



Cholakov Dimi

30 Days Journaling

DIMICHOLAKOV.COM

The **purpose** of this journal is to encourage you to give yourself time to reflect on important topics for personal development. Doing that at least once a year will keep you up to date with your internal world and the inevitable changes that occurred throughout the last year.

P.S. Every single day contains a hyperlink towards a video(the link is attached to the day's number) or a blog post(the link is attached to a quote) where I share my opinion on the topic.

More about me:

I am a Certified Professional Coach accredited by the International Coach Federation(ICF) by graduating one of the most renowned coaching academies IPEC.

I have dedicated the last 10 years in studying, practicing, and coaching in the area of mental strength.

My mission as a coach is to help you turn your mental attitudes into a catalyst for fulfillment and prosperity.



Let's connect!



Day 1

**How can you see a
crisis you face as
an opportunity?**

