It means choosing
what's best for you.”



DAILY AFFIRMATION

I protect my peace.
I set healthy boundaries.
I choose what's best for my heart.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What situations or people drain my peace?

What boundaries can I set to protect
my peace and heart?

TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing
you're grateful for
today?



ACTION STEP

What is one boundary or choice I can
make today to protect my peace?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to listen
to boundary-building audios, journal
your feelings, and get reminders
that your peace and heart matter.
You deserve healthy, happy, and
peaceful connections.



TODAY'S WIN

What is one win, no matter how small,
that you're proud of today?



SMALL CHOICES TODAY. BIG CHANGE TOMORROW. ⇒



DAY 25

= Small Choices, Big Peace ♡. ☆

TODAY'S CHALLENGE



Every small choice you make shapes your day. Choose what brings you peace, not stress.

Small choices today.
Big peace tomorrow.
You're in control!



“Peace isn't found in grand gestures. It's built in the small, everyday choices you make.”



DAILY AFFIRMATION

I make small choices that create peace, joy, and balance.
I choose what feels good.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What small choice did I make today that brought me peace?

What is one small choice I can make tomorrow for a better day?



ACTION STEP

What is one small choice I can make today that supports my peace?



TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to listen to peace-building audios, practice mindfulness, and journal about the small choices that create calm and joy. One small choice can change your whole day.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG PEACE TOMORROW. =

DAY 26

≡ Your Feelings Are Valid ♡ ☆

TODAY'S CHALLENGE



It's okay to feel what you feel. There's no right or wrong way to feel.

Your feelings matter.
You are allowed to feel.
You are never alone.



“All feelings are welcome here. Feel it, honor it, then gently let it go.”



DAILY AFFIRMATION

My feelings are valid.
I give myself permission to feel and heal.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What am I feeling right now?

What might be causing these feelings?

TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one kind thing I can do for myself today?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to listen to emotion-support audios, journal your feelings, and practice self-love exercises. Your feelings are valid—and you are deeply worthy.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



SMALL CHOICES TODAY. BIG HEALING TOMORROW. ≡

DAY 27

≡ Celebrate Growth, Not Just Goals ♡



TODAY'S CHALLENGE



You don't have to be perfect to be proud of yourself. Growth is happening every day.

Look back. Look how far you've come.
Celebrate YOU!



“You are allowed to be both a work in progress and a masterpiece at the same time.”



DAILY AFFIRMATION

I am growing every day.
I appreciate how far I've come.
I choose to celebrate me.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What have I learned about myself lately?

What is one way I've grown, even if it was a small step?

TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one small step I can take today to keep growing?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to listen to empowering audios, journal your wins, and reflect on your growth. Every step forward deserves to be celebrated.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



CELEBRATE PROGRESS. CHOOSE JOY. KEEP GROWING. ≡

DAY 28

Kindness Starts With You ♡ ☆

TODAY'S CHALLENGE



Kindness begins with the way you treat yourself. When you be kind to you, you create kindness everywhere.

Be gentle with yourself.
Be kind to others.
Make kindness your habit.



“Kindness is a gift you give yourself first. Then it flows outward.”



DAILY AFFIRMATION

I am kind to myself.
I speak kindly.
I act with kindness.
Kindness makes the world better.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

How was I kind to myself today?

How did I show kindness to someone else?



ACTION STEP

What is one kind thing I can do for myself or someone else today?



TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to listen to kindness and self-love audios, practice loving-kindness meditations, and journal your acts of kindness. Small acts create big changes—starting with you!



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?

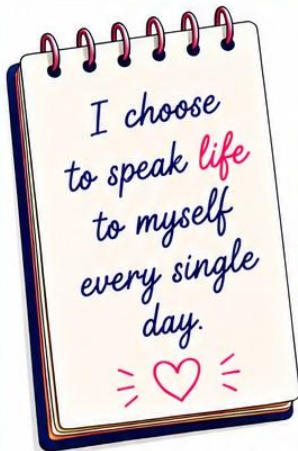


BE KIND TO YOU. BE KIND TO OTHERS. CHANGE THE WORLD. ♡

DAY 29

Speak Life to Yourself

TODAY'S CHALLENGE



Your words have power. The way you talk to yourself shapes the way you feel and believe. Choose encouragement over criticism.

Be your biggest cheerleader.
Be your own safe place.
Speak life. See change.



DAILY AFFIRMATION

I speak kindly to myself.
I am enough.
I believe in me.
I choose words that build me up.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION

What negative thing did I tell myself today?

What positive truth can I replace it with?

TODAY'S MOOD

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



ACTION STEP

What is one positive thing I will tell myself today?



HEAR TO HEAL TIP

Use the Hear to Heal app to listen to self-love audio sessions, repeat affirmations, and journal in your voice. Speak life to yourself—because you matter.



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



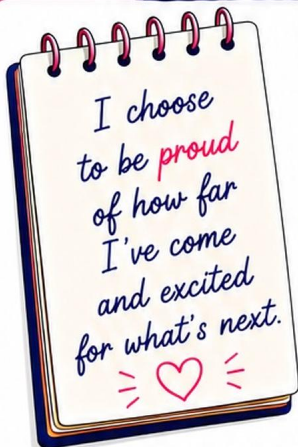
YOUR WORDS. YOUR MIND. YOUR FUTURE. SPEAK LIFE.



DAY 30

Be Proud of How Far You've Come ♡. ☆

TODAY'S CHALLENGE



Every step, every lesson, every choice has led you here. Celebrate your journey and believe in your future.

You are growing.

You are healing.

You are becoming everything you dream of.



You are not who you were a year ago, a month ago, or even a week ago. You are stronger, braver, and wiser than you think.



DAILY AFFIRMATION

I am proud of my journey.

I trust my path.

I believe in my future.

I choose joy and keep going.

TODAY'S SCREEN TIME

Total time on phone today:

HOURS

:

MINUTES



REFLECTION ♡

What am I most proud of myself for?

What excites me most about my future?



ACTION STEP

What is one step I can take today to create the future I want?



TODAY'S MOOD ♡

Circle your mood.



Great



Good



Okay



Low



Struggling

GRATITUDE MOMENT

What is one thing you're grateful for today?



HEAR TO HEAL TIP ♡

Use the Hear to Heal app to celebrate your wins, listen to inspiring audios, visualize your future, and journal about the life you're building. You've come so far—keep shining!



TODAY'S WIN

What is one win, no matter how small, that you're proud of today?



LOOK BACK WITH GRATITUDE.

LOOK FORWARD WITH HOPE.

KEEP GOING.



CERTIFICATE — ♥ OF ♥ — COMPLETION

30-DAY DIGITAL WELLNESS CHALLENGE

This certificate is proudly presented to

_____ ♥ _____
for completing the
30-Day Digital Wellness Challenge

and demonstrating dedication, courage, honesty,
and personal growth throughout this
transformative journey.

_____ ♥ _____
May this milestone remind you
that every small step
creates lasting change.

Progress, Not Perfection.



Date:



Signature:

