



PERSONAL BEST
ACUPUNCTURE & MASSAGE

PBAM

30-Day Movement and Mindset Journal



Welcome Note

Hi, I'm Dr. Sam. I'm passionate about helping people reconnect with their bodies, find clarity, and feel stronger from the inside out. I created this ***30-Day Movement & Mindset Journal*** as a simple, supportive tool to help you **shift your energy, boost your mood, and build consistency with zero pressure to be perfect.**

This is a space for **self-reflection, curiosity, and small wins.** Whether you're here to **relieve stress, feel more confident,** or get **back into a movement routine,** this journal is here to guide you.

This journal is a space for you to **slow down, tune in, and honor your unique path.** Whether you're working through a season of change, recommitting to your wellness, or just looking for more presence in your day, you're in the right place.

Let this be your daily anchor, a moment for yourself to move, reflect, and grow.

In Good Health,
Dr. Samantha Hodges, DAOM, L.Ac., CMT



How to Use This Journal

Each day gives you space to check in with your **body** and your **mindset**.

Here's what to do:

Set aside **10–30 minutes a day**.

Begin with the **Mindset prompts** — write freely, there's no right or wrong.

Then, **move your body** in any way that feels good: walking, stretching, dancing, working out, and reflect using the **Movement prompts**.

Come back at the end of the day (optional) for a quick **check-in** or intention for tomorrow.

There's **no need to be perfect**. Just be **consistent**. If you miss a day, that's okay. Just turn the page and **keep going**.

✨ **Why Movement + Mindset?**

When we connect **physical movement** with **intentional reflection**, incredible things happen.

This practice can help you:

Boost your energy & focus

Reduce anxiety & overwhelm

Increase self-awareness

Build confidence & emotional resilience

Feel stronger, clearer, and more you

These small daily practices create momentum and
momentum builds change.

What You'll Need

A notebook.

A pen or pencil

10–30 minutes per day

A **comfortable space** to reflect and move.

An **open mind** and a **willingness to show up for yourself.**

That's it. You've got everything you need.

Day 1: Set Your Intention

“Where focus goes, energy flows.”

Mindset Prompt:

What’s your goal for the next 30 days physically, mentally, emotionally? Set a clear intention: a word, feeling, or vision for how you want to live and feel.

Movement Prompt:

Choose a movement that feels empowering today. It could be a walk, strength session, yoga flow, or a hike. Whatever helps you connect to your body. Afterward, jot down how you feel.

Daily Mantra:

“I commit to showing up for myself: mind, body, and soul.”



Day 2: Ground in Gratitude

Mindset Prompt:

List three things your body has done for you recently.

Even if you're tired or in pain, find something to thank you body for.

Movement Prompt:

Do something gentle and grounding today: stretching, slow walking, or breathwork. Tune in to how your body feels and where it might need care.

Daily Mantra:

“My body is not the enemy. It is my ally.”



Day 3: Move with Purpose

Mindset Prompt:

What type of movement makes you feel the most powerful or alive? Why?

Movement Prompt:

Pick a workout or activity that challenges you a little. Something that makes you sweat, focus, or feel strong. Bonus: write a sentence about what shifted after you moved.

Daily Mantra:

“I move to remember my strength.”



Day 4: Rest is a Ritual

Mindset Prompt:

What does rest mean to you and how do you normally treat it?

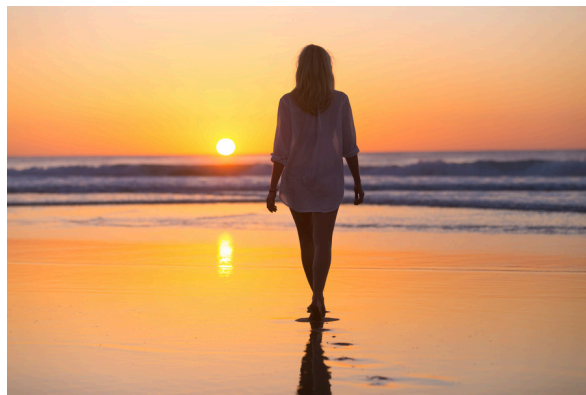
Is it something you give yourself freely, or something you feel guilty about?

Movement Prompt:

Today is active rest. Choose something restorative: yoga, mobility work, foam rolling, or even a slow scenic walk.

Daily Mantra:

“Rest is a form of respect for my body.”



Day 5: Rewrite the Narrative

Mindset Prompt:

What's a belief you hold about yourself that might be holding you back?

Flip the script. Write a new version of that belief, one that empowers you.

Movement Prompt:

Do something out of the ordinary. New trail? New exercise? New playlist? This is about disrupting autopilot and giving yourself permission to explore.

Daily Mantra:

"I choose a story that lifts me."



Day 6: Embody Confidence

Mindset Prompt:

When do you feel most confident in your body and your choices?

What would it look like to carry that energy into today?

Movement Prompt:

Move in a way that makes you feel bold and grounded. Shoulders back, chest open. Think posture, presence, and power.

Daily Mantra:

“I move like I believe in myself.”



Day 7: Own Your Power

Mindset Prompt:

When was the last time you felt truly powerful?

What helps you access your inner strength?

Movement Prompt:

Do something that feels strong. Lift heavier weights, hold a plank longer, climb a hill.
Connect to your physical power.

Daily Mantra:

“My strength is steady and rising.”



Day 8: Celebrate the Small Wins

Mindset Prompt:

Think of 1–2 small wins from the past week.

Why do they matter?

How can you celebrate yourself more often?

Movement Prompt:

Move in a way that feels joyful or fun today.

This is about feeling good, not pushing limits.

Daily Mantra:

“I honor the progress I often overlook.”



Day 9: Let It Go

Mindset Prompt:

What are you holding on to that's weighing you down physically, emotionally, or mentally?

What would it feel like to let go?

Movement Prompt:

Bring breath into your movement. As you stretch, shake out your body, or take a walk, focus on a full exhale. Let your body help release what feels stuck.

Daily Mantra:

"I release what no longer supports me."



Day 10: Choose Presence

Mindset Prompt:

Where does your mind tend to wander when you're not grounded?

What helps you come back to the moment?

Movement Prompt:

Do a movement practice mindfully. Focus on sensation, breath, rhythm. No distractions just presence.

Daily Mantra:

"This moment is enough."



Day 11: Rewrite the Rules

Mindset Prompt:

What “rules” have you inherited about success, worth, or your body?

Which ones no longer feel true for you?

Movement Prompt:

Break a routine. Move in a way that you choose not how you “should.” Follow curiosity, not rules.

“Dance like nobody’s watching.”

Daily Mantra:

“I define what works for me.”



Day 12: Lead With Self-Compassion

Mindset Prompt:

What would shift if you spoke to yourself like someone you deeply love?

Where in your life could you be softer with yourself?

Movement Prompt:

Move slowly, like you're taking care of something precious, because you are. Focus on how movement can nurture instead of challenge.

Daily Mantra:

“I meet myself with kindness first.”



Day 13: Shift Your Energy

Mindset Prompt:

What is one small thing you can do today to bring more lightness into your life? Write it down and commit to it.

Movement Prompt:

Pick a movement that feels energizing. Stretch tall, bounce on your toes, or take a few deep lunges. Feel your energy shift.

Daily Mantra:

“I choose to invite lightness and energy into my day.”



Day 14: Lean Into Discomfort

Mindset Prompt:

What is one thing you avoid because it feels uncomfortable or scary? Write about how taking a small step toward it could help you grow.

Movement Prompt:

Try a movement that challenges you. Hold a pose longer than usual, take a new route on your walk, or push just past your comfort zone. Notice how you feel when you do.

Daily Mantra:

“I grow when I step into the unknown.
Courage lives in me.”



Day 15: Own Your Power

Mindset Prompt:

Where in your life are you giving away your power by staying small, saying yes when you mean no, or doubting yourself? Write down one way you will reclaim that power today.

Movement Prompt:

Move with authority. Stand tall, take up space, strike a power pose, or move in a way that makes you feel unshakable.

Daily Mantra:

“I stand in my power. I am strong, capable, and unstoppable.”



Day 16: Return to Your Why

Mindset Prompt:

Why did you begin this journal? Why do movement and mindset matter to you personally?

Recommit to that purpose today.

Movement Prompt:

Choose a movement that reconnects you with your deeper motivation. Choose something that reminds you why you started.

Daily Mantra:

“I move with purpose. I grow with intention.”



Day 17: Trust the Process

Mindset Prompt:

What are you working on the requires patience, physically, emotionally, or mentally?
Where can you let go of rushing?

Movement Prompt:

Choose a steady, rhythmic form of movement today. Focus on flow, breath, and trust.

Daily Mantra:

“Progress takes time. I’m right on track.”



Day 18: Feel It to Heal It

Mindset Prompt:

What emotions have been showing up for you lately?

Instead of pushing them away, what would it feel like to allow them to be here?

Movement Prompt:

Use movement to process emotion. Try shaking, free movement, dancing it out or walk with your feelings and let them move through you.

Daily Mantra:

“I make space for what I feel and let it move through me.”



Day 19: Embrace Play

“People do not stop playing because they get old. They get old because they stop playing.”

Mindset Prompt:

When was the last time you moved just for fun?
What did that feel like and how can you bring more of it into your life?

Movement Prompt:

Play! No structure, no goal. Dance, jump, hike, crawl, climb, whatever lights you up.

Daily Mantra:

“Joy counts as progress.”



Day 20: Reconnect with Nature

Mindset Prompt:

How do natural spaces affect your state of mind?

What's one way nature can guide your healing or growth?

Movement Prompt:

Get outside. Even 5 minutes. Move in nature!

Daily Mantra:

“I am part of something bigger. I belong.”



Day 21: Release Comparison

Mindset Prompt:

Where are you comparing yourself lately? Your body, your progress, your life?

What's your truth when you tune out the noise?

Movement Prompt:

Today's movement is just for you. Tune in, go inward, let your body lead without judgment or comparison.

Daily Mantra:

"I walk my path, not theirs."



Day 22: Invite Stillness

Mindset Prompt:

What happens when you sit in stillness?
What comes up, and what might you learn
from it?

Movement Prompt:

Instead of active movement, explore stillness.
Try a long-held stretch, breathwork, or quiet
posture and see what it reveals.

Daily Mantra:

“Stillness is a teacher, too.”



Day 23: Act As If

Mindset Prompt:

Who is the version of you who already feels confident, clear, and aligned?
What is one thing you can do today to act as if you're already there?

Movement Prompt:

Move like that version of you would move.
Embody their energy, confidence, and presence.

Daily Mantra:

"I am already becoming who I want to be."



Day 24: Gratitude in Motion

Mindset Prompt:

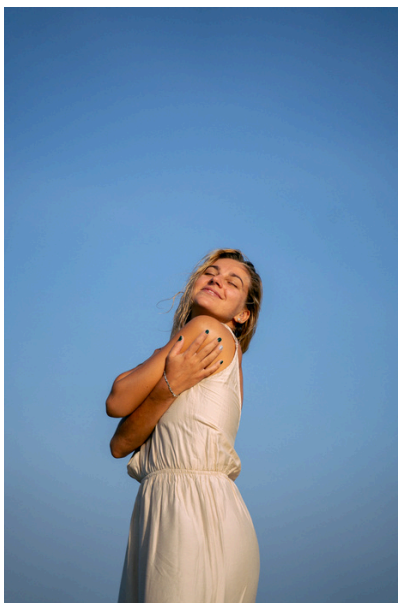
What are you grateful for about your body today? Not what it looks like, but what it does for you?

Movement Prompt:

Dedicate your movement practice today as a thank-you. Let every stretch, step, or breath be an expression of appreciation.

Daily Mantra:

“Thank you, body. You carry me forward.”



Day 25: Rewrite Resistance

Mindset Prompt:

Where are you feeling resistance right now?

What might that resistance be trying to protect you from or teach you?

Movement Prompt:

Lean into discomfort (safely). Try a new challenge or revisit one you've avoided. Notice how you show up.

Daily Mantra:

"I meet resistance with curiosity."



Day 26: Ground + Rise

Mindset Prompt:

What grounds you when life feels chaotic?
What lifts you up when you're stuck?

Movement Prompt:

Choose a movement that grounds and lifts you, like yoga poses, squats, or reaching.
Notice the balance of stability and expansion.

Daily Mantra:

"I root down to rise up."



Day 27: Be the Observer

Mindset Prompt:

Can you notice your thoughts today without attaching to them?

What changes when you observe, rather than react?

Movement Prompt:

Move slowly, with awareness. Tune into the small details like breath, muscle engagement and posture. Just observe.

Daily Mantra:

“I notice, without judgment.”



Day 28: Rewrite the Ending

Mindset Prompt:

What chapter in your life is coming to a close or wants to?

How do you want to end it? With grace, courage, or clarity?

Movement Prompt:

Move to release and honor the ending.

Gentle or strong, fast or slow, let your body help close the loop.

Daily Mantra:

“I end with integrity and intention.”



Day 29: Anchor in the Now

Mindset Prompt:

Where are your thoughts today? Past, future, or present?

What helps you come back to right now?

Movement Prompt:

Move to drop in. Focus on sensations, breath, surroundings. Let movement anchor you to this moment.

Daily Mantra:

“Right now is where my power lives.”



Day 30: Celebrate You

Mindset Prompt:

What are you proud of after these 30 days?
What shifted, opened, or strengthened inside of
you?

Movement Prompt:

Move in celebration of your effort, your growth,
your commitment. Let it feel like a dance, a
release, a YES.

Daily Mantra:

“I celebrate the version of me I’ve become.”



You Did It

Thirty days. Thirty moments of showing up for yourself with movement, reflection, and intention. That is not small. That is brave. That is change in motion.

This was never about perfection. It was about **practice**. You practiced presence, growth, and self-connection. Whether you filled every page or simply returned to yourself more often, you **made space for something new**.

As you close this journal, remember:

You can always begin again.

Your body, your breath, and your awareness are with you.

You are stronger and more grounded than before.

Keep moving. Keep listening. Keep choosing yourself.