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**30 DAYS TO**  
*Emotional Clarity*

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A Guided Journal

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The Honest Human

[the-honest-human.polsia.app](https://the-honest-human.polsia.app)

BEFORE YOU BEGIN

## *A note from Ken.*

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Hey — thanks for being here.

This journal exists because I believe most of us walk through life carrying emotions we've never actually looked at. We feel things deeply but rarely stop long enough to understand what those feelings are trying to tell us.

Emotional clarity isn't about "fixing" yourself. It's about hearing yourself. It's the difference between reacting to your life and actually living it.

Here's how this works:

1. One prompt per day. That's it. Don't rush ahead.
2. Write by hand if you can. There's something about pen on paper that slows your brain down enough to be honest.
3. There are no wrong answers. Nobody is reading this but you. Be messy. Be real. Surprise yourself.
4. Some days will feel easy. Some will feel like a gut punch. Both are working.
5. If you miss a day, pick up where you left off. This isn't a test — it's a practice.

The next 30 days are organized into three phases:

Days 1–10: Self-Awareness — noticing what you feel and why

Days 11–20: Connection — how your emotions show up in relationships

Days 21–30: Clarity — making decisions from a place of honesty

*You don't need to be ready. You just need to be willing.*

*Let's begin.*

— Ken  
The Honest Human























































































































































































# *You Did the Work.*

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30 days ago, you decided to get honest with yourself.  
That decision changed something — even if you can't fully see it yet.

Emotional clarity isn't a destination. It's a practice.  
The prompts end here. The work doesn't.

Keep showing up. Keep being honest. Keep choosing the harder, realer path.

You're not the same person who opened this journal on Day 1.  
And that's the whole point.

— *The Honest Human*



WHAT'S NEXT

## *Ready to Go Deeper?*

If this journal opened something in you, here are two ways to keep going:

### THE HEALTHY LOVE JOURNAL - \$19

A guided journal for building healthier relationships through honest communication, emotional awareness, and intentional connection. 30 prompts. One per day. Real tools for real conversations.

! <https://buy.stripe.com/dRm5kE6oBfFy2WK5cbgUM0a>

### THE HONEST HUMAN COMMUNITY - \$15/month

A private community of people doing exactly what you're doing. Monthly workshops. Accountability partners. Real talk circles. This is where the work becomes a way of life.

! <https://buy.stripe.com/fZu00k00deBu2WK9srgUM0c>

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Questions? Ideas? Just want to say hey?

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*The Honest Human*

