

30-Day Micro Journal

After day 30

Edition: 30-day printable companion

Brand: SurrealKiss 30-Day Micro Shift Challenge microjournal

Format: Printable PDF ~35 pages

ONE PAGE A MORNINGA guided companion to the 30-Day Micro Shift Challenge - one prompt per day, four weekly reflection spreads, and a closing back-matter. Read the prompt, take today's micro-action, write a few honest lines on the page in front of you. PRINT OR USE DIGITAL Designed to be a daily-use workhorse: short on context, generous on writable space. Print it, keep it on the kitchen table, or read it on a tablet.

Day 1 Begin before you feel ready

Micro Journal Sunday, August 16, 2026

Day: 1 of 30
Date: 2026-08-16
Subject: Begin before you feel ready
Prompt: What is one thing you have been waiting to feel before starting?
Today's micro-action: Pour a glass of water and drink it slowly. Notice the temperature.

WHY THIS PROMPTThe version of you six months from now is built by what you do today not what you plan, not what you intend. You do not need to feel ready. You need to begin.THE PRACTICEPour a glass of water and drink it slowly. Notice the temperature.CLOSING AFFIRMATIONI begin before I feel ready.

Day 2 Finish the smallest task you can find

Micro Journal Monday, August 17, 2026

Day: 2 of 30
Date: 2026-08-17
Subject: Finish the smallest task you can find
Prompt: Which small open loop has been weighing on you the longest?
Today's micro-action: Send the message, clear the counter, file the paper. Pick one. Walk away.

WHY THIS PROMPTMomentum is physical it accumulates from closed loops. A three-minute task, finished, is worth more than a half-finished big one. Pick the small loop and finish it today.THE PRACTICESend the message, clear the counter, file the paper. Pick one. Walk away.CLOSING AFFIRMATIONFinishing one small thing is the whole practice.

Day 3 Leave a gap where a gap did not exist

Micro Journal Tuesday, August 18, 2026

Day: 3 of 30
Date: 2026-08-18
Subject: Leave a gap where a gap did not exist
Prompt: Where did input press you today, and where could a gap have fit?
Today's micro-action: After you close your next browser tab, count to three before opening the next.

WHY THIS PROMPTModern life presses every moment with input. A gap even three seconds is a quiet act of refusal. It is also where you find yourself again.THE PRACTICEAfter you close your next browser tab, count to three before opening the next.CLOSING AFFIRMATIONI leave a gap where a gap did not exist.

Day 4 Do one small unrecorded kind thing

Micro Journal Wednesday, August 19, 2026

Day: 4 of 30
Date: 2026-08-19
Subject: Do one small unrecorded kind thing
Prompt: What kind act did you circle today, and what did it cost you?
Today's micro-action: Hold a door, send a message with no ask, clear someone elses dish. Then let it go.

WHY THIS PROMPTMuch of what we do is observed. Today, do something kind that no one will thank you for, no one will reward, no one may even notice. The point is that you did it.THE PRACTICEHold a door, send a message with no ask, clear someone elses dish. Then let it go.CLOSING AFFIRMATIONI act kindly without keeping score.

Day 5 Write one honest sentence

Micro Journal Thursday, August 20, 2026

Day: 5 of 30
Date: 2026-08-20
Subject: Write one honest sentence
Prompt: Is the sentence you wrote closer to the truth than to a mask?
Today's micro-action: Open a notes app or this page. Write one sentence: how you are, right now.

WHY THIS PROMPTJournaling fails when it requires pages. A single honest sentence, written today, will tell you more in a month than you would guess right now.THE PRACTICEOpen a notes app or this page. Write one sentence: how you are, right now.CLOSING AFFIRMATIONOne honest sentence is the whole journal.

Day 6 Thank someone who does not expect it

Micro Journal Friday, August 21, 2026

Day: 6 of 30

Date: 2026-08-21

Subject: Thank someone who does not expect it

Prompt: Whose help did you never properly name, and how did it shape you?

Today's micro-action: Send one short message: "I was just thinking about how you helped me with _____. It still matters."

WHY THIS PROMPT Gratitude is usually aimed upward. Today aim it sideways toward a coworker, a clerk, an old friend who once helped you. They likely never heard that it mattered. THE PRACTICE Send one short message: "I was just thinking about how you helped me with _____. It still matters." CLOSING AFFIRMATION I aim gratitude sideways.

Day 7 Notice what shifted without forcing it

Micro Journal Saturday, August 22, 2026

Day: 7 of 30
Date: 2026-08-22
Subject: Notice what shifted without forcing it
Prompt: What is one shade brighter than it was a week ago?
Today's micro-action: Take five minutes. Sit quietly. Let the weeks private shifts show up.

WHY THIS PROMPTYou are one week in. Major change is not the point. Look instead for what feels 2% lighter, 2% clearer, 2% more yours.THE PRACTICETake five minutes. Sit quietly. Let the weeks private shifts show up.CLOSING AFFIRMATIONI notice what shifted without forcing it.

Week 1 reflection Foundation

Micro Journal end-of-week spread

Week: 1 of 4 Foundation

Heading: Week 1 end-of-week reflection

WINSThree small things that went well this weekSTRUGGLESOne thing I struggled with, honestlyWHAT
SURPRISED MEWhat surprised me about how this week feltNEXT WEEK'S FOCUSThe one thing I will keep
from this week into next

Day 8 Remove one notification

Micro Journal Sunday, August 23, 2026

Day: 8 of 30

Date: 2026-08-23

Subject: Remove one notification

Prompt: Which apps have been asking for a piece of you that you did not lend?

Today's micro-action: Open settings notifications. Disable one. The one that nags and gives nothing back.

WHY THIS PROMPTAlmost every app on your phone is asking for a piece of your attention. Almost none of them deserve more than the moment you chose them.
THE PRACTICEOpen settings notifications. Disable one. The one that nags and gives nothing back.
CLOSING AFFIRMATIONMy attention is mine to direct.

Day 9 Say yes once. Say no once

Micro Journal Monday, August 24, 2026

Day: 9 of 30
Date: 2026-08-24
Subject: Say yes once. Say no once
Prompt: What have you been saying yes to that you meant no to?
Today's micro-action: Decline one ask. Honour one commitment fully. Notice the small release that follows.

WHY THIS PROMPTMost of our days are spent on autopilot. Today, choose on purpose one thing to do fully, and one thing to decline without guilt.THE PRACTICEDecline one ask. Honour one commitment fully. Notice the small release that follows.CLOSING AFFIRMATIONI say yes once. I say no once.

Day 10 Define one quiet hour

Micro Journal Tuesday, August 25, 2026

Day: 10 of 30
Date: 2026-08-25
Subject: Define one quiet hour
Prompt: What does "yours" actually feel like, when it shows up?
Today's micro-action: Set a timer for sixty minutes. Walk, sit, stretch, look out a window.

WHY THIS PROMPTNot a vacation. Not an escape. One hour in which you do not perform, do not consume, do not chase. One hour that belongs to you.THE PRACTICESet a timer for sixty minutes. Walk, sit, stretch, look out a window.CLOSING AFFIRMATIONI keep one quiet hour a day.

Day 11 Begin the next task without warming up

Micro Journal Wednesday, August 26, 2026

Day: 11 of 30
Date: 2026-08-26
Subject: Begin the next task without warming up
Prompt: Where did "preparing" slip in today, and what did it cost?
Today's micro-action: Pick the next small thing on your list. Begin within ten seconds of deciding.

WHY THIS PROMPTThe warm-up checking your phone, scrolling, "preparing" is the killer. The shortest version of the task is to just start it.
THE PRACTICEPick the next small thing on your list. Begin within ten seconds of deciding.
CLOSING AFFIRMATIONI begin without warming up.

Day 12 Do the easiest version you would not be em

Micro Journal Thursday, August 27, 2026

Day: 12 of 30
Date: 2026-08-27
Subject: Do the easiest version you would not be embarrassed by
Prompt: What have you been postponing behind the wish for a perfect version?
Today's micro-action: Send the draft. Buy the thing. Make the call. Ship the smallest defensible step.

WHY THIS PROMPTPerfectionism punishes starting. The easiest non-embarrassing version, done, is worth more than the best version only imagined.THE PRACTICESend the draft. Buy the thing. Make the call. Ship the smallest defensible step.CLOSING AFFIRMATIONThe easiest non-embarrassing version is enough.

Day 13 Do one thing before the day pulls you in

Micro Journal Friday, August 28, 2026

Day: 13 of 30
Date: 2026-08-28
Subject: Do one thing before the day pulls you in
Prompt: What did you let the morning keep for you today?
Today's micro-action: Before your first work tab opens: stretch for sixty seconds, write, drink water.

WHY THIS PROMPTThe morning hours before email arrives are the closest thing to free time most adults have. Use one of them a few minutes is enough.
THE PRACTICEBefore your first work tab opens: stretch for sixty seconds, write, drink water.
CLOSING AFFIRMATIONI take the morning before the day takes me.

Day 14 Notice who you are at the halfway point

Micro Journal Saturday, August 29, 2026

Day: 14 of 30
Date: 2026-08-29
Subject: Notice who you are at the halfway point
Prompt: What does two weeks of small repetition feel like in your body?
Today's micro-action: Stand. Roll your shoulders back. Breathe. That posture is the practice compounded.

WHY THIS PROMPTYou are not the same person who began this run. You have done a small thing every day. Notice what that repetition feels like.THE PRACTICEStand. Roll your shoulders back. Breathe. That posture is the practice compounded.CLOSING AFFIRMATIONI notice who I am at the halfway point.

Week 2 reflection Momentum

Micro Journal end-of-week spread

Week: 2 of 4 Momentum

Heading: Week 2 end-of-week reflection

WINSThree small things that went well this weekSTRUGGLESOne thing I struggled with, honestlyWHAT
SURPRISED MEWhat surprised me about how this week feltNEXT WEEK'S FOCUSThe one thing I will keep
from this week into next

Day 15 Clear one surface

Micro Journal Sunday, August 30, 2026

Day: 15 of 30
Date: 2026-08-30
Subject: Clear one surface
Prompt: Which surface of your home has been quietly asking for two minutes?
Today's micro-action: Pick one shelf, drawer, counter, or window. Two minutes. Walk away when it is done.

WHY THIS PROMPTYour environment is not separate from your state. A clear surface often clears a small corner of your mind.
THE PRACTICEPick one shelf, drawer, counter, or window. Two minutes. Walk away when it is done.
CLOSING AFFIRMATIONA clear surface often clears a small corner of my mind.

Day 16 Drop the mask in one small moment

Micro Journal Monday, August 31, 2026

Day: 16 of 30

Date: 2026-08-31

Subject: Drop the mask in one small moment

Prompt: Where were you performing today, and how did it land?

Today's micro-action: In one conversation today say "I do not know" or "I would rather not" or "I am tired."

WHY THIS PROMPTMost anxiety is performance anxiety. Today, in one small moment, drop the mask and be a little more honest than usual.THE PRACTICEIn one conversation today say "I do not know" or "I would rather not" or "I am tired."CLOSING AFFIRMATIONI drop the mask in one small moment.

Day 17 Listen without preparing your reply

Micro Journal Tuesday, September 1, 2026

Day: 17 of 30
Date: 2026-09-01
Subject: Listen without preparing your reply
Prompt: Whose words did you let land today, instead of half-listening through?
Today's micro-action: In your next real conversation, hold silence for one beat before responding.

WHY THIS PROMPTMost listening is half-listening the other half is composing the next sentence. Try, today, to give the second half to the other person.THE PRACTICEIn your next real conversation, hold silence for one beat before responding.CLOSING AFFIRMATIONI listen without preparing my reply.

Day 18 Walk without a destination

Micro Journal Wednesday, September 2, 2026

Day: 18 of 30
Date: 2026-09-02
Subject: Walk without a destination
Prompt: What turned up in the quiet you would not have named an hour ago?
Today's micro-action: Walk for ten minutes without podcasts, music, or phone. Notice what shows up.

WHY THIS PROMPTWalking for exercise is fine. Walking to think is fine. Walking with nowhere to be is the rarest and most valuable kind.
THE PRACTICEWalk for ten minutes without podcasts, music, or phone. Notice what shows up.
CLOSING AFFIRMATIONI walk without a destination.

Day 19 Eat one slow meal

Micro Journal Thursday, September 3, 2026

Day: 19 of 30
Date: 2026-09-03
Subject: Eat one slow meal
Prompt: How often do you eat while doing something else?
Today's micro-action: One meal today: no phone, no screen, no book. Just the meal.

WHY THIS PROMPT Eating is one of the few practices you do every day, often while doing something else.
Today, eat one meal only doing that.
THE PRACTICE One meal today: no phone, no screen, no book. Just the meal.
CLOSING AFFIRMATION I eat one slow meal.

Day 20 Begin something. Stop before it is done. Sa

Micro Journal Friday, September 4, 2026

Day: 20 of 30
Date: 2026-09-04
Subject: Begin something. Stop before it is done. Save it
Prompt: Where in your work is the second pass the dread, not the first?
Today's micro-action: Open a draft. Add two sentences. Close the tab. Tomorrow it will be easier.

WHY THIS PROMPTCreative work hates being perfected in one pass. The most predicted feeling of creative dread is the second pass. Today, begin something you will return to.THE PRACTICEOpen a draft. Add two sentences. Close the tab. Tomorrow it will be easier.CLOSING AFFIRMATIONI begin things I will return to.

Day 21 Imagine yourself three weeks from now

Micro Journal Saturday, September 5, 2026

Day: 21 of 30

Date: 2026-09-05

Subject: Imagine yourself three weeks from now

Prompt: What does the small future you three weeks older most need?

Today's micro-action: Write a single sentence to your future self, dated three weeks out. Keep it short.

WHY THIS PROMPTIf you finished this challenge quietly, three weeks from now you would have done one small thing every day. Look for the person you are becoming.THE PRACTICEWrite a single sentence to your future self, dated three weeks out. Keep it short.CLOSING AFFIRMATIONI imagine myself three weeks from now.

Week 3 reflection Mindset

Micro Journal end-of-week spread

Week: 3 of 4 Mindset

Heading: Week 3 end-of-week reflection

WINSThree small things that went well this weekSTRUGGLESOne thing I struggled with, honestlyWHAT
SURPRISED MEWhat surprised me about how this week feltNEXT WEEK'S FOCUSThe one thing I will keep
from this week into next

Day 22 Give yourself permission to be unremarkable

Micro Journal Sunday, September 6, 2026

Day: 22 of 30
Date: 2026-09-06
Subject: Give yourself permission to be unremarkable
Prompt: Which "I should be more" pressure showed up, and how heavy did it sit?
Today's micro-action: Do one ordinary thing today. Notice ordinary is not failure.

WHY THIS PROMPTAlmost everyone who is exhausted is exhausting themselves trying to be remarkable. The micro-shift practice is built on the opposite: small, unremarkable, repeated.THE PRACTICEDo one ordinary thing today. Notice ordinary is not failure.CLOSING AFFIRMATIONI give myself permission to be unremarkable.

Day 23 Notice what drains and what fills

Micro Journal Monday, September 7, 2026

Day: 23 of 30
Date: 2026-09-07
Subject: Notice what drains and what fills
Prompt: What drained you today that you keep saying yes to anyway?
Today's micro-action: Write two lists: three drains, three fills. Five minutes.

WHY THIS PROMPTMost people cannot name what energises them. They can name the things that drain. Today, name the small things activities, conversations, places that tend to fill you.THE PRACTICEWrite two lists: three drains, three fills. Five minutes.CLOSING AFFIRMATIONI name what drains and what fills.

Day 24 Do the very next thing with extra care

Micro Journal Tuesday, September 8, 2026

Day: 24 of 30
Date: 2026-09-08
Subject: Do the very next thing with extra care
Prompt: What small thing, done with care, was today's quiet win?
Today's micro-action: Whatever your next task is, do it one degree slower than usual.

WHY THIS PROMPT Excellence is rarely one great thing. It is one ordinary thing done with extra care, ten thousand times. THE PRACTICE Whatever your next task is, do it one degree slower than usual. CLOSING AFFIRMATION I do the very next thing with extra care.

Day 25 Notice one "have to" that could be a "choose to"

Micro Journal Wednesday, September 9, 2026

Day: 25 of 30
Date: 2026-09-09
Subject: Notice one "have to" that could be a "choose to"
Prompt: Which obligation is real, and which have you been carrying by mistake?
Today's micro-action: Find one "I have to" sentence. Rewrite it as "I choose to." Notice the change.

WHY THIS PROMPTMany of the obligations of your life are real but the story you tell about them is optional. "I have to" is heavy. "I choose to" is freedom that you already have.THE PRACTICEFind one "I have to" sentence. Rewrite it as "I choose to." Notice the change.CLOSING AFFIRMATIONI rewrite "have to" as "choose to."

Day 26 Hold one line you usually let go of

Micro Journal Thursday, September 10, 2026

Day: 26 of 30

Date: 2026-09-10

Subject: Hold one line you usually let go of

Prompt: Where did the boundary feel natural, and where did it cost something?

Today's micro-action: In one interaction today, hold a small line. Dont say yes when you mean no.

WHY THIS PROMPTBoundaries do not need to be loud. They can be quiet a sentence, a redirect, a pause. They only need to be real.THE PRACTICEIn one interaction today, hold a small line. Dont say yes when you mean no.CLOSING AFFIRMATIONI hold one line I usually let go of.

Day 27 Take one minute for yourself between tasks

Micro Journal Friday, September 11, 2026

Day: 27 of 30
Date: 2026-09-11
Subject: Take one minute for yourself between tasks
Prompt: What did the transition cost you today, and what did the gap give back?
Today's micro-action: Between two tasks today, step away for sixty seconds. Window, water, breath.

WHY THIS PROMPTMost working days are full of transitions between meetings, between projects, between roles. Transitions were once spaces. Today reclaim one.THE PRACTICEBetween two tasks today, step away for sixty seconds. Window, water, breath.CLOSING AFFIRMATIONI reclaim one transition between tasks.

Day 28 Pick one person to thank today

Micro Journal Saturday, September 12, 2026

Day: 28 of 30
Date: 2026-09-12
Subject: Pick one person to thank today
Prompt: Whose kindness in your life would you name, if naming cost nothing?
Today's micro-action: Send one short, sincere note today. Not a meme. Not a joke. Just an honest thank-you.

WHY THIS PROMPTNot a stranger. Not an imagined ancestor. One real, present-tense person in your actual life.
THE PRACTICESend one short, sincere note today. Not a meme. Not a joke. Just an honest thank-you.
CLOSING AFFIRMATIONI thank one real, present-tense person.

Week 4 reflection Future

Micro Journal end-of-week spread

Week: 4 of 4 Future

Heading: Week 4 end-of-week reflection

WINSThree small things that went well this weekSTRUGGLESOne thing I struggled with, honestlyWHAT
SURPRISED MEWhat surprised me about how this week feltNEXT WEEK'S FOCUSThe one practice I will
carry past day 30

Day 29 Notice what you have done without paying a

Micro Journal Sunday, September 13, 2026

Day: 29 of 30
Date: 2026-09-13
Subject: Notice what you have done without paying attention to it
Prompt: What repetition over the past four weeks was the quietest, biggest shift?
Today's micro-action: Write one sentence about what you noticed about yourself this month.

WHY THIS PROMPTYou have done a micro-shift every day for nearly a month. The point was never any single one. The point was showing up.THE PRACTICEWrite one sentence about what you noticed about yourself this month.CLOSING AFFIRMATIONI notice what I have done without paying attention to it.

Day 30 You did not transform. You compounded

Micro Journal Monday, September 14, 2026

Day: 30 of 30
Date: 2026-09-14
Subject: You did not transform. You compounded
Prompt: Tomorrow is day one of a longer run the one you carry quietly
Today's micro-action: Choose one micro-shift from this past month. Make it tomorrows.

WHY THIS PROMPTThere is no finish line here, only a marker. The smallest practice, uninterrupted, is enough. You did it.THE PRACTICEChoose one micro-shift from this past month. Make it tomorrows.CLOSING AFFIRMATIONI did not transform. I compounded.

After day 30

Micro Journal closing page

Section: Back matter

Signature: I will keep going quietly.

YOUR 90-DAY SKETCH Pick one micro-shift from this month. Make it yours for the next ninety days not a streak, not a test. A small practice, unbroken, repeated on the days it fits, skipped on the days it does not, returned to the morning after. WHAT'S NEXT When you finish the journal, the SurrealKiss Daily Shift Cards (\$36) put a single shift on your desk each morning; the 30-Day Micro-Shift ebook (\$24) is the same thirty essays in long form for a quiet afternoon. Both live at /cards and /ebook. SIGNED I will keep going quietly.