JOURNAL PROMPTS

Who You're Becoming

For the woman you're quietly becoming.

What kind of life am I trying to build?

Where do I need more balance in my life?

What version of myself feels most authentic lately?

What am I slowly outgrowing?

What does the next version of me need more of?

What would the woman I'm becoming stop apologizing for?

What am I ready to stop carrying into my next chapter?

What parts of me am I finally making room for?

What does she know that I'm still learning?

What's one thing I can do this week that she'd thank me for?

Who You're Becoming

CUT ALONG THE DASHED LINES

NO. 1



What kind of life am I trying to build?

NO. 2



Where do I need more balance in my life?

NO. 3



What version of myself feels most authentic lately?

NO. 4



What am I slowly outgrowing?

NO. 5



What does the next version of me need more of?

NO. 6



What would the woman I'm becoming stop apologizing for?

NO. 7



What am I ready to stop carrying into my next chapter?

NO. 8



What parts of me am I finally making room for?

NO. 9



What does she know that I'm still learning?

NO. 10



What's one thing I can do this week that she'd thank me for?

