



29 DAYS OF JOURNALING FOR WOMEN

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29 DAYS OF JOURNALING

DAY 1
Declare your worth:
Describe the
attributes that make
you invaluable.

DAY 2
Reflect on a moment
when you felt truly
powerful. What
fueled that strength?

DAY 3
Dream boldly: What
would one day of
complete self-
compassion look like?

DAY 4
Write a love letter to
yourself – shower
yourself with praise
and admiration.

DAY 5
Identify the dragons
you've slain: What
adversities have you
overcome?

DAY 6
Illuminate your gifts:
List the talents that
make you uniquely
you

DAY 7
Envision your best
self. How will today
bring you closer to
this vision?

DAY 8
Gratitude is self-love.
Note three things
about you for which
you're grateful.

DAY 9
Dance with your
fears: What are they,
and how have they
shaped you?

DAY 10
What does
unconditional self-
love mean to you?
Describe it

DAY 11
Extract the lessons
from your scars. How
have they molded
you?

DAY 12
It's time to forgive
yourself. What do
you need to let go of?

DAY 13
Recall a day when
you were your hero.
What strength did
you draw upon?

DAY 14
Celebrate your
progress, not
perfection. What can
you celebrate?

DAY 15
Write about a time
you said no for your
own well-being. Why
was it important?

DAY 16
Craft a mantra of
power that starts
with "I am..."

DAY 17
Remember, you are
the artist of your life.
What masterpiece
are you creating?

DAY 18
Cast light on your
shadows. What parts
of yourself are you
learning to love?

DAY 19
Celebrate the vessel
that carries you.
What do you
appreciate?

DAY 20
Unearth the joy in
your journey. How
can you have more
in your life?

DAY 21
You are your
sanctuary. What
does self-care look
like for you?

DAY 22
Embrace your
individuality. What
sets you apart?

DAY 23
Forge your path.
What steps will you
take today toward
loving yourself?

DAY 24
Dive into your
brilliance. How do
you shine, even on
cloudy days?

DAY 25
Design a dialogue of
kindness. What
words do you need to
hear today?

DAY 26
Sow seeds of
positivity. List
affirmations that
uplift you.

DAY 27
You are a living
legacy. What aspects
do you wish to be
remembered for?

DAY 28
Reflect on moments
of self-pride. How
have you boosted
your self-esteem?

DAY 29
Your journey is your
own. Write about
how you will travel?

MEET BLAZE LAZARONY



ABOUT ME

Hi, I'm Barbara (Blaze) Lazarony, founder of Blaze A Brilliant Path...

I am a Therapist and Coach, holding a master's degree in clinical psychology from Sofia University.

Blaze A Brilliant Path offers therapy in California and coaching worldwide to women ages 35 to 105. Our services are online, so you can easily meet with us from your home or place of business. We are a client-centered practice specializing in depression treatment, trauma treatment, transpersonal therapy, as well as brainspotting.

At Blaze A Brilliant Path, we understand that seeking therapy or coaching can be intimidating for some people. That's why we strive to create a safe and welcoming space for our clients.

Our approach is warm, nonjudgmental, and collaborative. We believe everyone has the power to heal and grow, and our intention is to support you on your journey toward self-discovery and empowerment.

Our ultimate mission is to help you ignite your inner spark, unleash your full potential, and create a life that lights you up!

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WHEN WE GIVE
OURSELVES
COMPASSION,
WE ARE OPENING
OUR HEARTS IN A
WAY THAT CAN
TRANSFORM OUR
LIVES.
– KRISTIN NEFF

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