

# Sol

by Luna

---

## *30 Days of Mediterranean Reflection*

A Journal for Clarity, Presence, and Return to Self

*Written by Ninar Keyrouz*

Founder, Sol by Luna

*You already know the way back to yourself.  
This journal is simply the path.*

# How to Use This Journal

---

This journal is an invitation — not a prescription. There are no rules about how quickly you move through it, how long you write, or whether your answers feel profound or ordinary. What matters is that you show up honestly.

Each day offers a theme, an opening reflection, and five prompts. You may answer all five, or only the one that calls to you most. You may write a paragraph or a single sentence. You may return to a day more than once.

The 30 themes follow a gentle arc — from arrival and grounding, through the harder emotional terrain, into creativity and connection, and finally into purpose and homecoming. But you are welcome to move through them in any order that feels right.

There are no wrong answers here. Only true ones.

Find a quiet moment. Make something warm to drink. Let the Mediterranean in — the slowness, the light, the permission to simply be.

You have already done the hardest thing: you opened the book. The rest is just honesty.

— *Ninar*

# The 30 Days

---

Day 1

Gratitude — An Introduction

Day 2

Rest & Doing Nothing

Day 3

Imagination

Day 4

Body & Movement

Day 5

Self-Care

Day 6

Focus & Clarity

Day 7

Inner Peace

Day 8

Emptiness

Day 9

Anxiety

Day 10

The Nervous System

Day 11

Emotional Resilience

Day 12

Courage

Day 13

Identity & Reconnection with Self

Day 14

Self-Esteem & Self-Confidence

Day 15

Joy

Day 16

Simplicity

Day 17

Solitude

Day 18

Grief

Day 19

Forgiveness

Day 20

Creativity

Day 21

Novelty

Day 22

Beauty

Day 23

Social Health & Human Connection

Day 24

Relationships

Day 25

Boundaries

Day 26

Letting Go

Day 27

Purpose & Meaning

Day 28

New Chapter & Change

Day 29

Homecoming

Day 30

Gratitude — A Closing

## DAY 1

---

# Gratitude — An Introduction

*"Gratitude is not the end of the journey. It is the door."*

We begin here — not because everything is perfect, but because noticing what is already good is the first act of returning to yourself. This is not toxic positivity. It is attention. It is the Mediterranean practice of savoring — of slowing down enough to see what is actually here.

### Prompt 1

*What three things exist in your life right now that you almost take for granted?*

---

### Prompt 2

*Think of one person who has quietly made your life better. What would you want them to know?*

---

### Prompt 3

*What moment from the past week — however small — deserves to be remembered?*

---

### Prompt 4

*What does gratitude feel like in your body when it is genuine? Where do you feel it?*

---

### Prompt 5

*What is one thing about yourself — a quality, a capacity, a way of being — that you are grateful for today?*



## DAY 2

---

### Rest & Doing Nothing

*"La dolce far niente. The sweetness of doing nothing."*

Long before science confirmed it, the Mediterranean way of living already knew — that rest is not laziness, that boredom nourishes the mind, that doing nothing is not wasted time. It is necessary time. Today we explore your relationship with rest — and what gets in the way of it.

#### Prompt 1

*When did you last truly rest — not sleep, but rest? What did it feel like?*

---

#### Prompt 2

*What does your mind do when you try to do nothing? What thoughts arrive uninvited?*

---

#### Prompt 3

*What would it mean to give yourself full permission to be bored today?*

---

#### Prompt 4

*Is there a voice inside that tells you rest must be earned? Where did that voice come from?*

---

#### Prompt 5

*What would your life look like if rest were built into it — not as reward, but as foundation?*

---

*Sol by Luna was built on this truth — that rest, boredom, and doing nothing are not indulgences. They are the beginning of healing. Eos, our 12-week journey, honors this from week one. Learn more at [solbyluna.com/eos](https://solbyluna.com/eos)*

## DAY 3

---

# Imagination

*"The imagination is not a luxury. It is where everything begins."*

Children live in imagination without apology. Somewhere along the way, we were taught to leave it behind — to be practical, realistic, sensible. But imagination is where creativity, motivation, and joy are born. Today we return to it.

### Prompt 1

*When you were a child, what did you love to imagine or pretend? What does that tell you about yourself?*

---

### Prompt 2

*If you had no fear of failure or judgment, what would you try?*

---

### Prompt 3

*Describe a life you would love to live — not the one you think is possible, but the one that feels true.*

---

### Prompt 4

*What would your most imaginative, playful self say to your current self right now?*

---

### Prompt 5

*Write the opening line of a story about a version of you who got everything right.*



## DAY 4

---

### Body & Movement

*"The body knows things the mind has not yet understood."*

We live so much in our heads that we forget we are also bodies — feeling, breathing, carrying everything we have ever been through. Today we slow down and listen to what the body is actually saying.

#### Prompt 1

*Where do you carry tension in your body right now? What might that tension be holding?*

---

#### Prompt 2

*When did you last move your body in a way that brought you joy — not exercise, but joy?*

---

#### Prompt 3

*What does your body need today that it is not getting?*

---

#### Prompt 4

*Think of a moment when your body felt fully alive. What was happening?*

---

#### Prompt 5

*Write a short letter of apology and appreciation to your body.*



## Self-Care

*"Self-care is not what you do after life exhausts you. It is how you live."*

The word has been flattened into face masks and bubble baths. But real self-care is radical. It is the daily decision to treat yourself as someone worth caring for — in the small ordinary moments, not only in the collapse.

### Prompt 1

*What does self-care actually look like in your daily life — honestly?*

---

### Prompt 2

*What is one way you consistently neglect yourself that you rarely admit?*

---

### Prompt 3

*What would it mean to care for yourself the way you care for someone you deeply love?*

---

### Prompt 4

*Which self-care practices nourish you most deeply — and which are you doing because you think you should?*

---

### Prompt 5

*What is one small act of care you could offer yourself today, right now?*

---

*In Eos, self-care is not a luxury added to life. It is the architecture of it — woven into every week, every practice, every breath. If today's prompts opened something in you, Eos was built for exactly this.*  
[solbyluna.com/eos](https://solbyluna.com/eos)

## Focus & Clarity

*"Clarity is not a destination. It is a practice of returning — again and again — to what matters."*

The noise is real. The demands are real. The distraction is relentless. But beneath all of it, there is usually a quieter knowing — about what matters, about who you are, about what direction you want to go. Today we try to hear it.

### Prompt 1

*If you removed everything from your life that does not truly matter, what would remain?*

---

### Prompt 2

*What are you currently avoiding thinking about clearly? What makes it hard to face?*

---

### Prompt 3

*When do you feel most focused and clear? What conditions create that state?*

---

### Prompt 4

*What decision have you been postponing that clarity would help you make?*

---

### Prompt 5

*Write down the three most important things in your life right now. Are you giving them your attention?*



## DAY 7

---

### Inner Peace

*"Peace is not the absence of difficulty. It is the presence of something steady beneath it."*

We tend to wait for peace — for when things settle down, when the problem resolves, when life gets easier. But inner peace is not a reward for surviving difficulty. It is a practice that grows in the middle of it.

#### Prompt 1

*What does inner peace feel like to you, in your body and your mind, when you have touched it?*

---

#### Prompt 2

*What most disturbs your peace — and is that something within your control?*

---

#### Prompt 3

*Is there a place, real or imagined, where you feel most at peace? Describe it in detail.*

---

#### Prompt 4

*What would you need to let go of to feel more peaceful — a belief, a resentment, an expectation?*

---

#### Prompt 5

*What is one small daily practice that brings you closer to inner steadiness?*



## Emptiness

*"The empty cup is not broken. It is ready."*

There is a particular kind of emptiness that is hard to name — not sadness exactly, not loneliness exactly, but a hollowness. A sense that something is missing. Today we sit with it honestly, because emptiness is often the first sign that we are ready for something more real.

### Prompt 1

*When do you feel most empty? What usually triggers that feeling?*

---

### Prompt 2

*What have you been filling the emptiness with that does not actually nourish you?*

---

### Prompt 3

*Is there something you have been longing for that you have been afraid to name?*

---

### Prompt 4

*What would it mean to sit with the emptiness instead of rushing to fill it?*

---

### Prompt 5

*If the emptiness is asking something of you — what do you think it wants?*



## Anxiety

*"Anxiety is not the enemy. It is an exhausted protector."*

Anxiety often developed for a reason — to keep us safe, to prepare us, to help us survive. But sometimes it stays long after the threat has passed. Today we approach it with curiosity rather than frustration.

### Prompt 1

*What does anxiety feel like in your body? Where does it live?*

---

### Prompt 2

*What are the stories anxiety tells you most often? How many of them have come true?*

---

### Prompt 3

*What is anxiety protecting you from right now — what is it afraid might happen?*

---

### Prompt 4

*When do you feel least anxious? What conditions create that feeling?*

---

### Prompt 5

*Write a short, kind letter to your anxiety — acknowledging what it has tried to do for you.*



## The Nervous System

*"When the nervous system settles, something in us becomes possible again."*

The nervous system is not just biology. It is the record of everything we have lived through. Stress, trauma, chronic overload — the body holds it all. Today we slow down enough to notice where we are — and what our body might be trying to say.

### Prompt 1

*On a scale of 1 to 10, how regulated does your nervous system feel right now? What brought it here?*

---

### Prompt 2

*What are your early warning signs that your system is overwhelmed? How do you usually respond?*

---

### Prompt 3

*What consistently helps you feel calmer — even slightly? What gets in the way of doing it?*

---

### Prompt 4

*Think of a time your body felt genuinely safe. What was present in that moment?*

---

### Prompt 5

*What would it mean to build your life around your nervous system's needs rather than despite them?*

---

*The nervous system is at the heart of everything Sol by Luna teaches. In Eos, we begin with breathwork and regulation — learning to work with the body, not against it. If this resonated, explore what 12 weeks could build. [solbyluna.com/eos](https://solbyluna.com/eos)*

## Emotional Resilience

*"Resilience is not the refusal to break. It is the capacity to return."*

We often confuse resilience with toughness — with not feeling, not breaking, not needing. But real resilience is something quieter and more human. It is the ability to go through something fully and still find the way back to yourself.

### **Prompt 1**

*Think of a difficulty you have moved through. What helped you survive it?*

---

### **Prompt 2**

*What has made you more resilient than you realize?*

---

### **Prompt 3**

*Where do you still feel fragile — and what does that fragility need from you?*

---

### **Prompt 4**

*What would it mean to be resilient and tender at the same time?*

---

### **Prompt 5**

*What is one way you could build more emotional resilience into your daily life?*



## Courage

*"Courage is not the absence of fear. It is the decision that something matters more."*

We tend to think of courage as dramatic — grand gestures, impossible odds. But most courage is quiet. It is the conversation you have been avoiding. The boundary you have not yet held. The life you have not yet chosen. Today we look at where courage is being asked of you.

### Prompt 1

*Where in your life does courage feel most absent right now?*

---

### Prompt 2

*What would you do if you knew you could not fail — and what does that tell you?*

---

### Prompt 3

*Think of someone you consider courageous. What quality of theirs do you wish you had more of?*

---

### Prompt 4

*What is one small act of courage you could take this week?*

---

### Prompt 5

*What fear, if you faced it, would change your life most?*



## Identity & Reconnection with Self

*"Beneath everything you have become, there is still someone who knows who you are."*

We accumulate roles, labels, and expectations over time — until one day we look up and wonder where we went. Today is about returning to that original self — the one who existed before the world had too many opinions about who you should be.

### Prompt 1

*Who are you when no one is watching and nothing is required of you?*

---

### Prompt 2

*What roles or identities have you outgrown — but are still wearing out of habit?*

---

### Prompt 3

*What did you love before anyone told you what to love?*

---

### Prompt 4

*If you had to describe yourself without mentioning your job, your family role, or your achievements — who would you be?*

---

### Prompt 5

*What part of yourself have you been neglecting that is quietly asking to come back?*



## Self-Esteem & Self-Confidence

*"You do not find self-worth. You remember it."*

Self-esteem is often treated as something we either have or don't — a fixed quantity. But it is more like a relationship with yourself that can be tended, repaired, and deepened over time. Today we look at that relationship honestly.

### Prompt 1

*When do you feel most confident? What conditions make that possible?*

---

### Prompt 2

*What is the harshest thing you say to yourself regularly — and would you say it to someone you love?*

---

### Prompt 3

*Where did your sense of self-worth first come from? How much of that is still running in the background?*

---

### Prompt 4

*What would change in your life if you believed, genuinely, that you were enough?*

---

### Prompt 5

*Write three things you respect about yourself — not achievements, but qualities of character.*



## Joy

*"Joy is not happiness. It is something quieter and more sustaining."*

Happiness is reactive — it comes and goes with circumstances. Joy is different. It is the deep gladness that can coexist with difficulty, that arises from being genuinely alive. Today we trace where it lives in you.

### Prompt 1

*When did you last feel genuine joy — not excitement, not relief, but joy? What was happening?*

---

### Prompt 2

*What activities make you lose track of time completely?*

---

### Prompt 3

*Is there something you used to love that you have stopped doing? What got in the way?*

---

### Prompt 4

*What small things bring you disproportionate happiness — the things that might seem silly to someone else?*

---

### Prompt 5

*What would your life look like if you made joy a priority rather than a reward?*

---

*Joy is one of Eos's greatest gifts — not as a destination, but as a practice. Through dance, music, film, photography, and the arts, Eos guides you back to what makes you feel alive. [solbyluna.com/eos](https://solbyluna.com/eos)*

## Simplicity

*"A simpler life is not a lesser life. It is a clearer one."*

We have been taught to equate more with better — more things, more commitments, more productivity. But most of us know, quietly, that the moments that feel most alive are often the simplest ones. Today we explore what simplicity might mean for you.

### Prompt 1

*What in your life feels unnecessarily complicated right now?*

---

### Prompt 2

*If you had to simplify one area of your life immediately, what would you choose — and what is stopping you?*

---

### Prompt 3

*What do you own, do, or commit to out of habit rather than genuine need or love?*

---

### Prompt 4

*Think of your most joyful memories. How many of them involved simplicity?*

---

### Prompt 5

*What would you gain if you let go of one thing that is currently taking up space — physically, mentally, or emotionally?*

---

## Solitude

*"Solitude is not loneliness. It is the practice of your own company."*

Many of us have never learned to be alone without filling the silence. But solitude — chosen, conscious, welcomed — is one of the great gifts we can give ourselves. Today we explore your relationship with your own company.

**Prompt 1**

*How comfortable are you with silence and solitude? What arises when the noise stops?*

---

**Prompt 2**

*What is the difference between loneliness and solitude in your experience?*

---

**Prompt 3**

*When you are alone, what do you reach for first — and what does that tell you?*

---

**Prompt 4**

*What would you discover about yourself if you spent one full day in intentional solitude?*

---

**Prompt 5**

*Is there something you have been trying to hear that you can only access in stillness?*



## Grief

*"Grief is love with nowhere to go. Give it somewhere."*

We often try to move through grief too quickly — to process, resolve, get over it. But grief is not a problem to be solved. It is a passage to be honored. Today we make space for what has been lost — in any form.

**Prompt 1**

*What are you grieving right now — even if it feels too small or too old to name?*

---

**Prompt 2**

*Is there a loss you have never fully allowed yourself to feel? What has kept you from it?*

---

**Prompt 3**

*How does grief live in your body? Where do you feel it physically?*

---

**Prompt 4**

*What do you wish someone had said to you in a moment of grief?*

---

**Prompt 5**

*Write a few lines to something or someone you have lost — anything you never got to say.*



## Forgiveness

*"Forgiveness is not absolution given to another. It is freedom reclaimed for yourself."*

Forgiveness is one of the most misunderstood acts. It does not mean what happened was acceptable. It does not require reconciliation. It is the quiet decision to stop letting someone else's actions determine your inner weather.

### Prompt 1

*Who or what are you carrying resentment toward right now — even a small amount?*

---

### Prompt 2

*What has that resentment cost you? What has it given you?*

---

### Prompt 3

*Is there something you have not forgiven yourself for? What would self-forgiveness look like?*

---

### Prompt 4

*What would change in your body and your daily life if you released one resentment you have been holding?*

---

### Prompt 5

*Write a letter of forgiveness — to another, or to yourself. You do not need to send it.*



## Creativity

*"Creativity is not a talent given to some. It is a capacity within all of us, waiting to be remembered."*

We were all creative as children — before we were graded, compared, and taught that some people are creative and others are not. Today we reclaim it. Creativity is not about making art. It is about approaching life with curiosity, play, and original thought.

### Prompt 1

*When do you feel most creative? What conditions bring it out?*

---

### Prompt 2

*What creative impulse have you been suppressing — something you want to make, try, or express?*

---

### Prompt 3

*In what ways are you already more creative than you give yourself credit for?*

---

### Prompt 4

*What would you create if you knew no one would ever judge it?*

---

### Prompt 5

*How could you bring more creativity into one ordinary area of your life this week?*

---

*Creativity is not a talent. It is a birthright — and Eos dedicates weeks to recovering it through dance, film, photography, music, language, and cuisine. If today opened that door, step through it. [solbyluna.com/eos](http://solbyluna.com/eos)*

## Novelty

*"Novelty wakes the brain and reminds the soul that the world is larger than habit."*

We build routines to feel safe — and then wonder why we feel numb. Novelty is not chaos. It is the small, deliberate decision to experience something new — a route, a cuisine, a conversation, a question you have never asked yourself before.

### Prompt 1

*When did you last do something for the very first time? How did it feel?*

---

### Prompt 2

*What has become so routine in your life that you no longer actually experience it?*

---

### Prompt 3

*What is something you have always wanted to try but have been postponing?*

---

### Prompt 4

*What would one day look like if you introduced one small element of novelty into it?*

---

### Prompt 5

*What fear keeps you from seeking new experiences? Is it protecting you — or limiting you?*



## Beauty

*"Beauty is not vanity. It is attention. It is the practice of noticing what is already there."*

The Mediterranean has always understood that beauty is not decoration. It is a way of meeting the world — with eyes open, senses awake, and genuine appreciation for what exists. Beauty heals. It inspires. It reminds us that life is worth showing up for.

### Prompt 1

*What is beautiful in your immediate surroundings right now that you have been ignoring?*

---

### Prompt 2

*What kind of beauty moves you most deeply — natural, human, artistic, architectural?*

---

### Prompt 3

*When did beauty last stop you in your tracks? What happened in that moment?*

---

### Prompt 4

*How could you bring more beauty into one area of your daily life?*

---

### Prompt 5

*What does beauty give you that nothing else can?*



## Social Health & Human Connection

*"We are not designed for isolation. Connection is not a luxury — it is a biological need."*

One of the most undervalued pillars of wellbeing is social health — the quality of our human connections. Not the number of contacts or followers, but the depth and nourishment of our actual relationships. Today we look honestly at the people in your life.

**Prompt 1**

*Who in your life makes you feel most genuinely seen and understood?*

---

**Prompt 2**

*Are there relationships in your life that drain you consistently? What keeps you in them?*

---

**Prompt 3**

*When did you last have a conversation that left you feeling more alive? Who was it with?*

---

**Prompt 4**

*What kind of community or connection are you missing right now?*

---

**Prompt 5**

*What would it take to deepen one relationship in your life that matters to you?*



## Relationships

*"The people we choose — and the ways we choose to show up for them — shape everything."*

Relationships are not just a part of life. They are the context in which we become who we are. Today we look at the patterns, the gifts, and the growing edges in how we relate to others.

### Prompt 1

*What pattern shows up repeatedly in your closest relationships — something you recognize as yours?*

---

### Prompt 2

*In what relationship do you feel most free to be yourself?*

---

### Prompt 3

*Is there a relationship that needs more of your attention or care right now?*

---

### Prompt 4

*What have your most difficult relationships taught you about yourself?*

---

### Prompt 5

*What do you most want to give to the people you love — and are you giving it?*



## Boundaries

*"A boundary is not a wall. It is the definition of where you end and another begins."*

Boundaries are one of the most loving things we can offer — to ourselves and to others. They create the conditions for genuine connection, because without them, resentment quietly fills the space where love is meant to live.

### Prompt 1

*Where in your life do you feel most boundary-less — most at the mercy of others' needs?*

---

### Prompt 2

*What does it feel like in your body when a boundary is crossed? Do you recognize that signal?*

---

### Prompt 3

*What boundary, if you held it, would most change your daily life?*

---

### Prompt 4

*What makes it hard for you to say no — what are you afraid will happen?*

---

### Prompt 5

*Write a boundary you have been wanting to set, in the clearest, kindest language you can find.*



## Letting Go

*"Some things are not solved. They are released."*

We hold on for many reasons — love, fear, identity, habit. But some of what we carry is not ours to carry anymore. Today we look at what might be ready to be set down.

**Prompt 1**

*What are you holding onto right now that is costing you more than it is giving you?*

---

**Prompt 2**

*Is there a version of yourself — a self-image, a role, a story — that you have outgrown but are still wearing?*

---

**Prompt 3**

*What would you feel if you let go of the thing you are most afraid to release?*

---

**Prompt 4**

*What does holding on give you that letting go seems to threaten?*

---

**Prompt 5**

*Write a brief ceremony of release — describe what you are letting go, and what you are making space for.*



## Purpose & Meaning

*"Purpose is not found. It is built — one honest choice at a time."*

We often wait for purpose to arrive fully formed — a calling, a revelation, a sign. But purpose is usually quieter and more cumulative than that. It emerges from paying attention to what matters, what moves us, and what we are willing to do even when it is hard.

### Prompt 1

*When do you feel most that your life has meaning? What is present in those moments?*

---

### Prompt 2

*What would you regret not having done or said if you looked back on this period of your life in ten years?*

---

### Prompt 3

*What problem in the world — large or small — do you care about most deeply?*

---

### Prompt 4

*If your life were a story, what would you want its central theme to be?*

---

### Prompt 5

*What is one thing you could do this week that would make your life feel more purposeful?*



## New Chapter & Change

*"Every ending is also a beginning — even when we cannot yet see what it is becoming."*

Change is one of the things we most resist and most need. Whether it arrives as a choice or a disruption, it always asks the same question: who will you be now? Today we sit with the changes in your life — the ones you chose and the ones that chose you.

**Prompt 1**

*What chapter of your life is ending, or has recently ended?*

---

**Prompt 2**

*What are you most afraid of about the change ahead — or the change already underway?*

---

**Prompt 3**

*What do you want to bring into the next chapter that you have not yet claimed?*

---

**Prompt 4**

*What would the wisest version of you say about this transition?*

---

**Prompt 5**

*Write a first line for the next chapter of your life — as if it were the opening of a story.*



## Homecoming

*"Home is not a place. It is the feeling of being fully yourself."*

After everything — the loss, the fear, the searching, the growth — there is always a return. Not to where you started, but to something deeper and more essential. A version of yourself that was always there, waiting. Today we welcome that return.

### Prompt 1

*What does it feel like when you are most yourself — most at home in your own skin?*

---

### Prompt 2

*What has this journey — these 29 days — shown you about who you are?*

---

### Prompt 3

*What part of yourself have you been finding your way back to?*

---

### Prompt 4

*Where do you feel most at home in the world — a place, a state of being, a kind of relationship?*

---

### Prompt 5

*Write a welcome home note to yourself — from yourself. You deserve it.*



## Gratitude — A Closing

*"We end where we began — with gratitude. But not the same gratitude."*

Thirty days ago, you opened this book. You sat with hard questions, uncomfortable truths, and quiet revelations. You showed up for yourself — and that is no small thing. Today we close with gratitude that has been earned, deepened, and made more real by everything that came between page one and this one.

### Prompt 1

*What have you learned about yourself in these 30 days that you did not know before?*

---

### Prompt 2

*What has shifted — even slightly — in how you see yourself or your life?*

---

### Prompt 3

*Who or what are you most grateful for right now, after all of this reflection?*

---

### Prompt 4

*What do you want to carry forward from this journey into your daily life?*

---

### Prompt 5

*Write a letter of gratitude to the version of yourself who opened this book and chose to begin.*



# *You have arrived.*

---

*You have spent 30 days returning to yourself.  
If this journey opened something in you —  
a question, a clarity, a readiness —  
Eos was built for exactly this moment.*

*A 12-week journey of return to self,  
guided by Ninar Keyrouz.*

*Your next chapter begins with a single conversation.*



Scan to discover Eos  
[solbyluna.com/eos](https://solbyluna.com/eos)