

BUILT BY SIGNROAD

The 30-Day Inner Practice Reset

A gentle daily rhythm of intention, gratitude, and one small action.

No pressure. No streaks. Just one page a day to help you feel more
present, more grounded, and more like yourself.

How to use this workbook

This is not a challenge. It is a reset. Each day gives you:

- **An intention** to carry with you.
- **A short quote** to read slowly.
- **One small action** you can try right away.
- **A gratitude prompt** to answer in a sentence or two.

Do the days in order, or skip around. If you miss a day, simply turn the page. Momentum without pressure is the whole point.

At the end of the 30 days, you will find a thank-you gift: 50% off SignRoad Premium. It is our way of saying thank you for taking your practice seriously.

DAY 1

CALM

“The day does not need to be perfect to be peaceful.”

Today I meet the day with a soft body and a steady breath.

Try this: Pause and feel your feet on the floor before you move.

GRATITUDE PROMPT

What is one thing your body did for you overnight?

DAY 2

CALM

“Stillness is not empty; it is full.”

I protect one quiet moment today.

Try this: Close your eyes and breathe slowly for 30 seconds.

GRATITUDE PROMPT

What is one thing that went better than expected today?

DAY 3

CALM

“Calm is a decision, not a destination.”

I return to calm as often as I leave it.

Try this: Name one thing you can let go of right now.

GRATITUDE PROMPT

Who made you feel seen recently?

DAY 4

CALM

“You are allowed to slow down.”

I do not need to rush through what matters.

Try this: Walk slowly to your next task.

GRATITUDE PROMPT

What is one task you completed recently that moved something forward?

DAY 5

CALM

“Peace begins with a single exhale.”

I lengthen my exhale when tension rises.

Try this: Take five slow breaths with a longer out-breath.

GRATITUDE PROMPT

What is one way your body carried you through today?

DAY 6

FOCUS

“Attention is a place you choose to rest.”

I choose one thing to finish before I begin the next.

Try this: Close unrelated tabs and set a 25-minute timer.

GRATITUDE PROMPT

What is one ordinary object you use every day that you rarely notice?

DAY 7

FOCUS

“Clarity comes from doing one thing at a time.”

I single-task my most important task today.

Try this: Put your phone face-down and pick one task.

GRATITUDE PROMPT

What is one difficulty that helped you grow?

DAY 8

FOCUS

“Focus is a practice of returning.”

When I drift, I gently return.

Try this: Bring your attention back to your breath for one minute.

GRATITUDE PROMPT

What is one kind thing you did for yourself today?

DAY 9

FOCUS

“The next hour is enough.”

I work in one-hour windows.

Try this: Set a timer for one hour and commit to one task.

GRATITUDE PROMPT

What is one thing you noticed in nature today?

DAY 10

FOCUS

“Depth beats breadth.”

I go deep on fewer things.

Try this: Choose one task and silence notifications for 20 minutes.

GRATITUDE PROMPT

What is something you have enough of right now?

DAY 11

CONFIDENCE

“You have handled more than you remember.”

I trust my ability to figure it out.

Try this: Recall one past challenge you overcame.

GRATITUDE PROMPT

What is one thing your body did for you overnight?

DAY 12

CONFIDENCE

“Confidence is built through kept promises to yourself.”

I keep one small promise to myself today.

Try this: Do the first step of something you have been avoiding.

GRATITUDE PROMPT

What is one thing that went better than expected today?

DAY 13

CONFIDENCE

“You do not need to be perfect to begin.”

I start before I feel ready.

Try this: Send the message, make the call, or write the first sentence.

GRATITUDE PROMPT

Who made you feel seen recently?

DAY 14

CONFIDENCE

“Your voice matters.”

I speak up once today.

Try this: Share one honest thought in a conversation or write it down.

GRATITUDE PROMPT

What is one task you completed recently that moved something forward?

DAY 15

CONFIDENCE

“You are already enough.”

I do not need to earn my worth today.

Try this: Write down three things you do well.

GRATITUDE PROMPT

What is one way your body carried you through today?

DAY 16

GRATITUDE

“Gratitude turns what we have into enough.”

I notice three good things today.

Try this: Write down three things you are grateful for.

GRATITUDE PROMPT

What is one ordinary object you use every day that you rarely notice?

DAY 17

GRATITUDE

“The ordinary is worth noticing.”

I find one ordinary miracle before noon.

Try this: Pause and notice something beautiful around you.

GRATITUDE PROMPT

What is one difficulty that helped you grow?

DAY 18

GRATITUDE

“Thankfulness is a lens, not a list.”

I look for what is working.

Try this: Text one person a genuine thank-you.

GRATITUDE PROMPT

What is one kind thing you did for yourself today?

DAY 19

GRATITUDE

“What you appreciate, appreciates.”

I appreciate one thing out loud.

Try this: Say thank you to someone you live or work with.

GRATITUDE PROMPT

What is one thing you noticed in nature today?

DAY 20

GRATITUDE

“Gratitude is a quiet rebellion against scarcity.”

I choose abundance over lack today.

Try this: List five things you have enough of.

GRATITUDE PROMPT

What is something you have enough of right now?

DAY 21

ABUNDANCE

“Abundance begins with noticing.”

I notice the resources already around me.

Try this: List three ways you are already supported.

GRATITUDE PROMPT

What is one thing your body did for you overnight?

DAY 22

ABUNDANCE

“There is room for your success.”

I celebrate one small win today.

Try this: Acknowledge one thing that went well recently.

GRATITUDE PROMPT

What is one thing that went better than expected today?

DAY 23

ABUNDANCE

“Opportunity shows up when you show up.”

I take one aligned action toward a goal.

Try this: Do one small thing that moves a goal forward.

GRATITUDE PROMPT

Who made you feel seen recently?

DAY 24

ABUNDANCE

“Wealth is a feeling before it is a number.”

I feel the feeling of enough now.

Try this: Write a sentence describing your desired feeling.

GRATITUDE PROMPT

What is one task you completed recently that moved something forward?

DAY 25

ABUNDANCE

“Generosity creates flow.”

I give one small thing today.

Try this: Offer help, a compliment, or a resource to someone.

GRATITUDE PROMPT

What is one way your body carried you through today?

DAY 26

RELATIONSHIPS

“Connection starts with presence.”

I give someone my full attention today.

Try this: Put your device away during one conversation.

GRATITUDE PROMPT

What is one ordinary object you use every day that you rarely notice?

DAY 27

RELATIONSHIPS

“Small kindnesses build trust.”

I do one kind thing without expecting anything back.

Try this: Send a kind message or do a small favor.

GRATITUDE PROMPT

What is one difficulty that helped you grow?

DAY 28

RELATIONSHIPS

“Listening is an act of love.”

I listen more than I speak in one conversation.

Try this: Ask a question and really hear the answer.

GRATITUDE PROMPT

What is one kind thing you did for yourself today?

DAY 29

RELATIONSHIPS

“You are allowed to need people.”

I reach out to one person today.

Try this: Send a check-in message to someone you care about.

GRATITUDE PROMPT

What is one thing you noticed in nature today?

DAY 30

RELATIONSHIPS

“Healthy boundaries create healthy love.”

I honor one boundary with kindness.

Try this: Say no or delay one request that does not fit.

GRATITUDE PROMPT

What is something you have enough of right now?

What comes next?

You have just spent 30 days practicing presence, gratitude, and intention. If you want a companion that holds your practice, remembers your signs, and keeps your evidence in one place, try SignRoad.

signroad.com

50% off SignRoad Premium

Your purchase includes a unique coupon code. Create an account at app.signroad.com, go to the Store, and enter your code to get 50% off any Premium plan — monthly, annual, or lifetime.

Limited to the first 100 customers.

Built by SignRoad · a path to many possibilities