

May 2021

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F & G

# Adventure Month Reflections Project

CREATED WITH LOVE BY

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Welcome to your

# 30-Day Adventure Month Reflections Project

I'm so glad you're here!

## What's this project all about?

At the end of April, one of my very best friends and I will be jumping into my jeep (my pup Eli will be in the back seat) and we'll be driving out to CO for an ADVENTURE MONTH! We got a house for the whole month of May and we're just going to soak up everything that comes to us.

We wanted to be very intentional with our time and so I designed the trip as a Fullness & Grace Retreat—we'll be focusing on self-reflection, self-development, goal setting, dream chasing and everything in between! And we wanted YOU to join us for the journey too!

The intention of the retreat is to take time for ourselves, take a look inward, identify our dreams and our challenges in life, and explore ways we can support ourselves so that we can live the lives we dream of. This workbook guides us through the month with prompts for reflections & challenges to help stretch our thinking.

Self-observation and self-reflection is so important when creating a positive, growth-minded environment for yourself and within yourself, and this workbook is a template to help guide you through that process of self-exploration!

## It's a 30-Day Project, but...

My plan is to complete this project over the course of 30 days. My intention is to set aside time for myself early each morning before the sun comes up to sit and think and complete that day's journaling prompt.

BUT some of you might not be able to make mornings work or you might not be able to commit time every single day - and that's not a problem at all!

**If mornings don't work for you**, maybe instead you do it during your kids' nap time, or you do it at night before you go to bed. Pick a time that works for YOU so that you can feel focused and excited to dive in!

**If you aren't able to commit time every single day** and would prefer to sit down and do the activity all in one sitting or a little bit each week - do it, girl! The most important thing is that you set time aside for yourself to explore the questions. Whatever looks right for you is exactly how you should complete the project!

# 30-Day Adventure Month Reflections Project:

## At a Glance

### Part 1 - Self-Reflection

- Day 1 | Mission Statement/Intentions
- Day 2 | Habit Tracker
- Day 3 | Joys, Desires, Fears, Challenges
- Day 4 | What am I most grateful for?
- Day 5 | Where have I been?
- Day 6 | Where am I going?
- Day 7 | What are my values/priorities in life?
- Day 8 | What am I proud of?
- Day 9 | What can I work on?
- Day 10 | Who is my ideal self?



#### Main Intentions for each part

*Focus on getting to know yourself!  
We are continuously growing and  
changing through each season of  
life we're in - so pause for a  
moment and explore who you are  
TODAY!*

### Part 2 - I'm a Dreamer

- Day 11 |
- Day 12 | Vision board for my future!
- Day 13 |
- Day 14 | Goals for 2021 (next 6 months)
- Day 15 | Goals for next 12 months
- Day 16 | Goals for next 3-5 years
- Day 17 | Goals for next 10 years



*What dreams are filling up in your  
heart? Let yourself feel ALL of  
them, let yourself believe in them,  
write them all down and see what  
you're meant for!*

### Part 3 - My Plan of Action

- Day 18 |
- Day 19 | 6-Month Goals - how to get there?
- Day 20 |
- Day 21 | 12-Month Goals - how to get there?
- Day 22 | 3-5 Year Goals - how to get there?
- Day 23 | 10-Year Goals - how to get there?
- Day 24 | Mapping out my plan



*You know you have these dreams  
and now you're going to create a  
plan so that you can bring them to  
LIFE!*

### Part 4 - I'm Ready to LIVE IT

- Day 25 | What have I learned about myself?
- Day 26 | What routines/habits will I embrace?
- Day 27 | What roadblocks should I plan for?
- Day 28 | What am I most excited for?
- Day 29 | A note to my future myself
- Day 30 | Mission Statement/Intentions
- \*Day 31 | Celebrate my growth!



*Embrace everything you learned  
through this journey, set yourself  
up for success and believe that you  
can be exactly who you dream of  
being!*

# Before You Jump In:

## A Couple Helpful Notes

01

### Be Open

This is a time to explore yourself. Be honest and open up!

02

### No Judgement

This is a judgement-free zone! Be kind with yourself and use these findings to help you grow.

## I'm Here For Ya

I am so thrilled for you to embark on this project with me and I'm excited to hear what you learn about yourself through the process!

If you have any questions along the way, feel free to send me a DM on Instagram, I'm happy to help!

And be sure to share your good vibes with me! Post pictures on Instagram of you doing your self-reflections and tag @fullnessandgrace - I'd love to encourage you and show my support along the way!

## Hold Yourself Accountable

I'm here for you to be your accountability partner!

Here are a few steps you can take to feel committed to the project:

- Tag 3 friends on the Adventure Month Reflections Project post on the Fullness & Grace Instagram - encourage them to join you! You can inspire each other and help hold each other accountable!
- Post a picture to your story when you start the project and then again when you finish the project and tag @fullnessandgrace on both - I'd love to cheer you on as you're working on it!
- Send me a DM when you finish and tell me your biggest learnings and what you're most excited to dive into in your life!

# Okay, now go jump in!



**Part 1**



**Self  
Reflection**

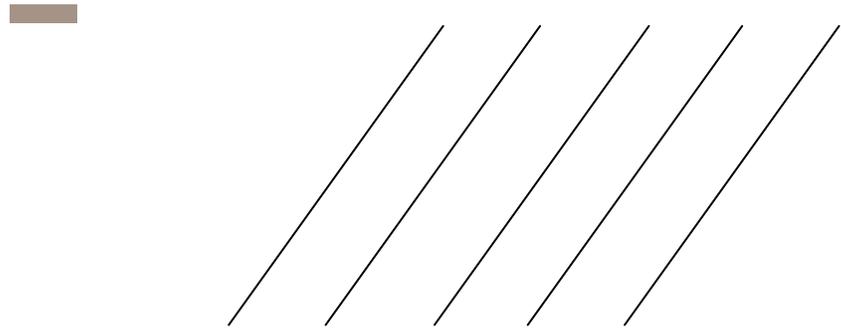
# Day 1 | Mission Statement/Intentions

What is your mission statement for this month's reflections project? What are your intentions with this time? Set intentions at the beginning of the process and let them be your guiding light!



# Day 2 | Habit Tracker

What are some healthy habits you'd like to commit to this month? Pick 3-5 habits, write your goal for each habit, and track your progress through the month.



May 2021

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**Habit 1** \_\_\_\_\_

**My goal for this habit:**

**Habit 2** \_\_\_\_\_

**My goal for this habit:**

**Habit 3** \_\_\_\_\_

**My goal for this habit:**

**Habit 4** \_\_\_\_\_

**My goal for this habit:**

**Habit 5** \_\_\_\_\_

**My goal for this habit:**

# Day 3 | Joys, Desires, Fears, Challenges

Take a second and get to know yourself! What are the things that bring you the greatest joy? What are your biggest desires for your future? What are your biggest fears in life? What do you see as your biggest challenges each day?

**Joys**

**Desires**

**Fears**

**Challenges**

# Day 4 | What am I most grateful for?

One of the greatest ways to embrace happiness is to acknowledge the beautiful things in life that you're grateful for! Write down all the things in life you're so **LUCKY** to have and that you're **GRATEFUL** to have.



# Day 5 | Where have I been?

Life is an ongoing journey with love and lessons through each season. What have you experienced in life that has allowed you to GROW? What have you seen in life that has CHANGED you? What things have caused the greatest IMPACT on your life?



# Day 6 | Where am I going?

Life is an open road with endless possibilities. You know where you've been - now where do you want to GO? What do you WANT for yourself? What do you want to EXPERIENCE in life?



# Day 7 | What are my values/priorities in life?

Your values and priorities are your guiding light in day-to-day life. What are your core values for yourself as a person? What are your top priorities in life that mean the most to you?



# Day 8 | What am I proud of?

Self-acknowledgement is a beautiful way to embrace self-love in life! Look back on your life journey - what are you most proud of as a person? What have you overcome? What have you accomplished? Celebrate your big wins in life!



# Day 9 | What can I work on?

Self-development is a powerful way to continuously expand your life! With a heart of kindness and acceptance, identify some things about yourself that you think you can work on and improve. You always have the power to grow!



# Day 10 | Who is my ideal self?

If you could be the EXACT person you desire to be, what would that person look like? What healthy habits would they have? What would their core values and priorities be? How would they show up in life each day?





**Part 2**



**I'm a  
Dreamer**

# Days 11,12,13 | Vision board for my future!

What are your wildest dreams? What would you LOVE to do in life? What do you wish for yourself? Write it ALL down. Don't hold back - anything is possible on this page! Think about it, come back to it, and add to it for these next 3 days.



# Days 11,12,13 | Vision board for my future!

(Free space to brainstorm/take notes/refine vision board!)



# Day 14 | Goals for 2021 (next 6 months)

What would you like to accomplish in 2021? Let's consider these your short-term goals. Write down everything you'd like to do before this year is over!



# Day 15 | Goals for next 12 months

What would you like to accomplish in the next year? Let's consider these your larger short-term goals. Write down everything you'd like to do in the next 12 months!



# Day 16 | Goals for next 3-5 years

What would you like to accomplish in the next 3-5 years? You have a bit more time to work towards these goals - so make them a little bigger. These are your longer-term goals. Write down everything you'd like to accomplish!



# Day 17 | Goals for next 10 years

What would you like to accomplish in the next 10 years? These are your long-term goals. Dream big! Write down everything you'd like to have in your life 10 years from now.





## **Part 3**



# **My Plan of Action**

# Day 18 | 6-Month Goals - how to get there?

Go back to Day 14 and review the short-term goals you wrote down. Circle your TOP 3 goals that mean the most to you. Walk through these three goals and determine the small, productive steps you'll need to take to achieve them. Dive into Goal #1 today.

## Goal #1

**Where do I currently stand with this goal?**

(What progress has been made, what challenges do I face, how do I feel about it)

**What do I need to do to achieve this goal?**

(Habits to form, things I need to learn, changes I need to make in my life)

**What am I going to commit to in order to achieve this goal?**

(Specific action items that I will add to my life immediately - provide deadline dates for action items)

# Day 19 | 6-Month Goals - how to get there?

Go back to Day 14 and review the short-term goals you wrote down. Circle your TOP 3 goals that mean the most to you. Walk through these three goals and determine the small, productive steps you'll need to take to achieve them. Dive into Goal #2 today.

## Goal #2

**Where do I currently stand with this goal?**

(What progress has been made, what challenges do I face, how do I feel about it)

**What do I need to do to achieve this goal?**

(Habits to form, things I need to learn, changes I need to make in my life)

**What am I going to commit to in order to achieve this goal?**

(Specific action items that I will add to my life immediately - provide deadline dates for action items)

# Day 20 | 6-Month Goals - how to get there?

Go back to Day 14 and review the short-term goals you wrote down. Circle your TOP 3 goals that mean the most to you. Walk through these three goals and determine the small, productive steps you'll need to take to achieve them. Dive into Goal #3 today.

## Goal #3

**Where do I currently stand with this goal?**

(What progress has been made, what challenges do I face, how do I feel about it)

**What do I need to do to achieve this goal?**

(Habits to form, things I need to learn, changes I need to make in my life)

**What am I going to commit to in order to achieve this goal?**

(Specific action items that I will add to my life immediately - provide deadline dates for action items)

# Day 21 | 12-Month Goals - how to get there?

Go back to Day 15 and review the 12-month goals you wrote down. Circle your TOP 3 goals that mean the most to you. Walk through these three goals and determine the general milestones you'll have to meet to consistently build toward these goals over the next 12 months to successfully achieve them.

## Goal #1

Milestones to achieve over the next 12 months:

## Goal #2

Milestones to achieve over the next 12 months:

## Goal #3

Milestones to achieve over the next 12 months:

# Day 22 | 3-5 Year Goals - how to get there?

Go back to Day 16 and review the 3-5 year goals you wrote down. Circle your TOP 3 goals that mean the most to you. Walk through these three goals and determine the general milestones you'll have to meet to consistently build toward these goals over the next 3-5 years to successfully achieve them.

## Goal #1

Milestones to achieve over the next 3-5 years:

## Goal #2

Milestones to achieve over the next 3-5 years:

## Goal #3

Milestones to achieve over the next 3-5 years:

# Day 23 | 10-Year Goals - how to get there?

Go back to Day 17 and review the 10-year goals you wrote down. Circle your TOP 3 goals that mean the most to you. Walk through these three goals and determine the general milestones you'll have to meet to consistently build toward these goals over the next 10 years to successfully achieve them.

## Goal #1

Milestones to achieve over the next 10 years:

## Goal #2

Milestones to achieve over the next 10 years:

## Goal #3

Milestones to achieve over the next 10 years:

# Day 24 | Mapping out my plan

Now that you know what your top goals are for the next 1/5/10 years and you know what main tasks/milestones you'll need to complete to be able to achieve the overall goals, bring it all together so you can visualize it on one full map! On the timeline below, add all of the milestones you wrote down from Days 21-23.

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1 Year

5 Years

10 Years



## Part 4



**I'm Ready  
to LIVE IT**

# Day 25 | What have I learned about myself?

Looking back on this self-reflection journey so far, what are some NEW things you've discovered about yourself? In what ways have you gotten to know yourself better/deeper?



# Day 26 | What routines/habits will I embrace?

Based on everything you've learned about yourself and all the beautiful goals you've identified for your life, what are some positive routines and habits you can add to your day-to-day that will help support you as you pursue your dreams?



## Day 27 | What roadblocks should I plan for?

A wonderful way to support yourself is to plan ahead! Life can get tough, days can get busy, we will face internal challenges. What potential roadblocks could pop up as you're pursuing your dreams that you can PREPARE for? Write down positive, self-affirming ways you will address those roadblocks if/when they come up.



## Day 28 | What am I most excited for?

You have learned so much about yourself and have wrote down so many beautiful things to reach for in life. What are you most excited to embrace moving forward? What goals are you most excited to pursue (and reach)?



## Day 29 | A note to my future self

You've done such amazing work this past month - diving into self-reflection, planning for your future, dreaming of what your life can be! As you step into this journey ahead, what loving words do you want to say to yourself? On the days that the journey gets tough, what would you say to yourself to encourage yourself to keep going? Write a note to your future self with love and encouragement.



# Day 30 | Mission Statement/Intentions

What is your mission statement for your life? What are your intentions with the time you are given as YOU? Write down your mission and intentions, and let them be your guiding light!

