

# THE SAMA JOURNAL

30 Days to Getting Unstuck

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A free resource from Sama

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# A note from Sonal.

Hi,

I'm glad you're here.

This journal grew out of years of observation — of the questions that, when asked honestly, have the power to change things. Questions most of us never stop to ask. And yet, when we do, the clarity is remarkable.

30 prompts. One a day. Each question helps you understand yourself better — your beliefs, your patterns, what you actually want and what's been getting in the way.

Some will feel easy. Some won't. Sit with the uncomfortable ones — that's usually where the answers are.

10 minutes a day. An honest pen. That's all you need.

— Sonal

**Ready to go deeper? Book a free discovery call.**

[cal.com/sonalv/discovery-call](https://cal.com/sonalv/discovery-call)



# How to use this journal.

- **One prompt a day**

Commit to one prompt each day. You don't need to do them in order, but the journey is designed to build week by week.

- **5-10 minutes is enough**

Set a timer. Write without editing. Don't worry about grammar or making sense — just let it come out.

- **Handwriting works best**

There's something about pen on paper that bypasses the thinking brain and gets to the honest brain. Try it.

- **If it feels hard — good**

Resistance is information. If a prompt makes you want to skip it, that's the one you need most.

- **Come back to it**

Some prompts you'll want to revisit. Dog-ear those pages. Your answers will change as you change.

WEEK ONE

# Know Yourself

Before you can change anything, you have to see it clearly. This week is about meeting yourself — honestly, without judgment.

Days 1 — 7















WEEK TWO

# What's Stopping You

You know what you want — sort of. So why aren't you doing it? This week we look at the fears, beliefs and patterns quietly running the show.

Days 8 — 14















WEEK THREE

# What Do You Actually Want

Not what you're supposed to want. Not what looks good. What do YOU actually want  
— from your career, your relationships, your life?

Days 15 — 21















WEEK FOUR

# Moving Forward

Awareness without action is just interesting. This week we turn insight into intention —  
and intention into your first real steps.

Days 22 — 28



















# You showed up.

30 days. 30 honest conversations with yourself.

That's not nothing. That's everything.

If this journal has stirred something in you — a question, a realisation,  
a decision you've been putting off — that's exactly what it's for.

## Book a Free 15-Min Discovery Call

[cal.com/sonalv/discovery-call](https://cal.com/sonalv/discovery-call)

No pressure. No sales pitch. Just a real conversation.

