



**Life Coaching**  
*by Dawnmarie*

## **Your First 30 Days**

*A Gentle Guide to Moving Forward*



# Welcome



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*Dear Friend,*

You are starting something important. The fact that you are holding this guide tells me something powerful about you — you are ready to move forward, even if it does not feel that way yet.

I created this guide because I know what it is like to stand at the beginning of something new and feel overwhelmed by everything ahead. I have been there. As a survivor, a single mother, and someone who rebuilt her entire life from the ground up, I understand that the first steps are often the hardest.

This is not a rulebook. There is no right or wrong way to use it. Think of it as a gentle companion — something to turn to when you need a little direction, a little encouragement, or a reminder that you are not alone.

Over the next 30 days, we will focus on four simple things:

1. **Creating your foundation** — building small, steady habits
2. **Understanding your needs** — getting clear on what matters most
3. **Building your plan** — setting achievable goals and a simple budget
4. **Moving forward** — celebrating your progress and building support

Go at your own pace. Skip what does not feel right. Come back to sections whenever you need them. There is no timeline for healing, and there is no timeline for this guide.

I am right here beside you.



*With warmth and belief in you,  
Dawnmarie*

## WEEK ONE

# Creating Your Foundation



Before you can build anything new, you need a steady place to stand. This week is about creating small pockets of calm and care in your daily life. Nothing dramatic — just gentle, consistent steps.

## Set Up Your Safe Space

Choose one small area in your home that feels like yours — a corner of the couch, a spot at the kitchen table, a chair by a window. This is your space to breathe, think, and journal. It does not need to be fancy. A comfortable seat and a few minutes of quiet is enough.

## Three Daily Practices

Pick three small things to do each day this week. Here are some ideas — choose what feels right for you:

- **Morning check-in:** Before you start your day, take 60 seconds to ask yourself, "How am I feeling right now?" No judgment. Just noticing.
- **Breathing pause:** Set a reminder for midday. When it goes off, take five slow, deep breaths. In through your nose, out through your mouth. That is it.
- **One kind thing:** Before bed, do one kind thing for yourself. A cup of tea, a warm shower, five minutes of a show you love. Something that is just for you.

### Remember

Start small. Five minutes a day counts. You are not behind, and there is nothing to catch up on. You are exactly where you need to be.

### JOURNALING PROMPT

*"Where am I right now, and where do I want to be?"*

Write whatever comes to mind. A single sentence is fine. A full page is fine too. This is for your eyes only.

# Understanding Your Needs



Now that you have a small daily rhythm, it is time to look inward a little. This week is about getting honest with yourself — gently — about what you need more of and what you need less of.

## What Drains You vs. What Fills You Up

Take a piece of paper and draw a line down the middle. On one side, write "Drains Me." On the other, write "Fills Me Up."

Over the next few days, notice what falls into each category. It might be certain people, activities, habits, or even thoughts. There is no need to act on this list yet — just notice.

## Setting One Small Boundary

Boundaries are not walls — they are guidelines for how you want to be treated and how you want to spend your energy. This week, set one small boundary. Some examples:

- Not checking your phone during meals
- Saying "Let me think about that" instead of automatically saying yes
- Giving yourself permission to leave a conversation that drains you
- Going to bed 30 minutes earlier

Start with something manageable. You are building a muscle, not running a marathon.

### Remember

It is okay to say no. Saying no to something that drains you is saying yes to yourself. That is not selfish — it is necessary.

### JOURNALING PROMPT

*"What do I need more of? What do I need less of?"*

# Building Your Plan



You have been building awareness and small habits for two weeks now. This week, we take that clarity and turn it into direction. Nothing overwhelming — just three achievable goals and a simple look at your finances.

## Set Three Goals for Next Month

Think about three things you would like to accomplish or move toward in the next 30 days. Make them specific and achievable. Not "fix everything," but something you can actually do.

Examples:

- "Walk outside for 15 minutes, three times a week"
- "Open a savings account and put \$25 in it"
- "Call one friend I have been meaning to reach out to"
- "Research one thing I have been curious about"
- "Cook a meal for myself twice this week"

Write your three goals here or in your journal:

1.

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2.

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3.

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## Break It Down

For each goal, write down the very first step. Not all the steps — just the first one. When you finish that step, you will see the next one more clearly.

**Remember**

A goal does not have to be life-changing to matter. "Drink more water" is a goal. "Get through today" is a goal. Every step forward counts.

## Your Simple Budget

Financial clarity is one of the most empowering things you can give yourself. You do not need to have it all figured out — just start by seeing where things stand. Use the budget worksheet on the next page as a starting point.

### JOURNALING PROMPT

*"What does 'moving forward' look like for me?"*

# Monthly Budget Worksheet



Fill in what you know. Leave blank what you do not. You can always come back to this.

CATEGORY	MONTHLY AMOUNT
INCOME	
Paycheck / Wages	
Other Income (benefits, support, side work)	
Total Income	
EXPENSES	
Housing (rent / mortgage)	
Utilities (electric, gas, water, internet, phone)	
Food (groceries + dining)	
Transportation (car, gas, transit, insurance)	
Health (insurance, prescriptions, copays)	
Debt Payments (credit cards, loans)	
Childcare / Education	
Personal / Self-Care	
Savings (even \$5 counts)	
Other	
Total Expenses	

CATEGORY	MONTHLY AMOUNT
Remaining (Income - Expenses)	

*No judgment here — this is just a starting point. Knowing where you stand is the first step toward taking control.*



# Moving Forward



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You have made it through three weeks of showing up for yourself. That takes courage, and I want you to know — I see it. This final week is about recognizing how far you have come and setting yourself up for what is next.

## Celebrate Your Small Wins

Take a moment to look back at the past three weeks. What did you do that you are proud of? It does not have to be something big. Did you:

- Show up for yourself even on a hard day?
- Set a boundary, even a small one?
- Write something down in your journal?
- Take a breath when you needed one?
- Ask for help?

Every single one of those things matters. Write down three things you are proud of, no matter how small they seem.

## Build Your Support Network

Moving forward does not mean moving alone. Think about who is in your corner — or who could be:

- **A coach or counselor:** Someone trained to help you see clearly and move forward (that is what I am here for)
- **A trusted friend or family member:** Someone who listens without judgment
- **A community:** A group, a class, a volunteer organization — anywhere you feel you belong

## When You Have a Hard Day

Hard days will come. They are not a sign that you are failing — they are a sign that you are human. When a hard day hits:

1. **Pause.** You do not have to fix anything right now.

2. **Breathe.** Five slow breaths. In through your nose, out through your mouth.
3. **Reach out.** Text a friend. Call your coach. You do not have to do this alone.
4. **Be gentle.** Talk to yourself the way you would talk to someone you love.
5. **Rest.** Tomorrow is a new day, and it will come.

JOURNALING PROMPT

*"What am I proud of this month?"*

**Remember**

Progress is not a straight line. Some days you will take two steps forward and one step back. That is still moving forward.

# Resources & Support



You do not have to navigate any of this alone. Here are some resources that can help:



**Life Coaching**  
*by Dawnmarie*

Schedule a free 15-minute conversation to see if coaching is right for you.

Visit: [lifecoachingbydawnmarie.com/contact](https://lifecoachingbydawnmarie.com/contact)

Call or text: (631) 275-2745

## **National Domestic Violence Hotline**

24/7 support for anyone affected by domestic violence.

Call: 1-800-799-7233 | Text: START to 88788

[thehotline.org](https://thehotline.org)

## **Crisis Text Line**

Free 24/7 mental health support via text message.

Text: HOME to 741741

## **988 Suicide & Crisis Lifeline**

Free, confidential support for people in distress.

Call or text: 988

## **211**

Connect to local resources for food, housing, childcare, financial assistance, and more.

Call: 211 | Visit: [211.org](https://211.org)

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*You are not alone in this.*

