



Lightworker
Reflections

30 Days of Journaling to
Align with Your Higher Self

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This journal is intended for personal reflection and spiritual exploration. It is not a substitute for medical, psychological, or professional advice.

Welcome, Lightworker



This journal is a sacred space for you to be still, to quiet your mind, and to reconnect with your Higher Self - the most divine part of who you are, always guiding you, always loving you, always whole.

Each day, you'll find an invitation to turn inward, to explore your inner world, to honor your journey.

The following prompts will guide you in peeling back layers of doubt, distraction, and old stories to align yourself even more fully with the light that's always within you.

Remember, there's no right way to do this work. Some days, words may flow easily from your pen to these pages. Some days, a single prompt may stick in your mind for an entire week, revealing new layers of awareness.

Either way is perfectly okay.

Remember to show up as you are - excited, clear, curious, or feeling completely lost.

Each turn of the page is a step forward in connecting with yourself and your light.

Day 1



GROUNDING IN YOUR LIGHT

What helps me feel most grounded, even during uncertain times?

Where in my life am I seeking outside approval instead of anchoring into my own light?

What simple practice could I start today to help me reconnect with my inner steadiness?

doodle space



Day 2



HONORING THE VOICE WITHIN

What messages has my inner voice been whispering that I've been ignoring?

How does my intuition feel in my body when it's speaking to me?

What small action can I take today to honor my inner knowing?

doodle space



Day 3



RELEASING WHAT NO LONGER SERVES

What emotions, beliefs, or patterns feel heavy or outdated in my life right now?

How would it feel to release just one thing that no longer serves my highest good?

What might open up for me if I created more space for what truly nourishes me?

doodle space



Day 4



TRUSTING THE DIVINE TIMING

Where am I currently trying to rush or control the outcome?

How has Divine Timing surprised me in the past in ways that turned out better than I expected?

What would shift for me if I fully trusted that everything is unfolding exactly as it should?

doodle space



Day 5



AWAKENING TO POSSIBILITY

What possibilities exist in my life right now that I've been too afraid or distracted to see?

What dreams or desires have I quietly placed on the back burner?

How might my life expand if I allowed myself to fully believe in what's possible for me?

doodle space



Day 6



CLEARING
EMOTIONAL CLUTTER

What emotions am I holding onto that are clouding my clarity or weighing me down?

How might my daily experience shift if I allowed myself to feel and release instead of suppressing?

What practice or ritual could help me clear emotional clutter and create space within?

doodle space



Day 7



**EXPANDING INTO
YOUR POTENTIAL**

What version of myself am I becoming, and what does that version believe is possible?

Where am I still playing small out of fear, habit, or comfort?

What would it feel like to expand fully into my potential, without apology or hesitation?

doodle space



Day 8



RECEIVING WITH AN OPEN HEART

Where in my life do I resist receiving—love, help, abundance, or compliments?

What stories or beliefs keep me closed off from fully receiving what is meant for me?

How can I soften my heart today and practice receiving openly, without guilt or fear?

doodle space



Day 9



EMBRACING THE UNKNOWN

How do I usually react when faced with uncertainty or the unknown?

What is one area of my life where I can lean into the unknown with curiosity instead of fear?

What if the unknown isn't something to fear but the birthplace of all miracles?

doodle space



Day 10



RECLAIMING LOST PARTS OF YOURSELF

What parts of myself have I hidden, rejected, or abandoned along the way?

How might I begin to welcome those lost parts back home with love?

What gifts or strengths might be waiting for me if I reclaim these parts of myself?

doodle space



Day 11



FINDING STILLNESS IN THE CHAOS

Where in my life do I feel most pulled into chaos or constant motion?

What would it feel like to create even five minutes of stillness today, just for me?

How does my inner world shift when I remember that peace is always available, no matter what's happening around me?

doodle space



Day 12



STRENGTHENING YOUR BOUNDARIES WITH LOVE

Where am I currently allowing my energy or time to be drained because of weak boundaries?

How can I strengthen my boundaries in a way that feels loving instead of harsh or defensive?

What might shift in my relationships if I trusted that my needs are worthy of protection?

doodle space



Day 13



CHOOSING JOY MOMENT BY MOMENT

What truly brings me joy—and when was the last time I allowed myself to feel it fully?

How can I practice choosing joy today, even in small and simple ways?

What would my life look like if joy became a sacred priority rather than a reward?

doodle space



Day 14



CULTIVATING COMPASSION FOR YOURSELF

In what areas of my life am I hardest on myself—and why?

What would it feel like to speak to myself with the same tenderness I offer to those I love?

How might self-compassion create space for healing, growth, or forgiveness?

doodle space



Day 15



LISTENING FOR SUBTLE GUIDANCE

How does subtle guidance from my higher self or the Universe show up for me?

What signs or synchronicities have I been noticing—but maybe brushing aside?

How can I create quiet moments today to truly listen for what wants to come through?

doodle space



Day 16



CONNECTING TO THE ENERGY OF ABUNDANCE

Where in my life do I feel abundant, and how does that energy show up for me?

What beliefs or patterns limit my ability to receive abundance fully?

How can I open myself today to noticing the small, everyday ways abundance is flowing?

doodle space



Day 11



HEALING OLD STORIES

What old story about myself or my worth am I still carrying?

How does that story limit the way I show up in the world?

What might my life look like if I chose to write a new story starting today?

doodle space



Day 18



MANIFESTING WITH INTENTION AND GRACE

What am I truly longing to call into my life right now?

How can I align my daily thoughts and actions with that desire—without forcing the outcome?

What would it feel like to trust that what is meant for me is already on its way?

doodle space



Day 19



LETTING YOUR LIGHT BE SEEN

Where am I dimming my light out of fear of being too much, or not enough?

What part of myself am I most afraid to let others see—and why?

What might change if I allowed myself to be fully visible, exactly as I am?

doodle space



Day 20



NAVIGATING FEAR AS
A MESSENGER

What fear has been surfacing lately—and what might it be trying to teach me?

How do I usually respond when fear shows up—and is that response truly serving me?

What happens when I approach fear with curiosity instead of resistance?

doodle space



Day 21



ALIGNING WITH YOUR HIGHER SELF

What does my Higher Self feel like—and how do I know when I'm aligned with it?

What choices have I made recently that felt fully aligned, and what made them different?

How can I tune into my Higher Self's guidance more consistently in my daily life?

doodle space



Day 22



RESTORING FAITH IN THE JOURNEY

Where have I lost faith—either in myself, others, or the path I'm walking?

What past moments remind me that life often works out better than I imagined?

How can I gently restore my faith and trust in the unfolding of my journey?

doodle space



Day 23



MAKING SPACE FOR MIRACLES

What areas of my life feel too tightly controlled or weighed down by expectations?

How might letting go of rigid plans create space for the unexpected and magical?

What small shift can I make today to open my heart to the possibility of miracles?

doodle space



Day 24



LIVING AS A CREATOR
NOT A REACTOR

Where in my life am I mostly reacting instead of consciously creating?

What helps me shift from reactive patterns into empowered creation?

How can I take one intentional step today that aligns with the life I truly want?

doodle space



Day 25

**HOLDING SPACE FOR OTHERS
WITHOUT LOSING YOURSELF**



Where do I tend to overextend myself emotionally, and how does it affect me?

How can I offer support to others while still honoring my own needs and energy?

What boundaries or reminders help me stay rooted in myself while showing up for others?

doodle space



Day 26



AWAKENING THE HEART'S WISDOM

What has my heart been trying to tell me lately that my mind keeps overriding?

How does it feel when I make choices from my heart rather than my head?

What might shift if I trusted my heart's wisdom more deeply, even in small moments?

doodle space



Day 27



CELEBRATING HOW FAR YOU'VE COME

Where have I experienced growth or healing that deserves to be acknowledged?

Why do I sometimes minimize my progress—and how can I change that story?

How can I celebrate myself today, not for perfection, but for the journey I've walked?

doodle space



Day 28



QUIETING THE INNER CRITIC

What is my inner critic saying most often—and where might those messages have come from?

How would my life change if I spoke to myself the way I speak to someone I deeply love?

What small practice could I create to catch and reframe my self-critical thoughts with kindness?

doodle space



Day 29



EMBRACING CHANGE AS A SPIRITUAL ALLY

What recent or upcoming changes in my life are stirring up resistance or fear?

How might I begin to see change not as something to fight, but as an ally guiding me forward?

What has change taught me in the past about who I truly am and what I'm capable of?

doodle space



Day 30



RETURNING TO
YOUR TRUE SELF

Who am I beneath the roles, expectations, and stories I carry?

What practices, people, or places help me return to my true self?

How can I honor my true self more fully as I move forward from this reflection?

doodle space





CLOSING REFLECTION

You made it to the final page! But your journey inward is really just getting started.

Over the last 30 days, you've done the work to reflect, release, and reconnect with that deep wisdom you've always had inside you. Take a second right now to just breathe and honor everything you've uncovered - the parts of you that were finally ready to be seen, healed, and remembered. Well done!

Growth doesn't always have to be loud or obvious. More often than not, it's found in the quiet shifts, like the way you've started to trust yourself just a little bit more. If you felt even the smallest spark of clarity or peace while working through these pages, just know that your light is expanding.

You can always come back to these prompts or pick this journal back up whenever you need a little grounding or a reminder of who you really are.

If you feel like you're ready to dive even deeper, I'd love to connect with you. You can find me at [AmandaShertzer.com](https://www.AmandaShertzer.com) for personal channeling sessions, meditations, and extra messages to help support you on your path.

As you close this chapter, try carrying this simple mantra with you:

"I am aligned with my light, guided by my wisdom, and open to all that is meant for me."

Thank you so much for walking this path and, most importantly, for choosing to keep showing up for yourself.