
The 30-Day Integration Practice

Living what you found in Family Baggage, Unpacked

The journal gave you the map. This is the walk.

Awareness without action stays in the head. These 30 practices are designed to move what you discovered on the page into the way you actually live — your conversations, your reactions, your relationships, the small choices you make every day.

Each day takes five minutes or less. Most of them happen in real life, not at a desk. This isn't more journaling — it's the journal, in motion.

How to use this

- Each day has a **practice** — something you do or notice in real life.
- Each day has a **micro-prompt** — one sentence to sit with or jot down.
- Rest days (7, 14, 21) are for looking back, not pushing forward.
- Missed a day? Skip it and continue. This isn't a streak — it's a practice.
- The practices build on each other but each one also works alone.

The four weeks

Week 1 — Awareness — Noticing the patterns as they happen in real time.

Week 2 — Feeling — Letting emotions move through instead of around you.

Week 3 — Relating — Watching the patterns show up in your connections.

Week 4 — Building — Choosing what you're creating instead.

A note: this work can stir things up. That's normal and it's working. If anything feels too heavy, pause. You're allowed to go slowly. Your nervous system gets to set the pace.

WEEK 1

Awareness

Noticing the patterns in real time

1
DAY

Name the Weather

At the end of today, describe the emotional climate in your home or workplace in three words. Not events — the feeling in the air.

→ *Does this weather feel familiar? Where have you felt it before?*

2
DAY

Catch the Auto-Pilot

Pick one automatic response you had today (shutting down, over-explaining, fixing someone's mood). Just notice it — no judgment.

→ *Whose voice does this response sound like?*

3
DAY

The Body Knows

When something uncomfortable happened today, pause and scan your body. Tight chest? Held breath? Clenched jaw? Name the physical sensation before the story.

→ *What emotion lives in that sensation?*

4
DAY

The Role Check

Look at your interactions today. Were you the caretaker, the achiever, the peacemaker? Notice which role showed up — and whether you chose it.

→ *Did this role serve you today, or did it cost you something?*

5
DAY

Spot the Unspoken Rule

Notice one moment today where an unspoken rule ran in the background. "I can't say that." "I should be handling this better." "Needing this is selfish."

→ *Where did you first learn this rule?*

6
DAY

The Inheritance Inventory

Think of one person from your family. Name one thing you carry from them that you're proud of — and one thing you'd like to carry differently.

→ *Did they know they were passing this to you?*

7
DAY

Rest Day — Gentle Check-In

No new practice today. Re-read your notes from Days 1–6. What surprised you most?

→ *What pattern has shown up more than once this week?*

WEEK 2

Feeling

Letting emotions move through

8
DAY

The Forbidden Emotion

Identify one emotion that felt “not allowed” growing up. Find a safe moment today to let yourself feel it for 60 seconds without fixing it.

→ *What did you want to do instead of feeling it?*

9
DAY

Rewrite the Label

Take one trait you’ve been told is a flaw (too sensitive, too much, too quiet). Write one sentence that reframes it as a strength.

→ *Who in your life would benefit from you reclaiming this?*

10
DAY

Anger Has Something to Say

Think of something that made you irritated or resentful this week. Instead of dismissing it, ask: what boundary or need is this pointing to?

→ *Was it okay to be angry growing up?*

11
DAY

The Grief That Visits

Name one thing from your childhood you didn’t get enough of (safety, stillness, being seen, unconditional approval). Sit with that for a moment — without rushing to the silver lining.

→ *What would you say to the child who needed that?*

12
DAY

Joy Is Also Allowed

Do one thing today purely because it brings you joy — not because it’s productive, helpful, or earned. Notice if it feels uncomfortable.

→ *Were you allowed to take up space with joy growing up?*

13
DAY

Emotion as Information

The next time you feel a strong emotion, pause before reacting. Ask: what is this emotion telling me, rather than what do I need to do about it?

→ *What did the emotion actually need?*

14
DAY

Rest Day — Gentle Check-In

No new practice. Notice how your body feels compared to last week. What’s softer? What’s still braced?

→ *What emotion showed up most this week that you weren’t expecting?*

WEEK 3

Relating

Patterns in connection

15
DAY

The Conflict Script

Recall a recent conflict or tension. Notice your default script: shut down, fix, flee, escalate, appease. Name it without shame.

→ *Who in your family used this same script?*

16
DAY

Closeness & Distance

Notice today when you pulled away from someone who got close — or when you over-connected to avoid being alone. Both are patterns worth seeing.

→ *What did closeness feel like in your childhood home?*

17
DAY

Asking Out Loud

Ask for something today that you would normally handle alone. It can be small. Notice the feeling before, during, and after asking.

→ *What were you taught about needing things from others?*

18
DAY

The Apology Habit

Pay attention to how often you apologise today — especially for things that aren't your fault. Count them if you like.

→ *What were you taught about being "too much" for people?*

19
DAY

Say the Thing

There's something you've been not-saying to someone. You don't have to say it today — but write it down privately, in full, without softening it.

→ *What are you afraid would happen if you said it?*

20
DAY

Receive Something

When someone offers you a compliment, help, or kindness today — receive it fully. Don't deflect, minimise, or immediately reciprocate.

→ *How did it feel to let it land?*

21
DAY

Rest Day — Gentle Check-In

Look back at Days 15–20. Which practice felt most uncomfortable? That's usually the most important one.

→ *What relationship in your life is most affected by the patterns you've noticed?*

WEEK 4

Building

Choosing the legacy

22
DAY

Write the New Script

Choose one pattern from your journal work. Write a one-sentence 'new script' for it. Not a vague wish — a specific, present-tense statement you can return to.

→ *What will it feel like when this new script is second nature?*

23
DAY

One Boundary, Practised

Identify one boundary you need to set or strengthen. You don't have to announce it — just honour it once today, quietly, for yourself.

→ *What did honouring this boundary feel like?*

24
DAY

The Strength You Carry

Name one genuine strength you inherited from your family — resilience, humour, loyalty, grit. Consciously use it today in a way that feels good.

→ *How does this strength show up differently when you choose it rather than survive with it?*

25
DAY

The Letter You Needed

Write 5 sentences to your younger self — the version who was learning the patterns you've been working on. No advice. Just warmth.

→ *What did that child most need to hear?*

26
DAY

Teach It Forward

Think of someone younger in your life (child, sibling, mentee, friend). Name one thing you're doing differently that they might unconsciously absorb from you.

→ *What cycle are you breaking for them, even silently?*

27
DAY

Celebrate the Small Shift

Recall one moment this month where you responded differently than you would have before this work. It doesn't have to be dramatic. Name it.

→ *What made that moment possible?*

28
DAY

Your Legacy Statement

Write one paragraph: where you came from, what you're keeping, what you're releasing, and what you're building. Keep it honest, keep it yours.

→ *Read it aloud to yourself once. Notice how it feels in your body.*

You showed up for 30 days.

That's not a small thing. Most people read a book and move on. You stayed. You practised. You interrupted the automatic.

If *Family Baggage, Unpacked* gave you something real — a pattern finally named, a moment of clarity, permission to feel what you feel — a review on Amazon helps other families find it.

You didn't choose everything you inherited. But you chose to do something about it.

ourmemoriesforkeepsbooks.com