



# ESSENTIA FLOW

by Orsi

## HEALTH MENTOR JOURNAL

A 21-day self-discovery and lifestyle support template

*Mindful presence · Cycle tracking · Body–mind reflections*

This journal belongs to: .....

Start date: .....



This journal invites you to take one small step closer to yourself—every single day.

It doesn't have to be perfect. You don't have to fill in every section, every day. What matters most is your honesty with yourself.

This journal doesn't take time away from your life — it gives something back: a moment that belongs only to you.

Just a few minutes a day — yet each one brings you closer to your wise, inner self.

It helps you notice your body's whispers, your soul's subtle shifts, and the natural rhythm of your cycle.

Place this little journal beside you like a gentle tuning tool — something to help you settle, pause, and return to what truly matters: you.

## WHAT WILL THESE 21 DAYS SUPPORT?

- Mindful presence
- Cycle awareness
- Embodiment and emotional clarity
- Self-love and inner alignment Tudatos jelen
- Reconnecting with your healing rhythm

Use it with pen, on paper, in your own time.

You can return to it in the morning, in the evening, or whenever you need a sacred pause.

Each day begins with a new keyword and a quote —  
to inspire you, anchor you, and gently guide you back to your true self.

with love:



ESSENTIA FLOW  
*by Orsi*



Daily Keyword:

## NEW BEGINNINGS

*"The secret of change is to focus all your energy not on fighting the old, but on building the new."*

— Socrates



## MORNING CHECK-IN:

How did I wake up today? .....

Sensations in my body: ☐ pain ☐ tension ☐ lightness ☐ ...: .....

My energy level this morning: .....

Where am I in my cycle? .....



## EMOTIONAL TUNING:

What's in my heart today? .....

A word or mantra to carry with me: .....

Supportive rituals today: ☐ Movement ☐ Morning elixir ☐ Rest ☐ Essential oils / Tea ☐ Other: .....

## EVENING REFLECTION:

When did I feel truly connected to myself today? .....

What am I grateful for today? .....

What was my biggest challenge today? .....

Today's empowering thought: .....





Day \_\_\_\_\_ / 21

Daily Keyword:

# GRATITUDE, PRESENCE

*"Happiness is not having all you want.  
It is appreciating all you have."  
— H. Jackson Brown Jr.*



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How did I wake up today? \_\_\_\_\_

Sensations in my body: ☐ pain ☐ tension ☐ lightness ☐ ...: \_\_\_\_\_

My energy level this morning: \_\_\_\_\_

Where am I in my cycle? \_\_\_\_\_



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What's in my heart today? \_\_\_\_\_

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When did I feel truly connected to myself today? \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_

What was my biggest challenge today? \_\_\_\_\_

Today's empowering thought: \_\_\_\_\_





Daily Keyword:

## ACCEPTANCE, PEACE

*"When you are no longer able to change a situation,  
you are challenged to change yourself."**— Viktor E. Frankl*

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How did I wake up today? .....

Sensations in my body: ☐ pain ☐ tension ☐ lightness ☐ ...: .....

My energy level this morning: .....

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Day \_\_\_\_\_ / 21

Daily Keyword:

# DECISION, ACTION

*“There comes a time in every life when you must decide:  
move forward, or stay where you are. That moment is the turning point.”*  
— Justin Chan Headley



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How did I wake up today? \_\_\_\_\_

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My energy level this morning: \_\_\_\_\_

Where am I in my cycle? \_\_\_\_\_



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What's in my heart today? \_\_\_\_\_

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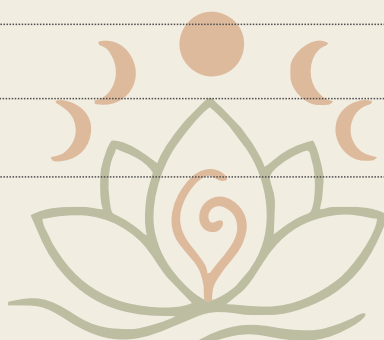
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What was my biggest challenge today? \_\_\_\_\_

Today's empowering thought: \_\_\_\_\_





## Daily Keyword:

# GROWTH, BECOMING

*"You must be willing to let go of who you are,  
to become who you might be."*

— Thomas Jefferson



## MORNING CHECK-IN:

How did I wake up today? \_\_\_\_\_

Sensations in my body: ☐ pain ☐ tension ☐ lightness ☐ ...: \_\_\_\_\_

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When did I feel truly connected to myself today? \_\_\_\_\_

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What was my biggest challenge today? \_\_\_\_\_

Today's empowering thought: \_\_\_\_\_





Day \_\_\_\_\_ / 21

Daily Keyword:

# PERSISTENCE, TIME

*"Don't give up on your dreams just because it takes time to accomplish them. Time will pass anyway."*  
— Earl Nightingale



## MORNING CHECK-IN:

How did I wake up today? \_\_\_\_\_

Sensations in my body: ☐ pain ☐ tension ☐ lightness ☐ ...: \_\_\_\_\_

My energy level this morning: \_\_\_\_\_

Where am I in my cycle? \_\_\_\_\_



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What's in my heart today? \_\_\_\_\_

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When did I feel truly connected to myself today? \_\_\_\_\_

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What was my biggest challenge today? \_\_\_\_\_

Today's empowering thought: \_\_\_\_\_





Daily Keyword:

## HEALING, TIME

*„Time doesn't heal everything. But it gives you the chance to learn how to live differently.”**— Essentia Flow by Orsi*

## MORNING CHECK-IN:

How did I wake up today? .....

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Where am I in my cycle? .....



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Today's empowering thought: .....





Day \_\_\_\_\_ / 21

Daily Keyword:

# PRESENCE, RENEWAL

*„No matter how hard yesterday was, you can start again today.”*

— Buddha



## MORNING CHECK-IN:

How did I wake up today? \_\_\_\_\_

Sensations in my body: ☐ pain ☐ tension ☐ lightness ☐ ...: \_\_\_\_\_

My energy level this morning: \_\_\_\_\_

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What's in my heart today? \_\_\_\_\_

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What am I grateful for today? \_\_\_\_\_

What was my biggest challenge today? \_\_\_\_\_

Today's empowering thought: \_\_\_\_\_





Daily Keyword:

# SELF-CONNECTION, FEMININE POWER

*„As a woman, your greatest resource is your connection with yourself.”  
— Essentia Flow by Orsi*



## MORNING CHECK-IN:

How did I wake up today? .....

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My energy level this morning: .....

Where am I in my cycle? .....



## EMOTIONAL TUNING:

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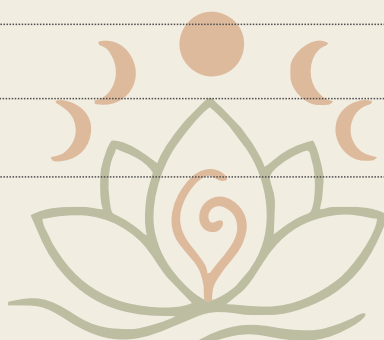
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Today's empowering thought: .....





Day \_\_\_\_\_ / 21

# Daily Keyword: SELF-KNOWLEDGE, BELIEF

*„You become what you think of yourself.”  
— Buddha*

## MORNING CHECK-IN:

How did I wake up today? \_\_\_\_\_

Sensations in my body: ☐ pain ☐ tension ☐ lightness ☐ ...: \_\_\_\_\_

My energy level this morning: \_\_\_\_\_

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What's in my heart today? \_\_\_\_\_

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What am I grateful for today? \_\_\_\_\_

What was my biggest challenge today? \_\_\_\_\_

Today's empowering thought: \_\_\_\_\_





Daily Keyword:

# AWARENESS, EMOTIONS

*„You cannot have a positive life  
and a negative mind.“*

— Joyce Meyer



## MORNING CHECK-IN:

How did I wake up today? .....

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What was my biggest challenge today? .....

Today's empowering thought: .....





Day \_\_\_\_ / 21

# Daily Keyword: SACREDNESS IN EVERYDAY LIFE

*„The female body is the temple of the Earth. Every breath  
and every movement is a sacred ritual. Let your body's rhythm reconnect  
with the eternal dance of the Moon and Earth.”  
— Essentia Flow by Orsi*



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How did I wake up today? .....

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Where am I in my cycle? .....



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Today's empowering thought: .....





Daily Keyword:

Day \_\_\_\_ / 21

# INNER PEACE – EMOTIONAL BALANCE – CALM AMID CHAOS

*“Peace doesn’t mean everything around you is quiet. It means keeping your soul calm even in the midst of the storm.”*

— *Essentia Flow* by Orsi



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My energy level this morning: .....

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Today’s empowering thought: .....





Day \_\_\_\_\_ / 21

Daily Keyword:

# CONFIDENCE – BODY AWARENESS – HEALING

*„My body is wise and always striving to heal.”  
— Louise Hay*



## MORNING CHECK-IN:

How did I wake up today? .....

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Today's empowering thought: .....





Daily Keyword:

Day \_\_\_\_ / 21

# INNER STRENGTH, CHANGE, PRESENCE, AWARENESS

*„It doesn't matter what happened in the past.*

*What matters is what you choose now.”*

— Joe Dispenza



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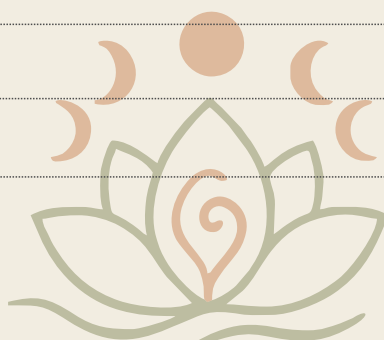
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Today's empowering thought: .....





Day \_\_\_\_ / 21

Daily Keyword:

# CELLULAR INTELLIGENCE, BELIEF, MIND-BODY CONNECTION, RENEWAL

*„Belief is not just a spiritual act – it’s a biological process. Your thoughts can reshape your body.”  
— Bruce Lipton*



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My energy level this morning: .....

Where am I in my cycle? .....



## EMOTIONAL TUNING:

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What was my biggest challenge today? .....

Today’s empowering thought: .....





Daily Keyword:

Day \_\_\_\_ / 21

# PRESENT MOMENT, CONSCIOUS CREATION, TRANSFORMATION

*„You are not what happened to you. You are  
what you choose to become.”*

— Deepak Chopra



## MORNING CHECK-IN:

How did I wake up today? .....

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My energy level this morning: .....

Where am I in my cycle? .....



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Today's empowering thought: .....





Day \_\_\_\_\_ / 21

# Daily Keyword: NOURISHMENT, LIFESTYLE, AWARENESS, EATING

*„With every bite, your body receives a message.  
You can feed disease— or healing.”  
— Michael Greger*



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Where am I in my cycle? .....



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Today's empowering thought: .....





Daily Keyword:

Day \_\_\_\_ / 21

# SOUL POWER, SPIRITUAL HEALING, SACREDNESS, SURRENDER

*„The greatest breakthroughs often happen quietly.*

*Healing isn't always loud — but it is always sacred.”*

*— Essentia Flow by Orsi*



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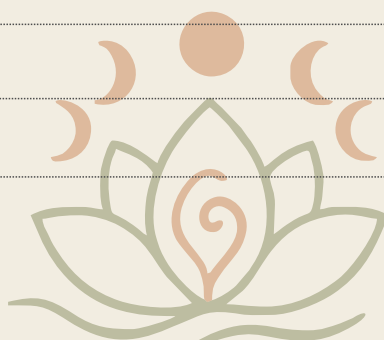
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Today's empowering thought: .....





Day \_\_\_\_\_ / 21

Daily Keyword:

# CLARITY, COMMITMENT

*"Success begins with a clear decision. Choose what you truly want  
— and take gentle, steady steps toward it, day by day."  
— Tony Robbins*



## MORNING CHECK-IN:

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Today's empowering thought: .....





Daily Keyword:

# HOPE, FAITH, PERSEVERANCE

*"There will always come a moment when you choose to keep going.  
Because something inside you still whispers: it's worth it."  
— Essentia Flow by Orsi*



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## WITH GRATITUDE

Thank you for trusting this journal — and yourself.

These 21 days are more than a method; they are the beginning of a gentle, healing relationship with your body, your cycle, and your inner world.

A quiet reminder that the answers you seek already live within you.

I hope these pages offered moments of deeper connection — with your body, your rhythm, and your most authentic self.



## ABOUT THE AUTHOR



With love and presence,

ESSENTIA FLOW  
*by Orsi*

**Dr. Orsolya Szakonyi** is a holistic health mentor, certified aromatherapy advisor, Ayurvedic practitioner, women's yoga teacher, and birth doula.

She is a mother of several children and the founder of *Essentia Flow*, supporting women through the full arc of their feminine life cycle.

Her mission is to gently, yet deeply guide women back to the rhythm of their bodies, the wisdom of their cycles, and a sense of inner safety.

Her work lives at the intersection of Ayurveda, women's yoga, functional nutrition, and natural women's health — always grounded in real-life, embodied practice.

Learn more: [drszakonyiorsolya.hu](http://drszakonyiorsolya.hu)