

JOURNAL PROMPTS

Being Yourself

For anyone tired of managing what other people think.

Where am I still waiting for someone's approval before I fully show up as me?



What's one thing I truly need to make right, and one impression I can finally let go of?



What have I been holding back because I can't control how it will be received?



Where am I over-explaining instead of trusting how I've shown up?



What do I genuinely love about who I am right now?



Who in my life sees the real me, and how do I feel around them?



Where have I traded parts of myself to be liked?



When did I last make myself smaller so someone would get me?



What would I say if I only had to say it once, kindly and clearly?



What truth have I been sitting on, and what's the gentlest way I could say it?



Being Yourself

CUT ALONG THE DASHED LINES

NO. 1



*Where am I still waiting for
someone's approval before I fully
show up as me?*

NO. 2



*What's one thing I truly need to
make right, and one impression I
can finally let go of?*

NO. 3



*What have I been holding back
because I can't control how it will
be received?*

NO. 4



*Where am I over-explaining
instead of trusting how I've shown
up?*

NO. 5



*What do I genuinely love about
who I am right now?*

NO. 6



*Who in my life sees the real me,
and how do I feel around them?*

NO. 7



*Where have I traded parts of
myself to be liked?*

NO. 8



*When did I last make myself
smaller so someone would get me?*

NO. 9



*What would I say if I only had to
say it once, kindly and clearly?*

NO. 10



*What truth have I been sitting on,
and what's the gentlest way I could
say it?*

