



A FREE JOURNAL FROM



Find Yourself *Again*

20 journal prompts for the **woman you are becoming** —
not the **one you're trying to get back to.**

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BEFORE YOU BEGIN

You Don't Have to Find Her. You Get to Build Her.

So much of what we call "finding yourself again" is really just grief in disguise — grief for a version of you that fit a different season. This journal isn't a map back to who you were. It's a quiet space to notice who's showing up now: steadier, more honest, still becoming.

- 01 Move through these prompts slowly — one a day, one a week, whatever your season allows. There's no order to finish.
- 02 Write the true answer, not the tidy one. No one is grading this but you.
- 03 If a prompt stings a little, stay with it a beat longer. That's usually where the honest thing is.



PART ONE

Getting Honest About Now

01 What does my body feel like today, without comparing it to any version of me before?

02 What's one belief about myself I inherited that I'm ready to question?

03 If no one needed anything from me for the next hour, what would I actually do?

04 What have I been calling “selfish” that is really just self?





PART TWO

Releasing the Old Self

- 05 What part of my old identity am I grieving, and what part am I relieved to let go of?
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- 06 What would it look like to stop trying to get back to who I was, and start meeting who I am?
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- 07 What's one thing I used to love that I haven't given myself permission to love again — or to release for good?
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- 08 Who was I performing for when I built that old version of myself?
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PART THREE

Building the New One

09 What does the woman I'm becoming value that the woman I was didn't?

10 What's one small, unfamiliar choice I made this week that felt more like me?

11 If I trusted myself completely, what would I do differently tomorrow?

12 What does rest look like for this version of me — not the one who had to earn it?





PART FOUR

Strength & Boundaries

13 Where do I need a boundary I haven't set yet, and what's stopping me?

14 What's something I survived that I haven't given myself credit for?

15 What does “enough” feel like in my body, separate from what I produce or provide?

16 Where in my life am I performing okay instead of actually being okay?





Vision Forward

- 17 In five years, what do I want to be proud of about how I treated myself this year?

- 18 What does joy look like for me now — not nostalgia, actual joy, today?

- 19 If I wrote a letter to the woman I'm becoming, what would I want her to already know?

- 20 What am I curious about right now that has nothing to do with being useful to someone else?





*"You are not behind. You are not lost.
You are becoming — and that is enough
reason to keep going."*



Keep growing with a community of women doing this work together —
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