



The Main Character Year

A 13-month journey of self-discovery,
shadow work, and visual storytelling
through your own lens.

Delisa Carnegie

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Welcome to The Main Character Year.

This journal while not reflective of any specific wonderful bit of fiction, is inspired by the journey those main characters go on. The glow-up. The leveling up.

Through out this journal are writing prompts and photography prompts. These are geared toward shifting how you think and how you see yourself and your life.

Since this journal is digital, you can duplicate any page as many time as you need to.

You don't need a fancy camera. Your phone camera is perfect. If you prefer paper, you can write the prompts into your journal or print this journal out.

If you are ever feeling stuck with any of the prompts, write or photograph whatever comes to mind first. Even if it doesn't make sense. What you put into this journal is only for you. No one ever has to see it. Your photographs don't have to be 'good'. Your writing doesn't have to be profound.

You do you.

Alter the prompts. Ignore them and create your own. Create rituals out of the affirmations. Or don't.

Do try and step outside of your comfort zone. Show your self some compassion. Have fun photographing things.

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Opening Ritual

Energetically open for your journaling journey, claim your role as the main character, and set clear intentions for the transformation ahead.

What You'll Need:

- A candle (choose a color that feels empowering to you)
- A photo of yourself or a mirror
- Your journal.
- A pen you love using
- A quiet, uninterrupted space

This ritual is not a set in stone thing. Use it as a guideline. Create your own ritual. Do what feels good and empowering to you.

The Ritual

Create Your Space

- Dim the lights or open your windows. Light your candle and take a few deep breaths. Place your mirror or photo where you can see yourself clearly.

Meet Your Main Character

- Gaze into the mirror or at the photo. Softly ask:
- “Who am I becoming?”
- “What story do I want to live this year?”
- Let whatever arises be enough. There is no right or wrong.

Write an Opening Note to Yourself

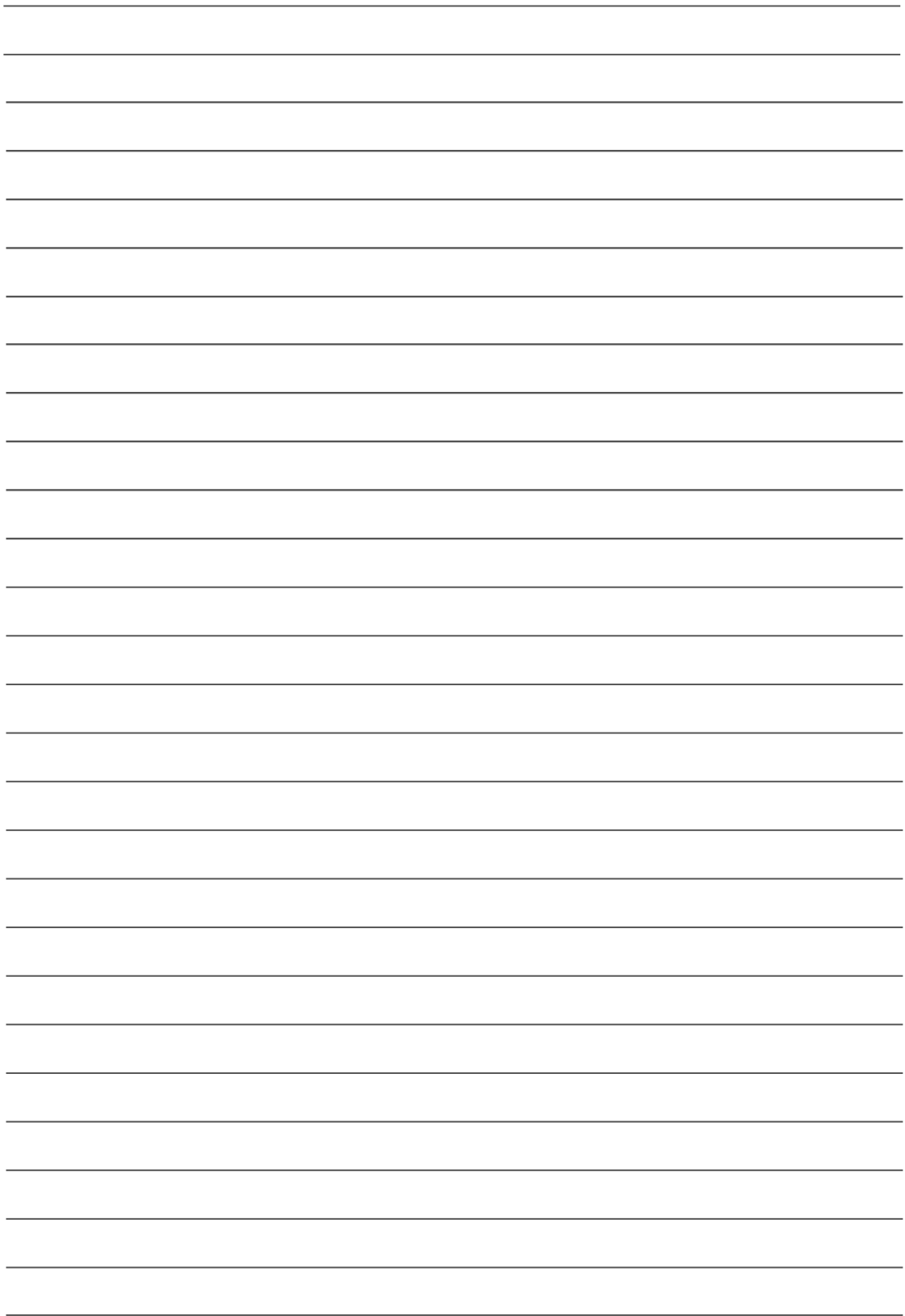
- In your journal, write a short letter or declaration:
- Who are you choosing to be?
- What are you releasing as you step into this journey?
- What are you calling in?

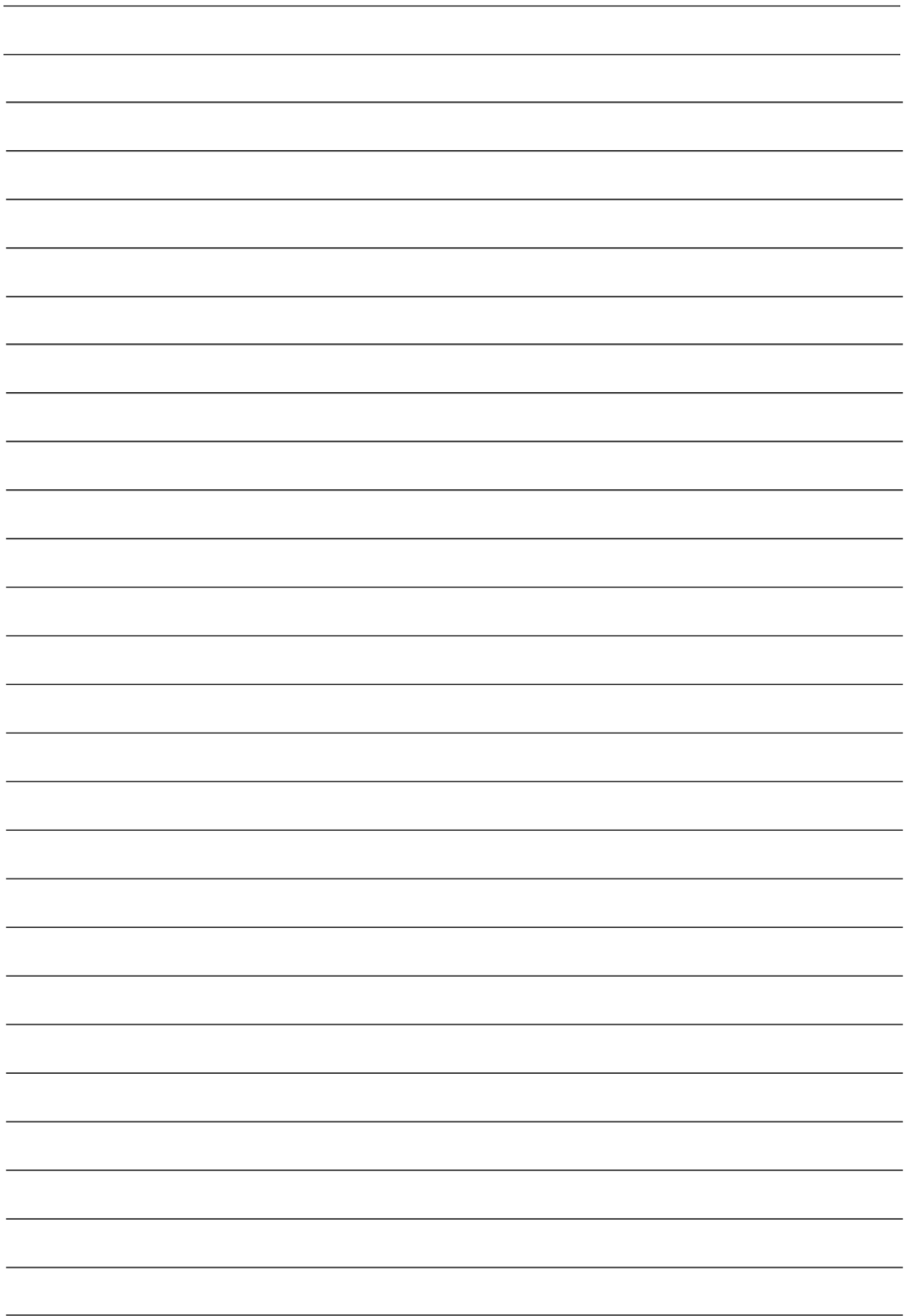
Anchor with Intention

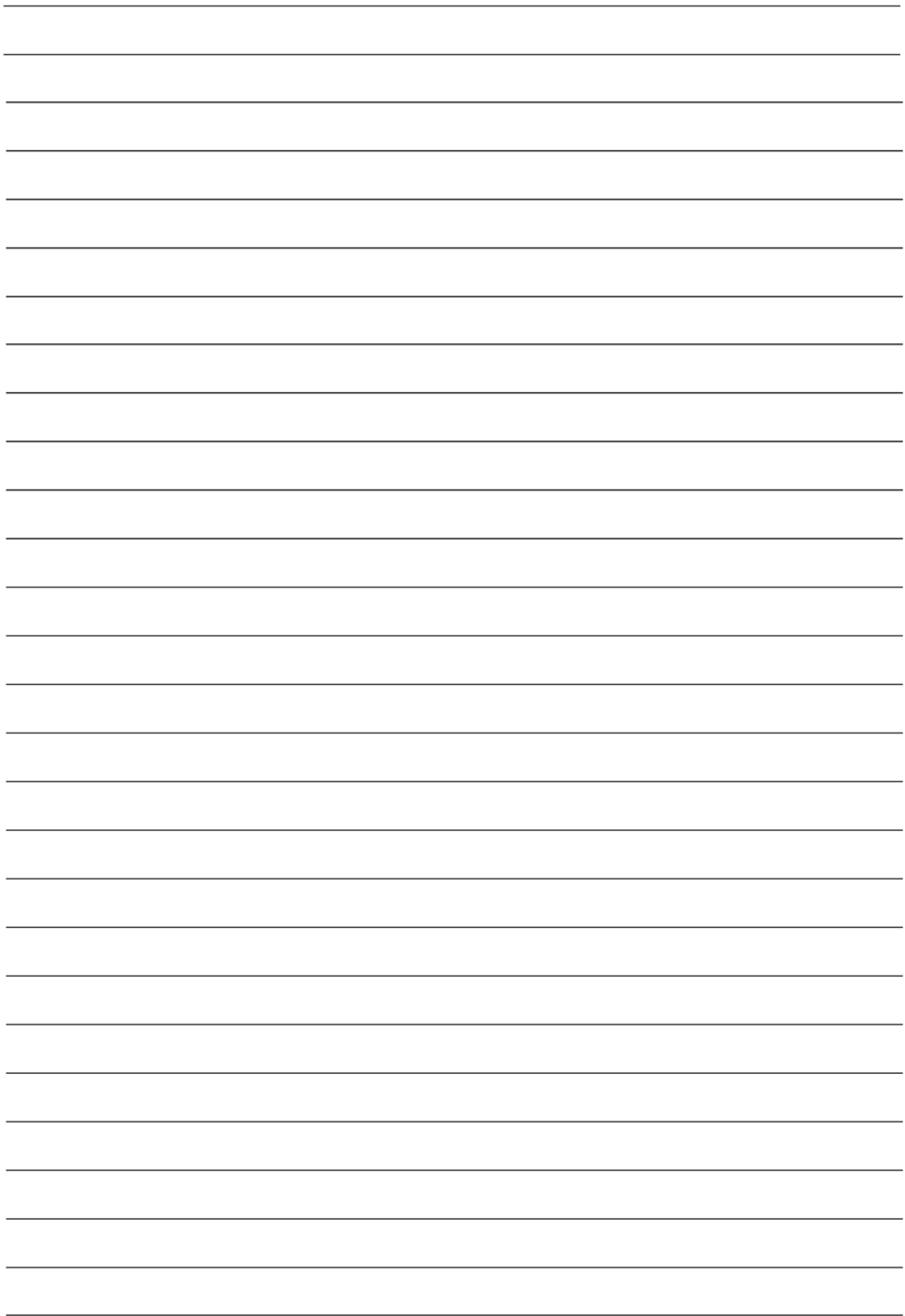
- Say aloud or write down:
- “I now step into the spotlight of my life. I am the main character. I claim this journey, this power, and this magic as mine.”

Close with Gratitude

- Blow out the candle. Take one final deep breath, and thank yourself for showing up. Let this be your first Main Character Moment.







I'm the main character.

Choose yourself. Fully. Unapologetically. You're the main character. Your life is the story you write with every decision, image and act of presence.

Photography Prompt:

Take a self portrait that captures your essence, energy or vibe. Use light, shadow, environment or props that align with how you want to be seen.

This isn't about looking Instagram perfect, meeting any kind of beauty standard.

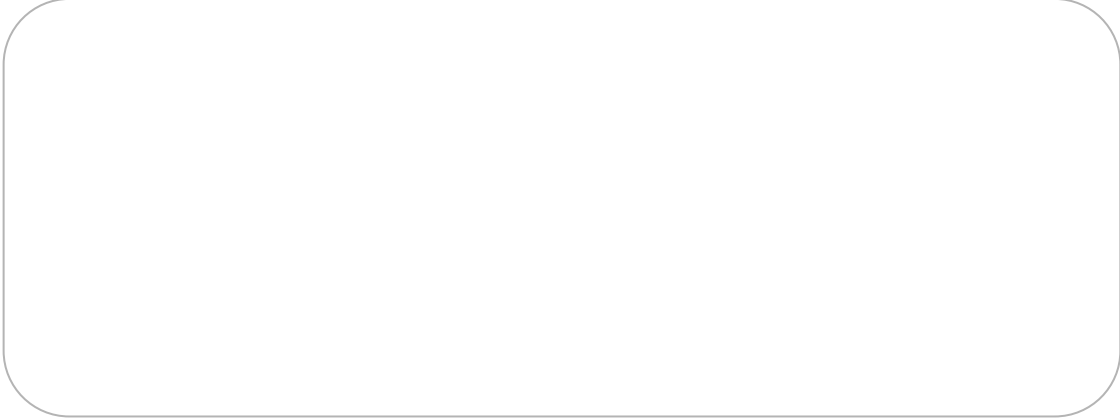
Things to think about:

How do you want to feel in this photo?

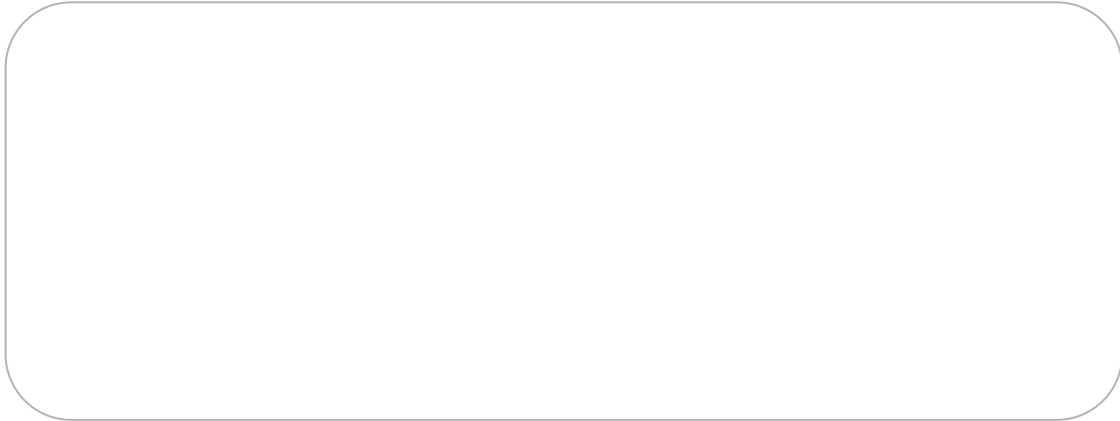
What visual metaphors or environments speak to this theme?

Journal Prompt:

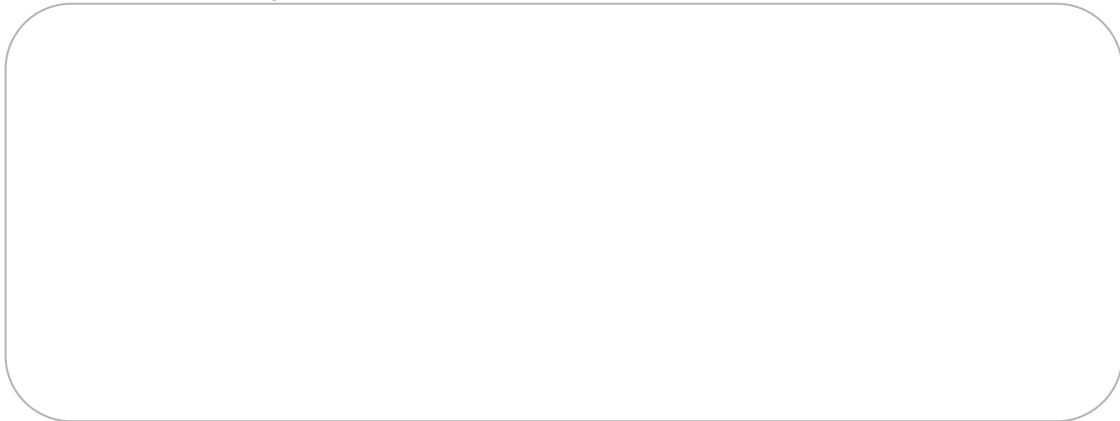
What does this theme mean to me right now?



Where do I see this energy showing up in my life?

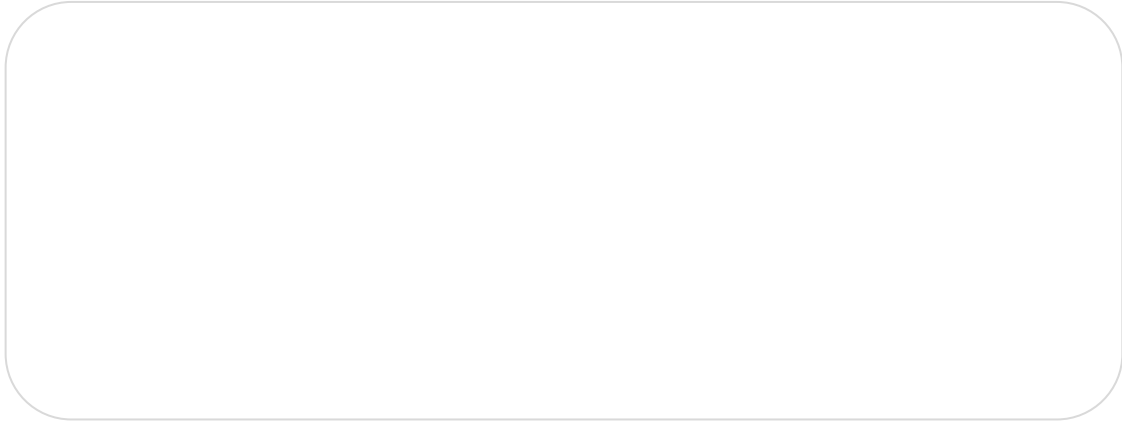


What is being revealed or asked of me?

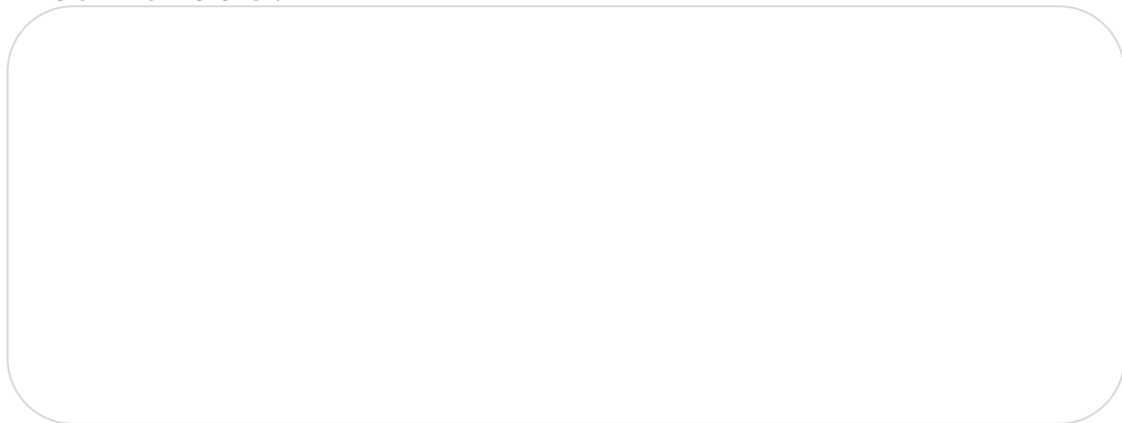


Shadow Work Invitation:

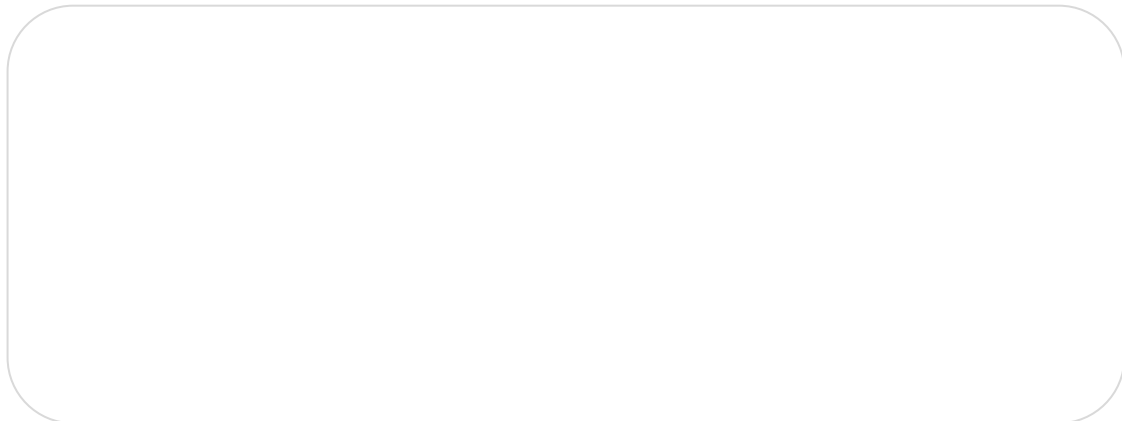
What parts of myself have I silenced or minimized?



Where have I abandoned myself to make others comfortable?



What does my shadow self need to be the main character too?



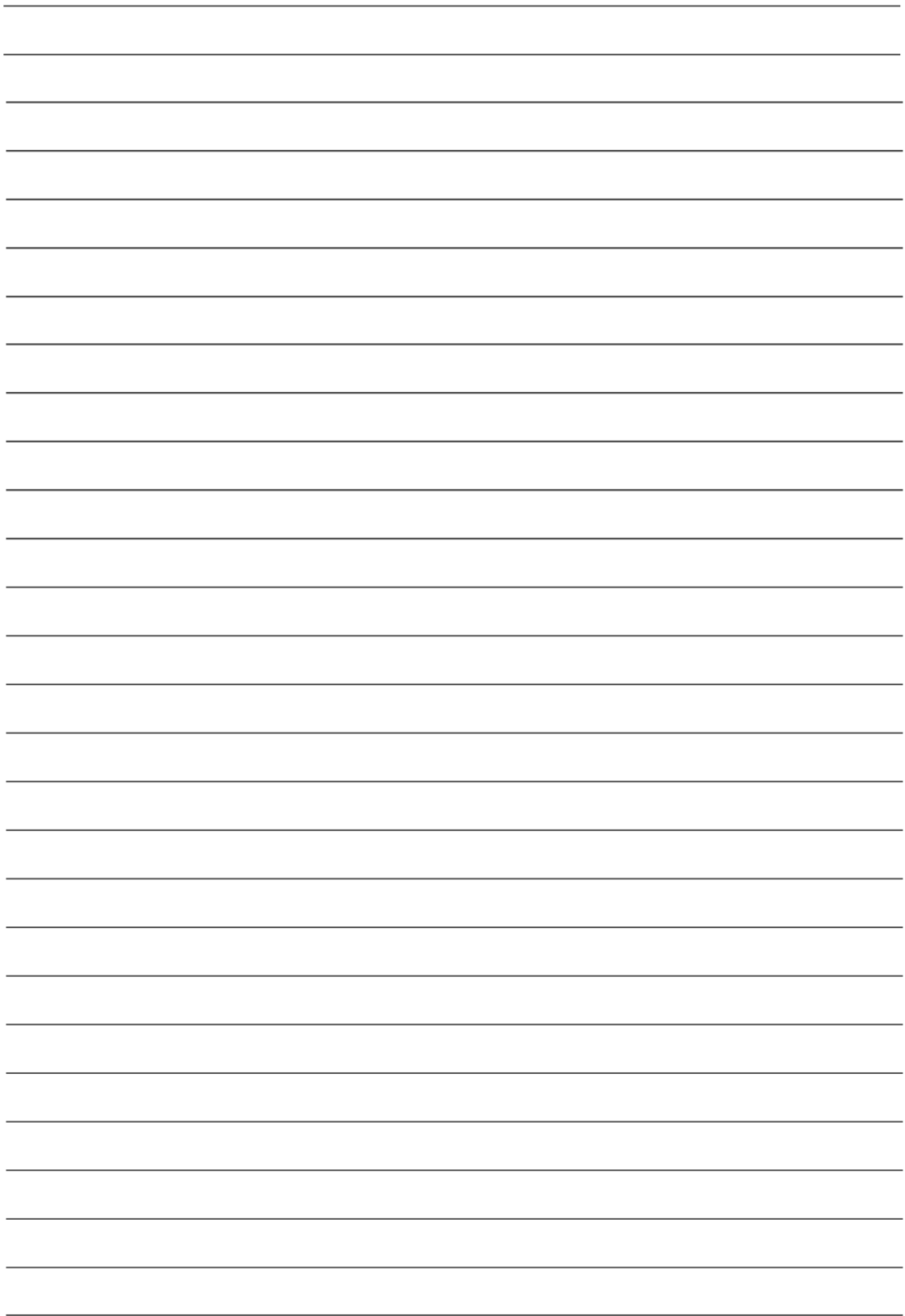
Abundance + Attraction Focus

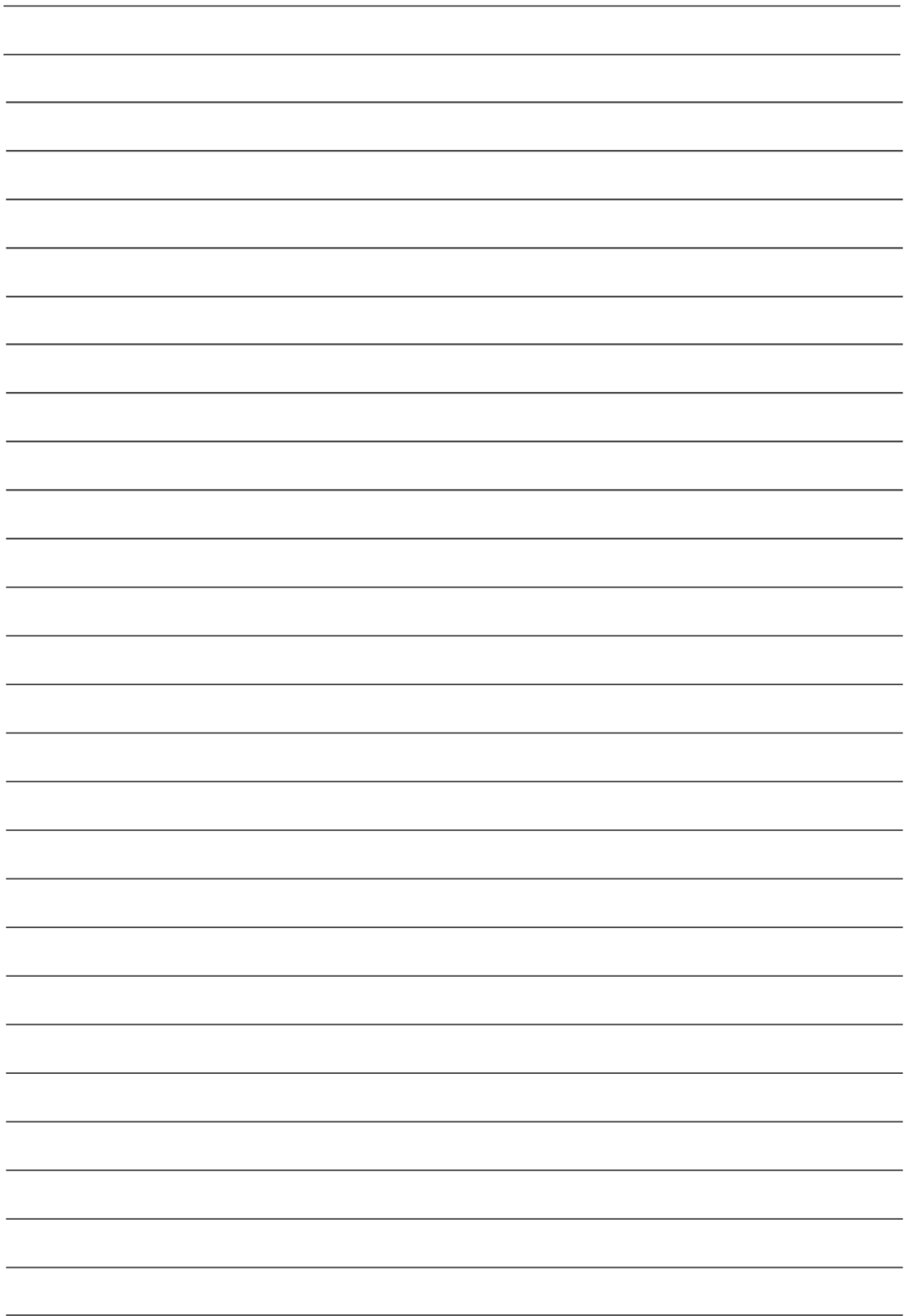
What do I want to attract this month?

How can I embody the version of me who already has this?

Affirmation:

I am worthy of being the center of my own life.





Quotes, Sketches & Dreams

Claiming Space

Presence and Power. Where in your life are you ready to claim your space — physically, emotionally, creatively, spiritually?

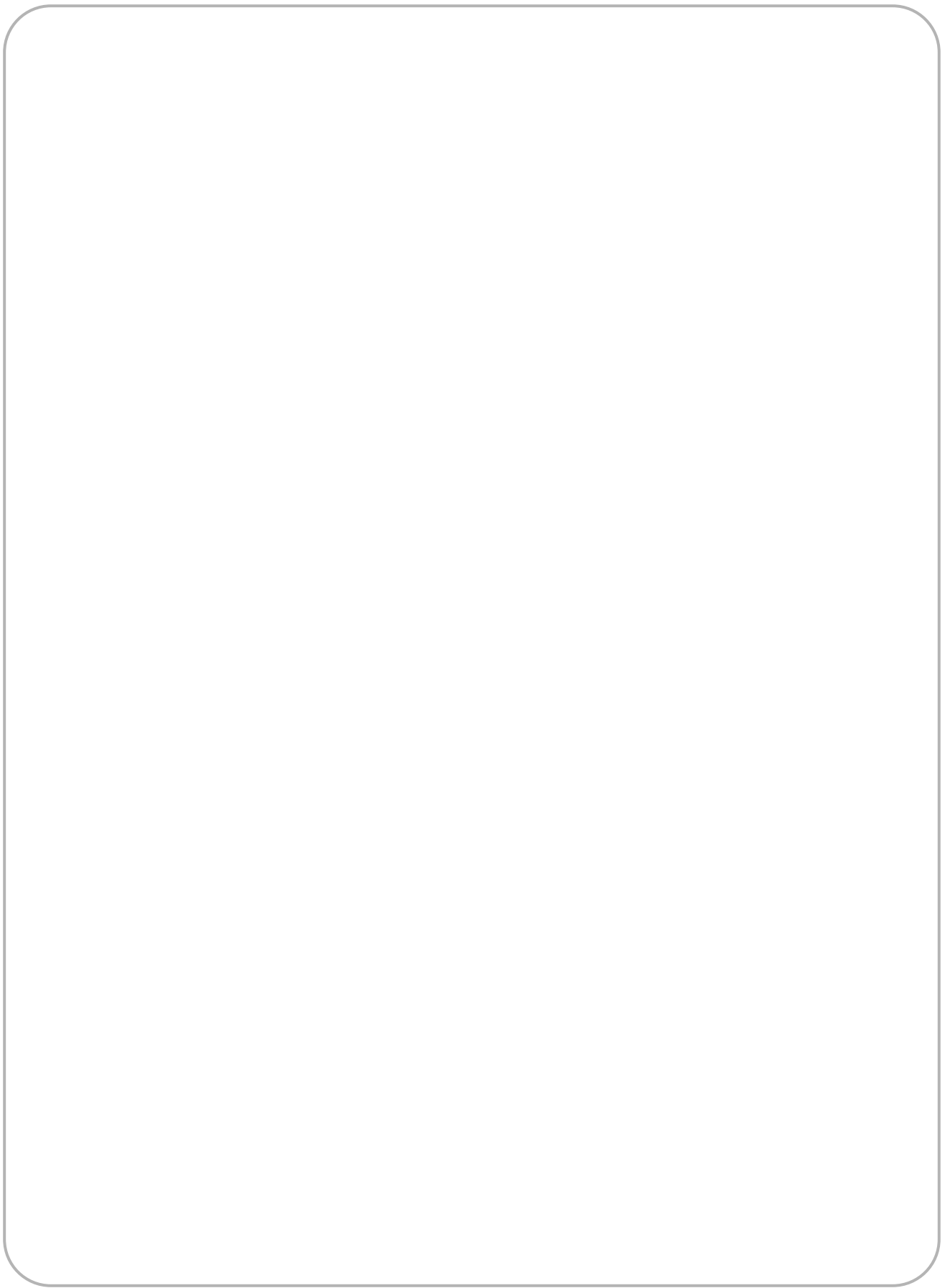
Photography Prompt:

Photograph a place that feels like it belongs to you — where you feel seen, safe, or powerful.

Things to think about:

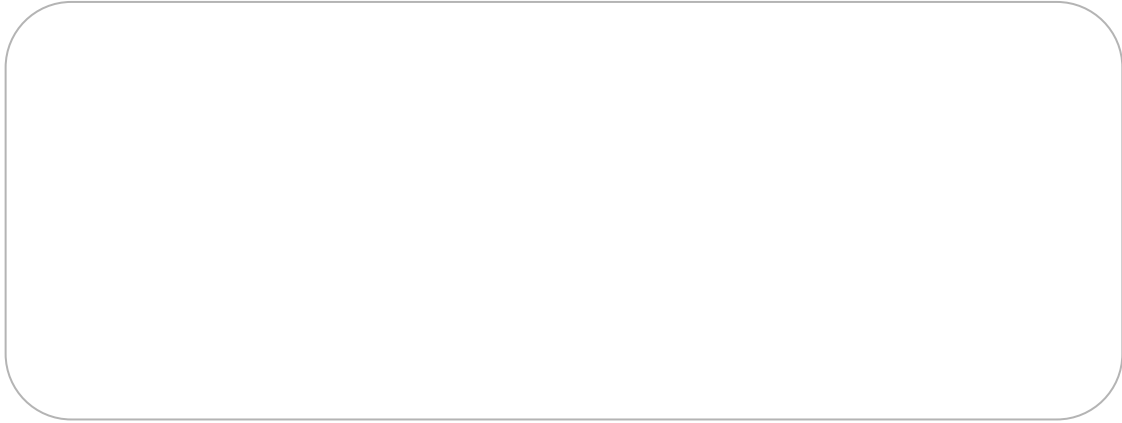
What makes this space feel like mine?

How do I behave differently when I feel fully safe?

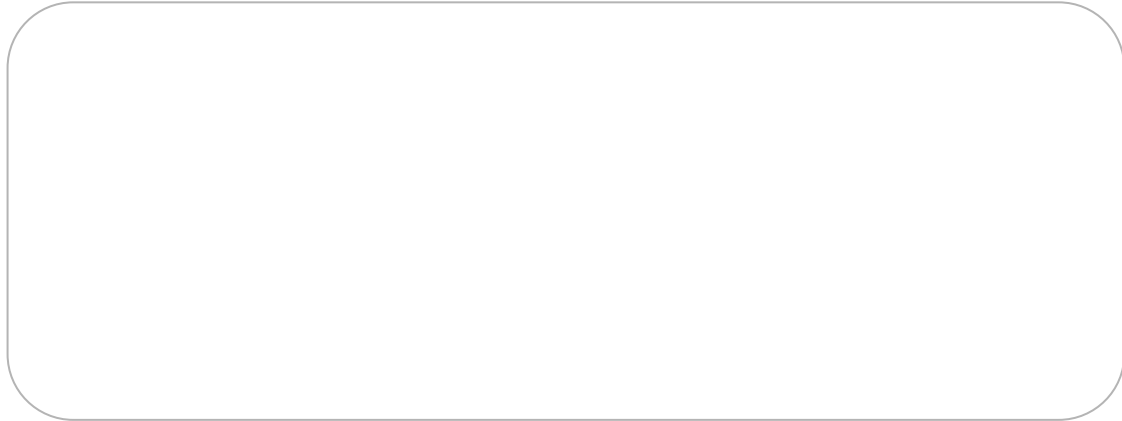


Journal Prompt:


Where do I give my power away?



How can I take up more space in my life?

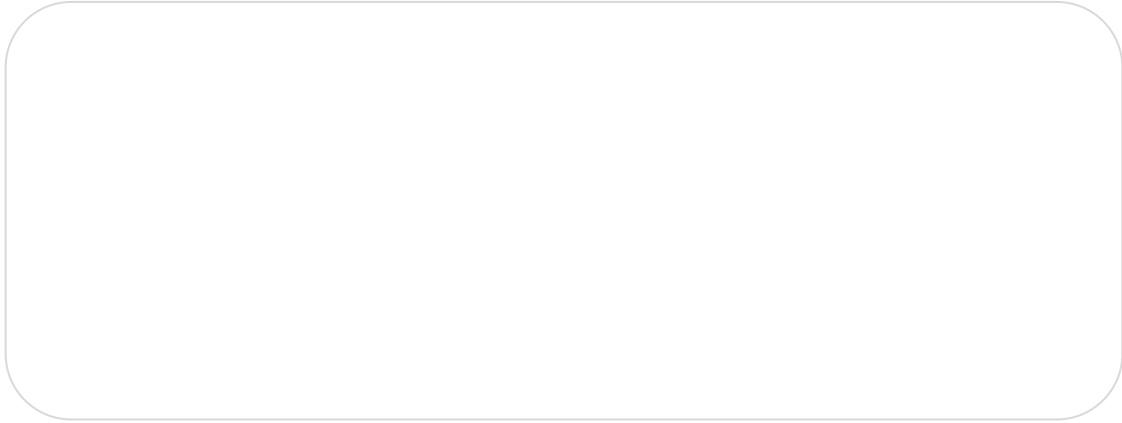


What boundaries do I need to hold this month?

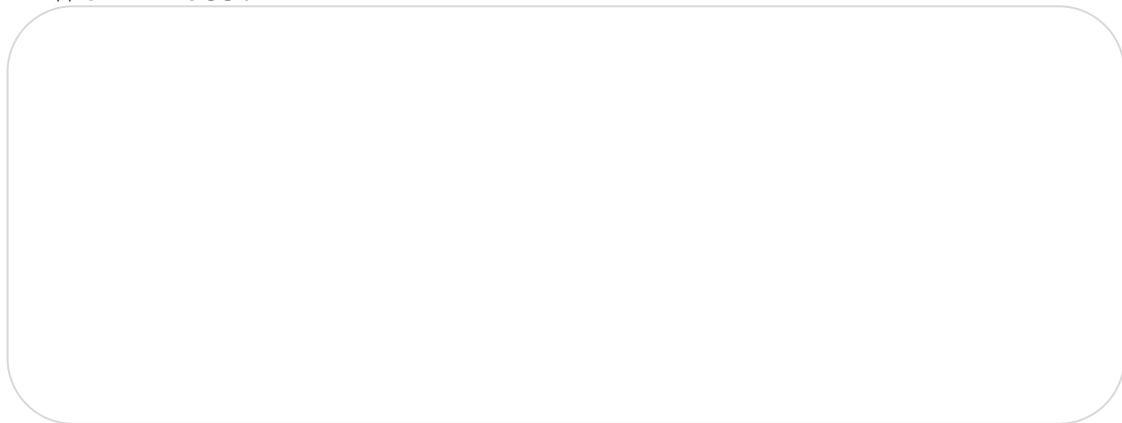


Shadow Work Invitation:

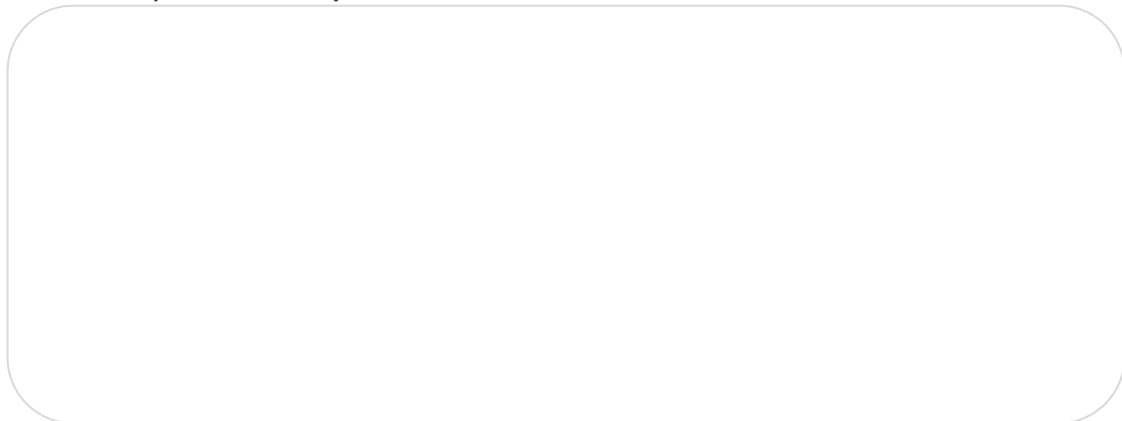
Where have I made myself small?



What are my unconscious beliefs about visibility or worthiness?

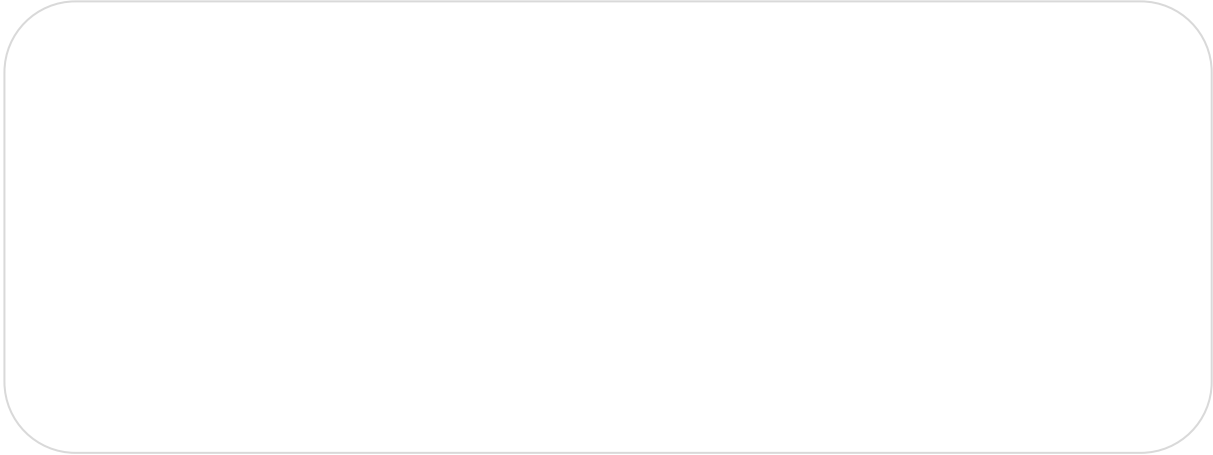


What parts of myself have I been afraid to show?

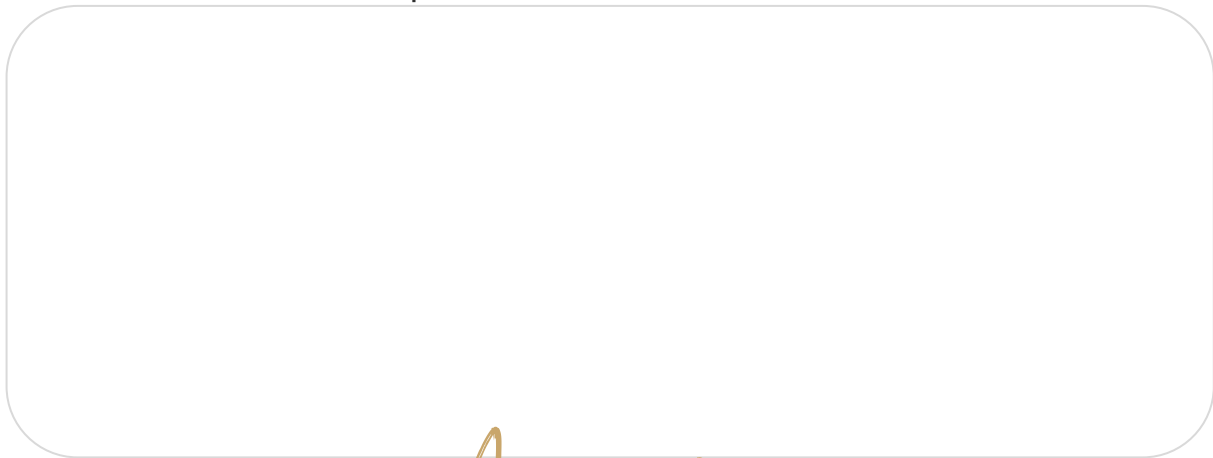


Abundance + Attraction Focus

What does abundance look like in my physical and emotional space?

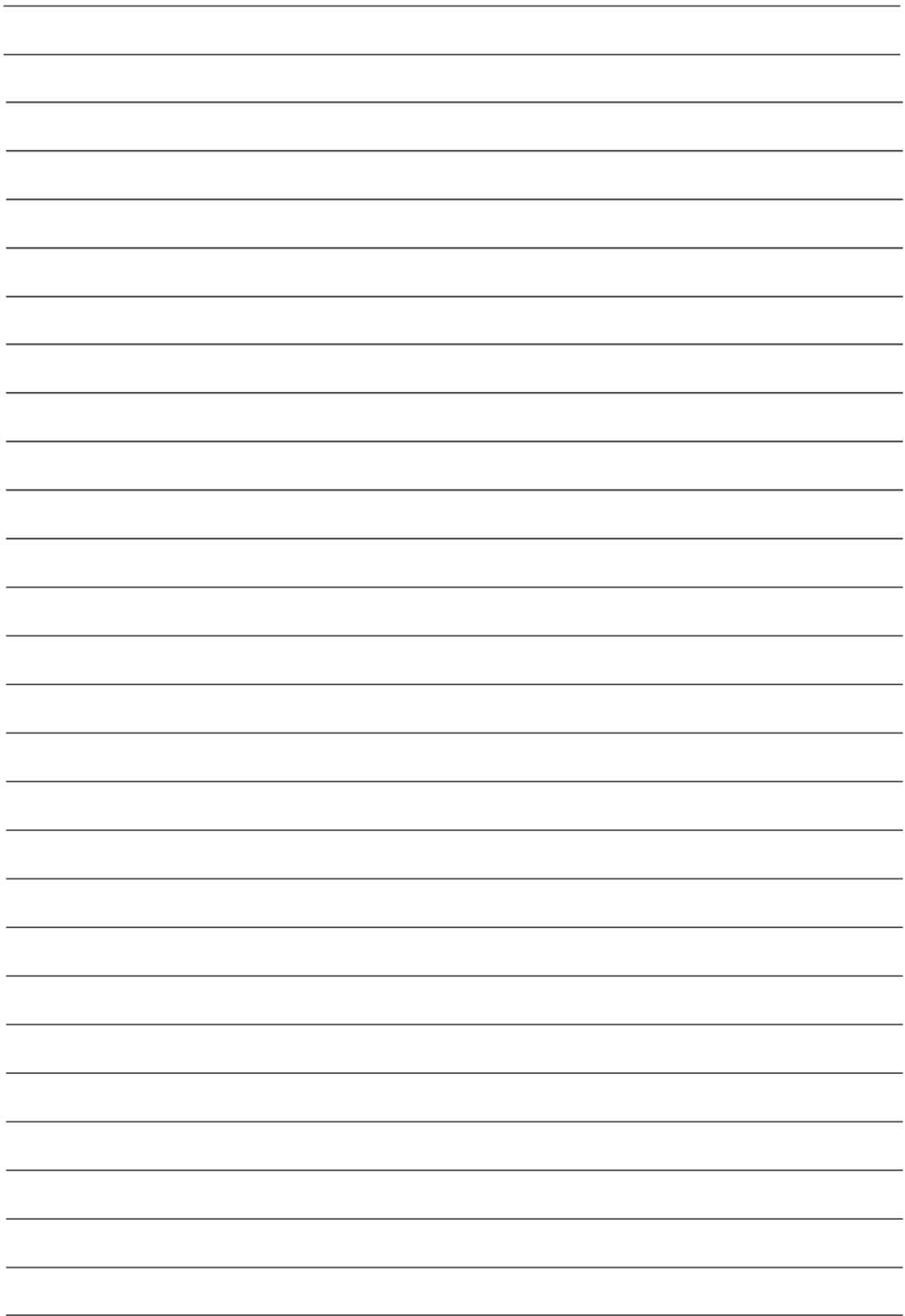


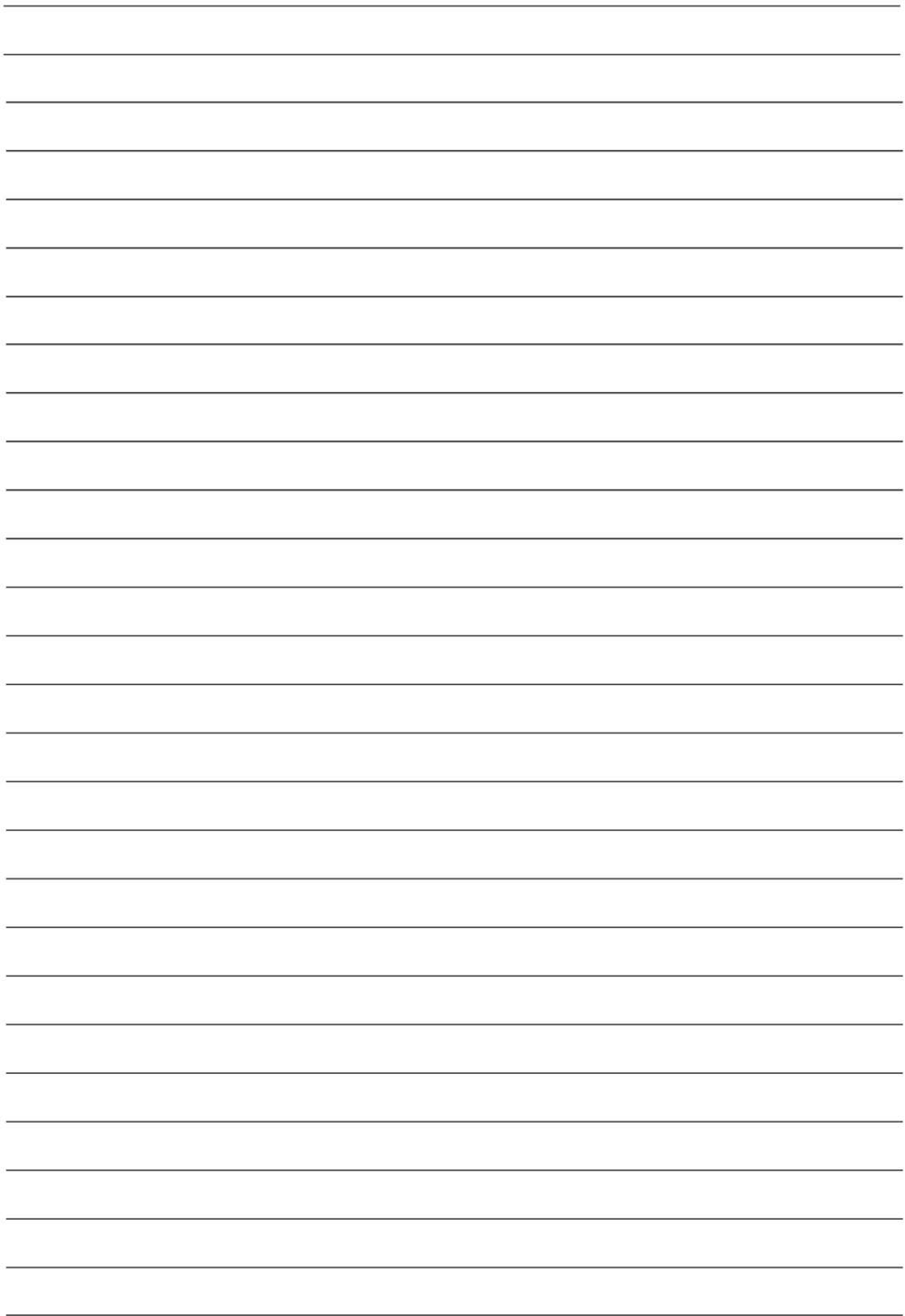
How can I create space for more of what I desire?



Affirmation:

I am allowed to take up space. My presence is powerful.





Quotes Sketches & Dreams

Center Stage

Step into your light. Being the center of attention isn't selfish.
You are allowed to be celebrated, recognized and seen.

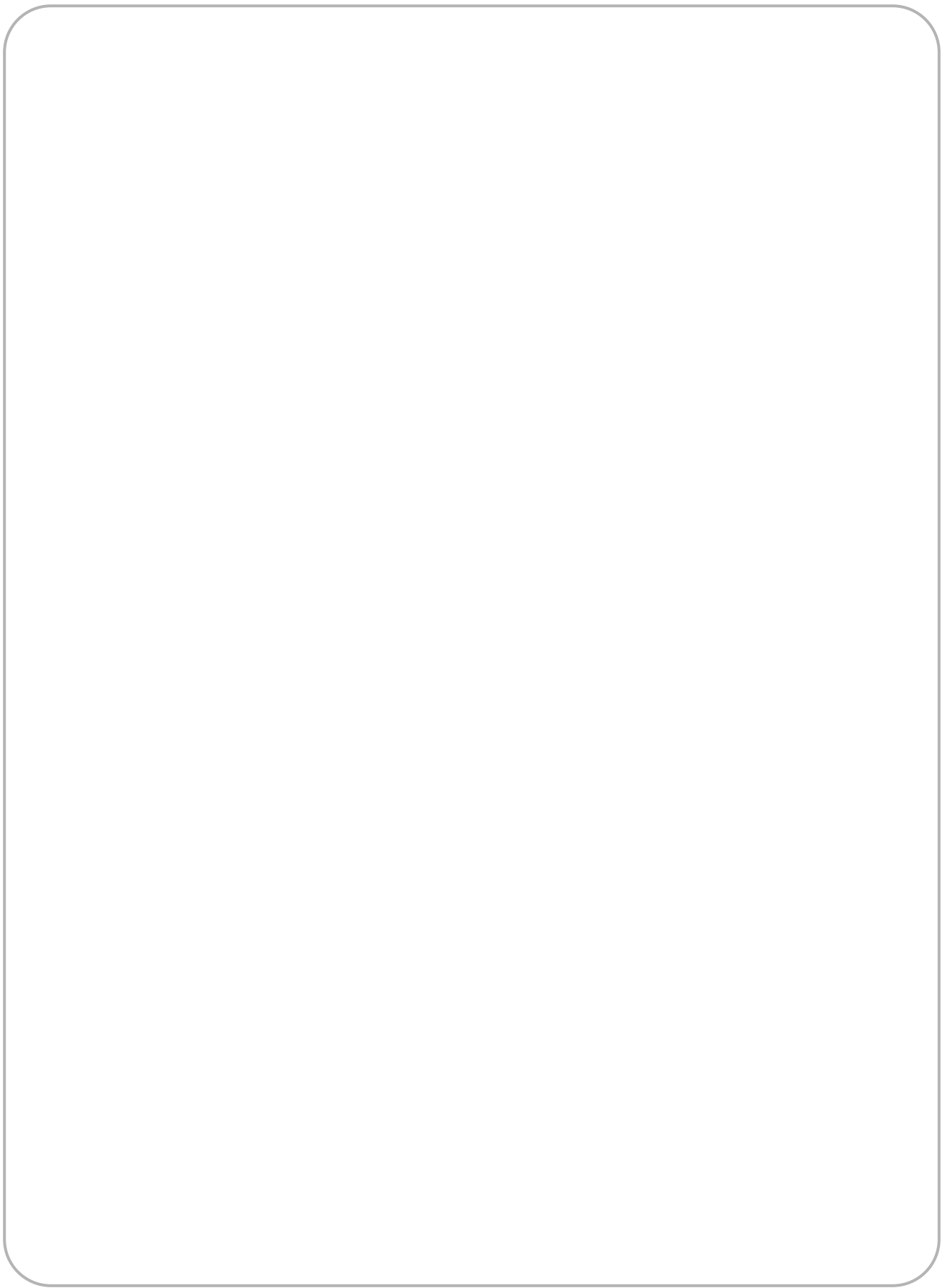
Photography Prompt:

Use reflection, shadow, or perspective to show yourself at the center.

Things to think about:

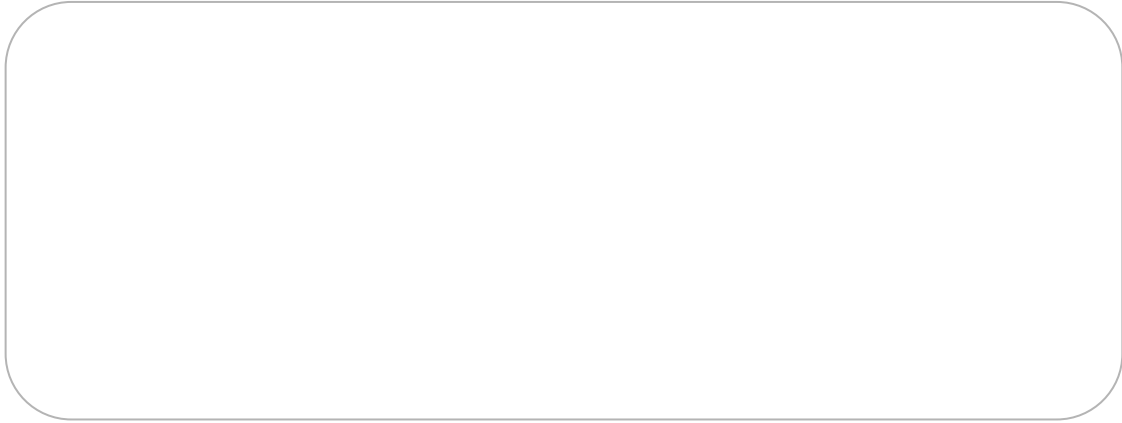
What helps me feel seen without apology?

What imagery places me at the heart of my story?

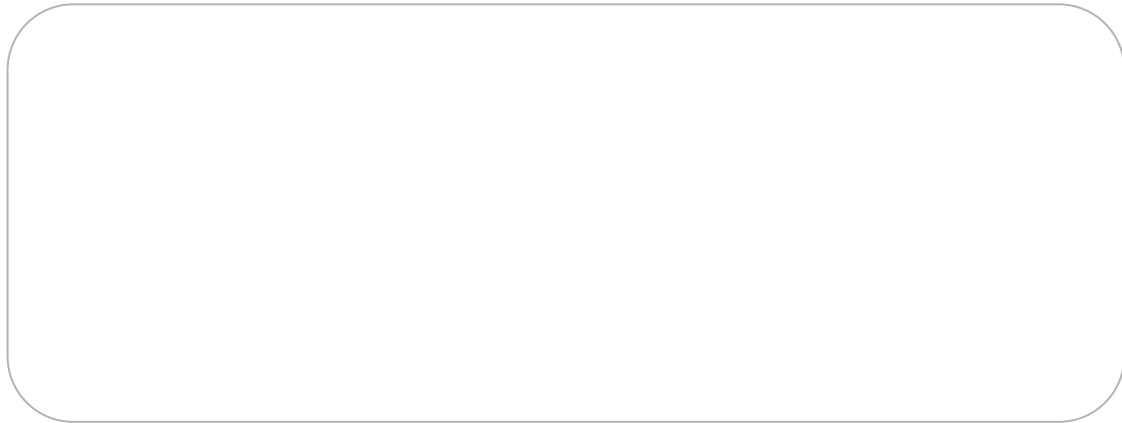


Journal Prompt:

Where do I still shrink or deflect attention?



What kind of attention do I crave?



Who am I afraid will judge me for shining?



Shadow Work Invitation:

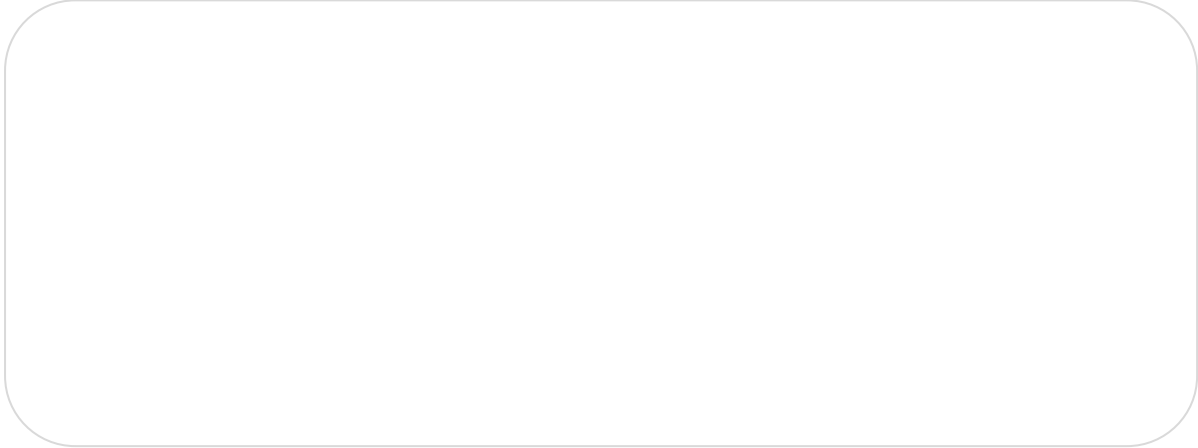
Do I believe it's safe to be celebrated?

What stories do I hold about being "too much"?

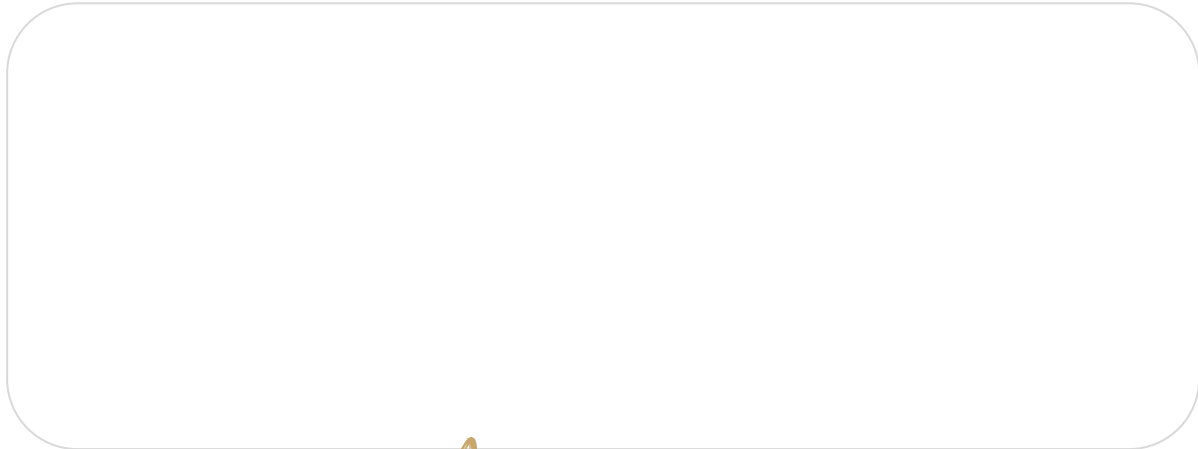
How do I sabotage my own spotlight?

Abundance + Attraction Focus

How can I make space for recognition and praise?

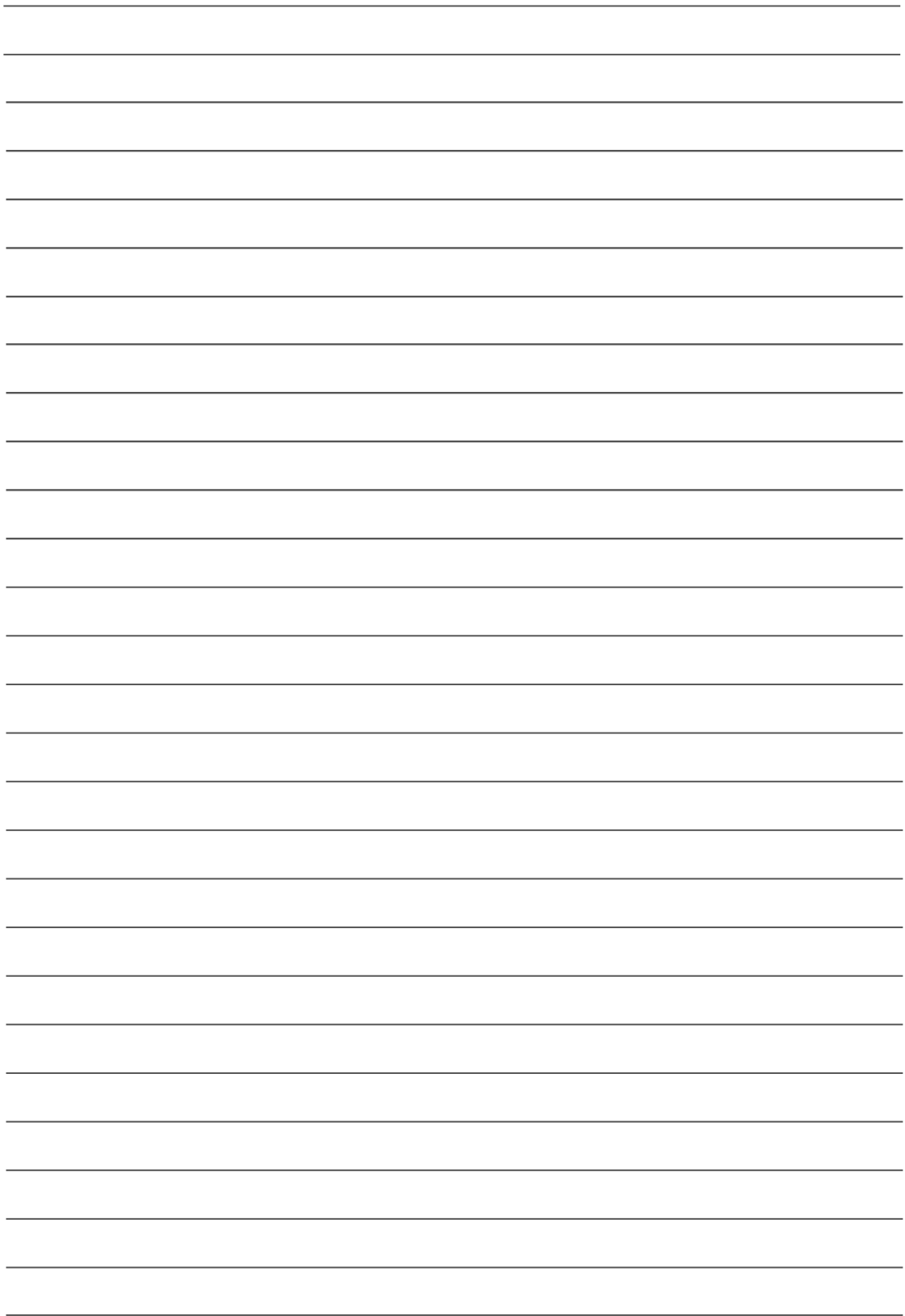


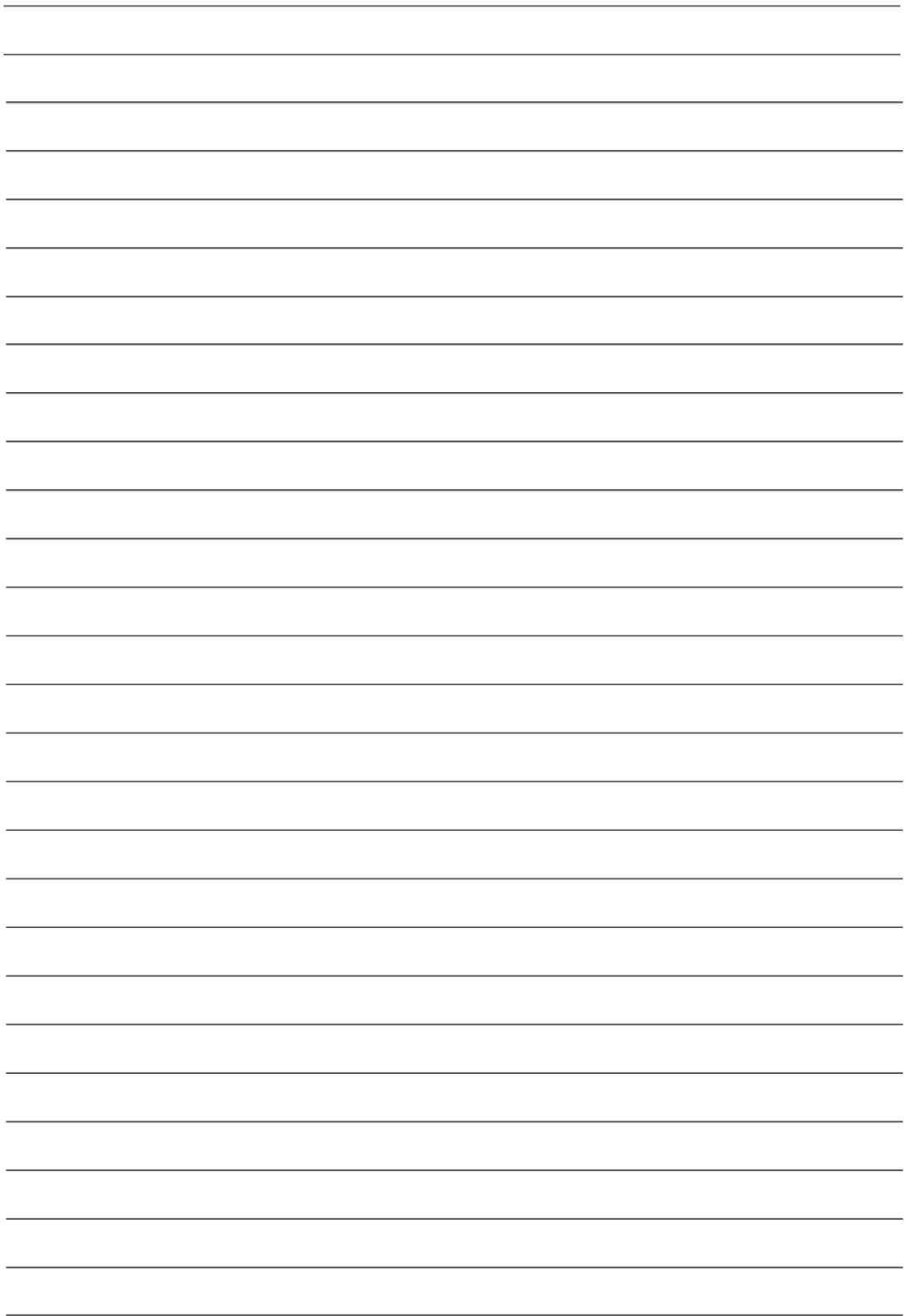
What would change if I believed I deserve admiration?



Affirmation:

I step into the light with confidence and grace.
I am worthy of being seen.





Quotes Sketches & Dreams

Rooted Abundance

Ground yourself in the knowing that abundance begins with your roots. Feeling secure, supported, and connected lays the foundation for thriving.

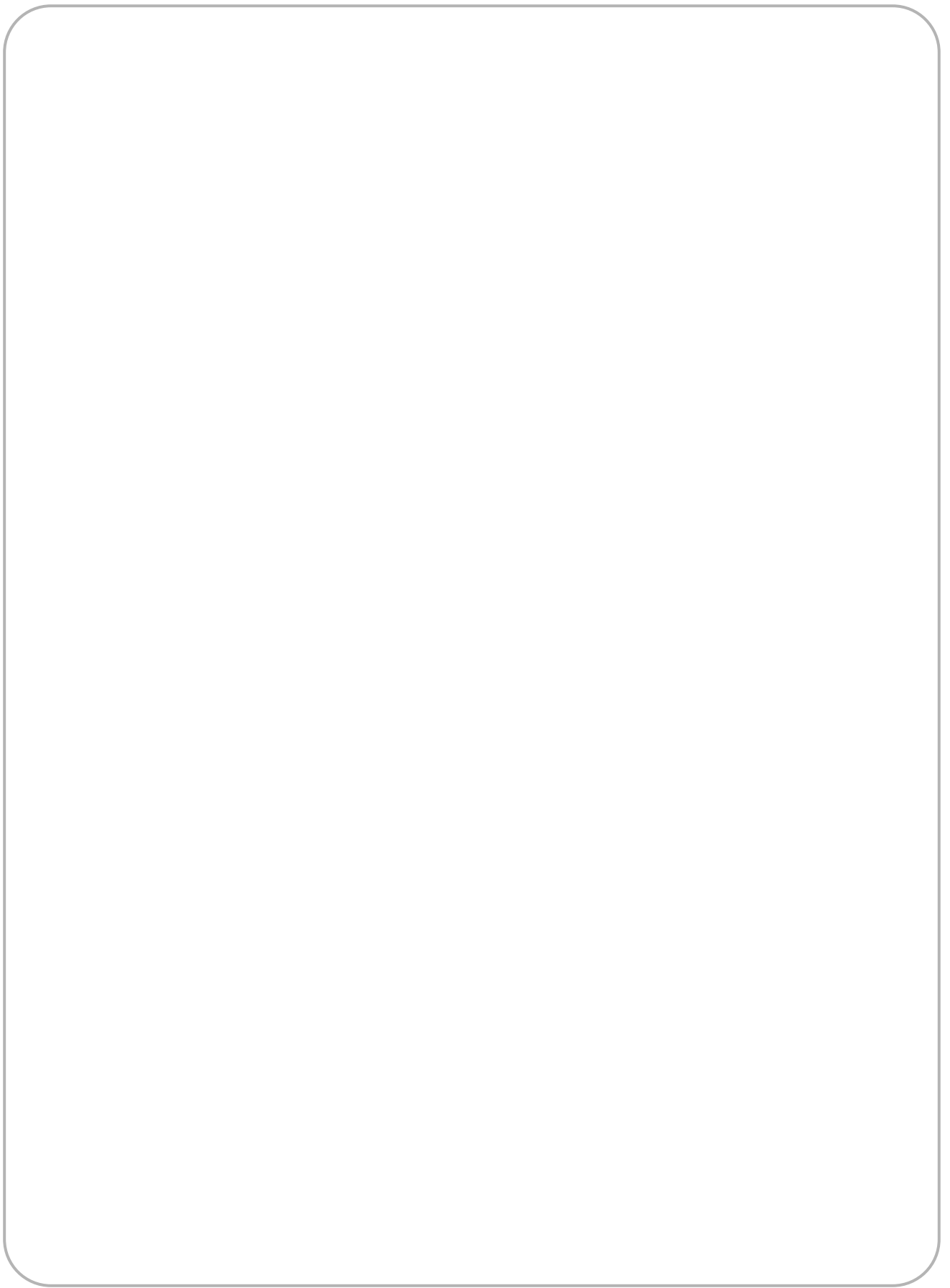
Photography Prompt:

Photograph symbols of support, safety, and enoughness.

Things to think about:

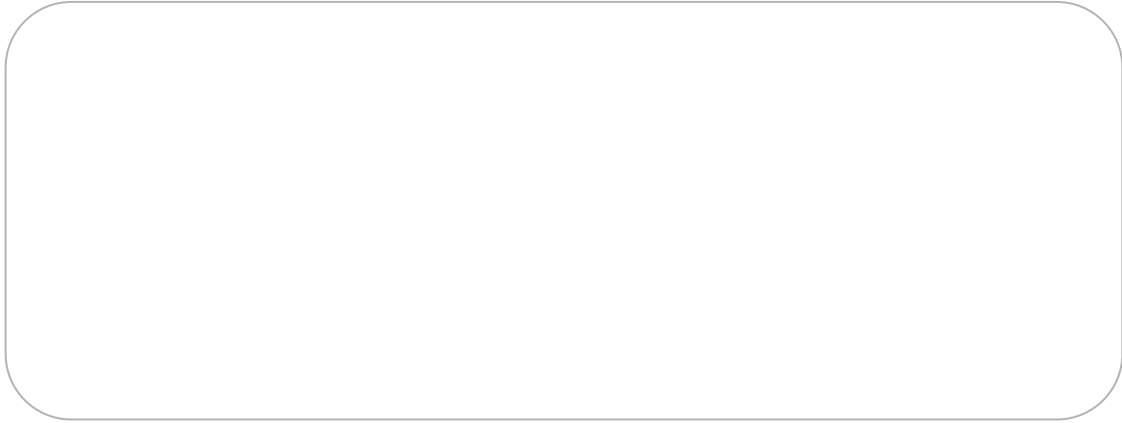
What feels like nourishment to me?

Where do I already have more than enough?



Journal Prompt:

What does abundance mean to me?



Where have I been chasing instead of receiving?

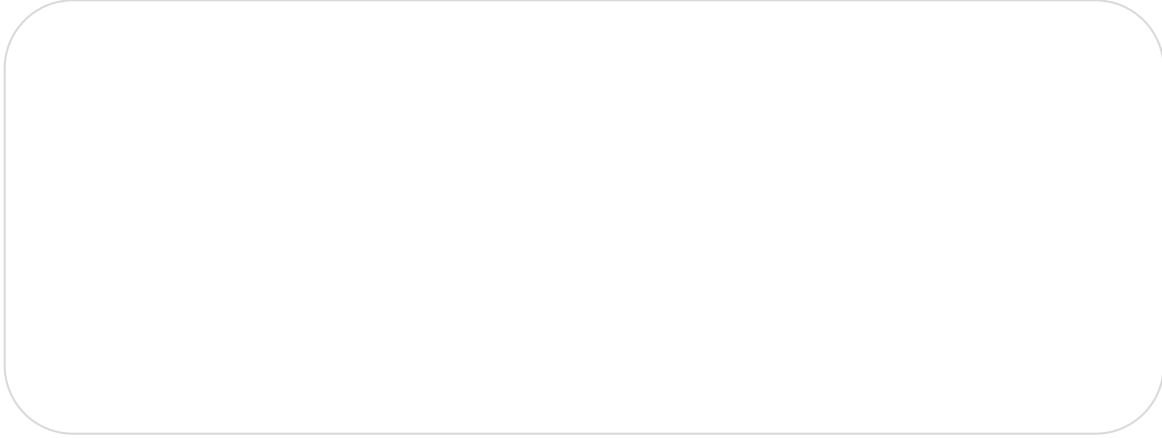


What helps me feel truly grounded?

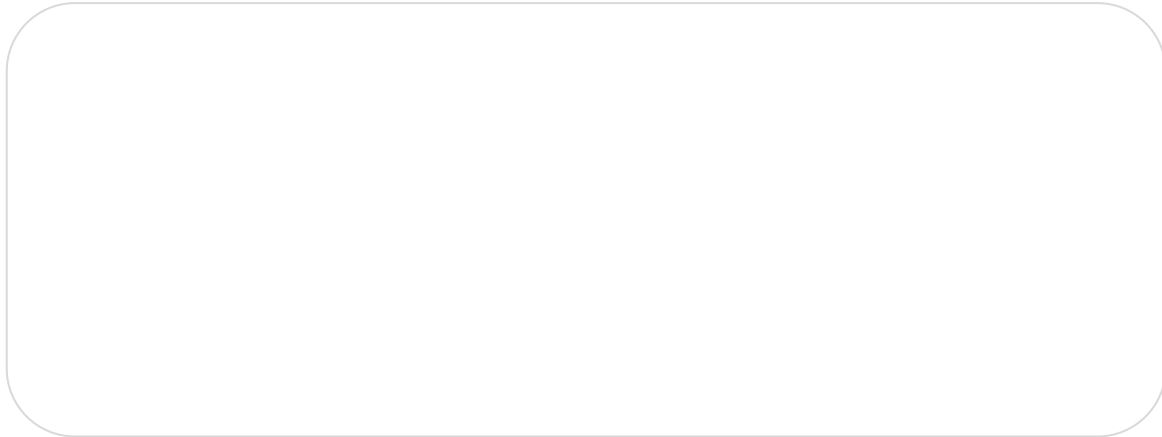


Shadow Work Invitation:

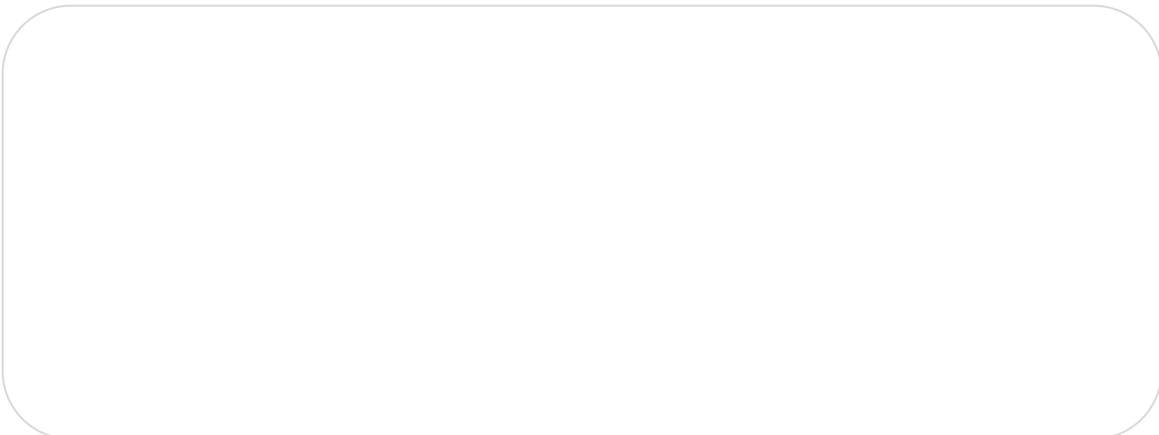
What fears or wounds are tied to survival and scarcity?



When have I believed I'm not supported?

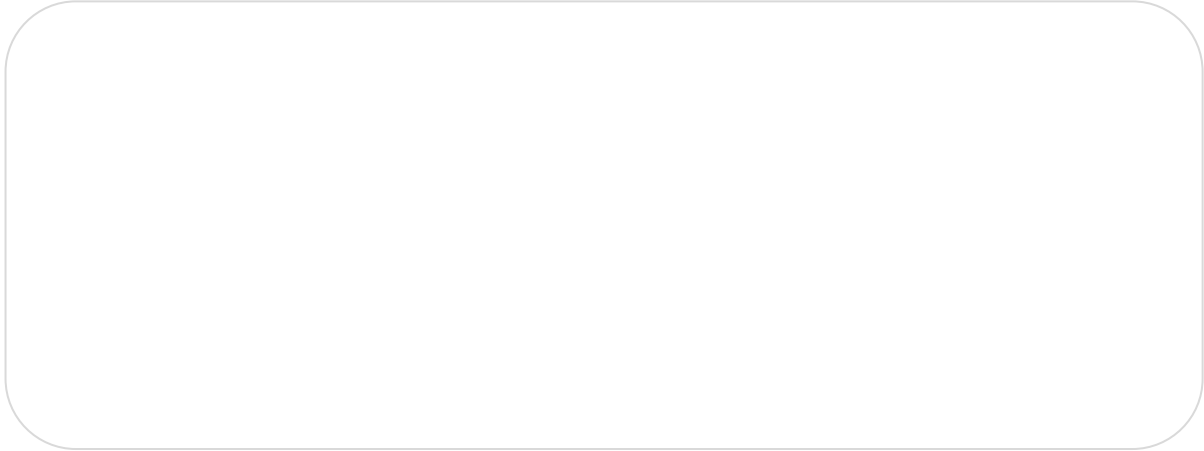


What ancestral stories need to be healed?

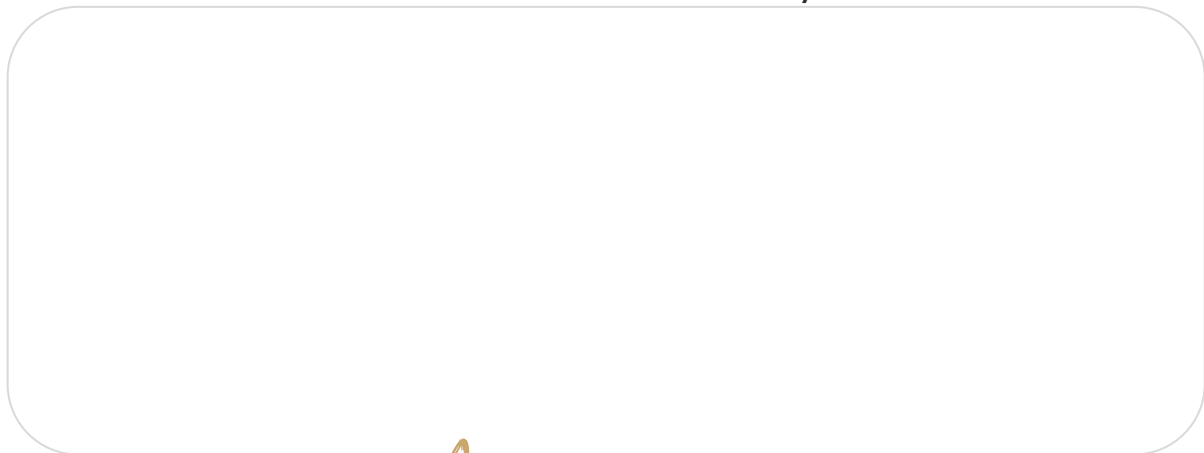


Abundance + Attraction Focus

How do I act when I believe I am deeply supported?

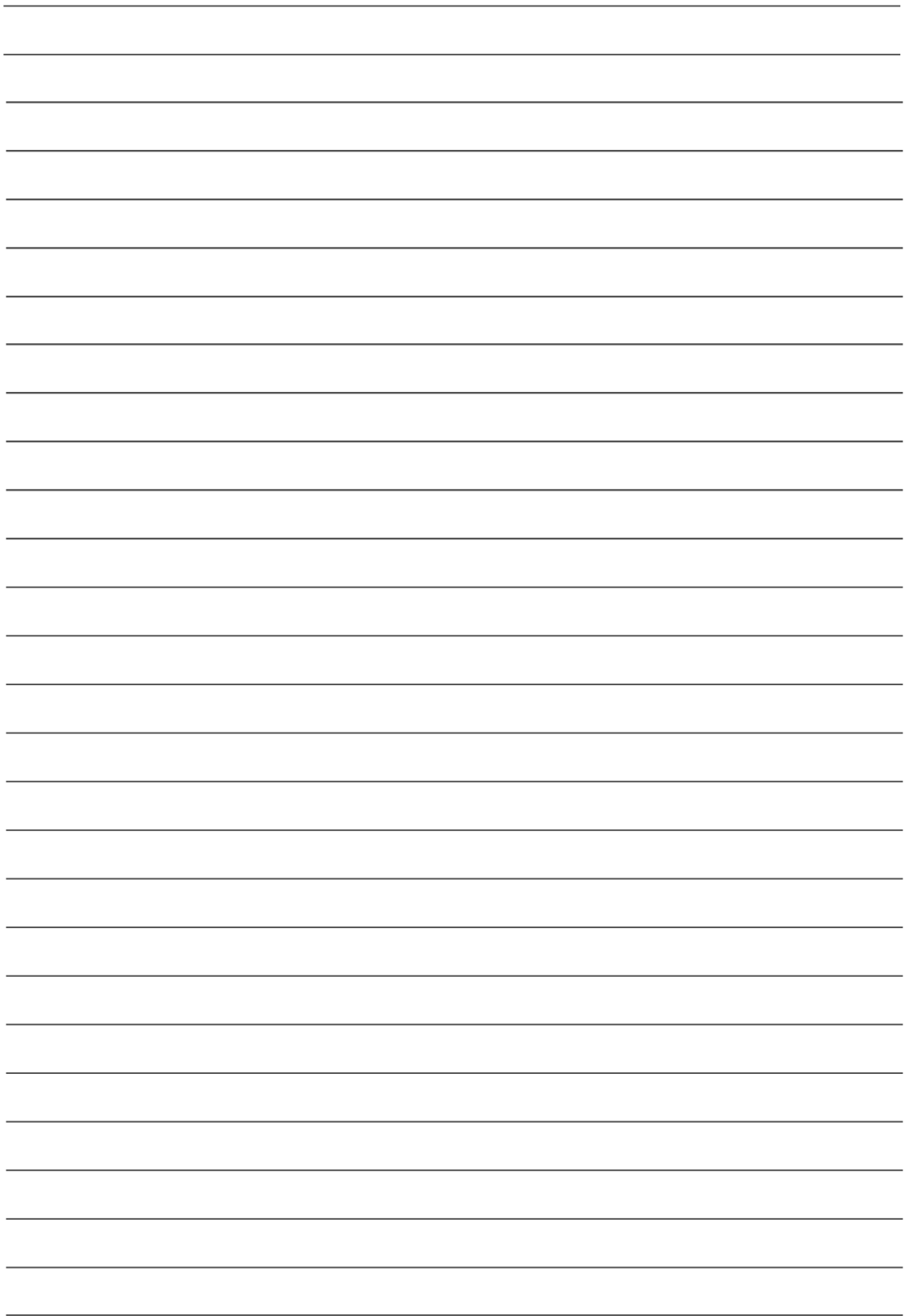


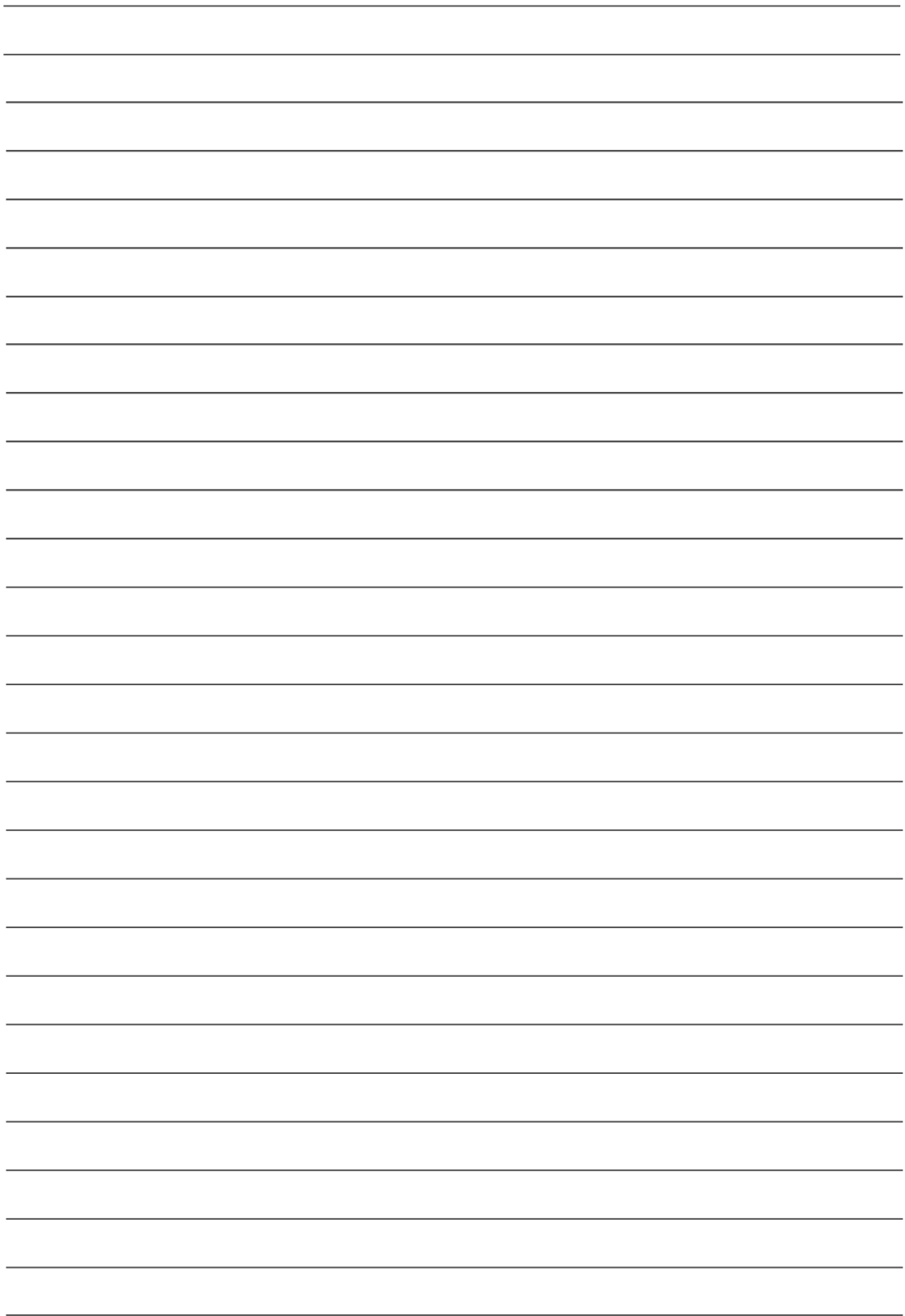
How can I show the Universe I trust in my worth?



Affirmation:

I am rooted, resourced, and ready to receive.





Quotes Sketches & Dreams

Desire as Compass

Your desires are divine. Let your longings lead you. Trust that what calls to you is meant for you and that you are allowed to want more.

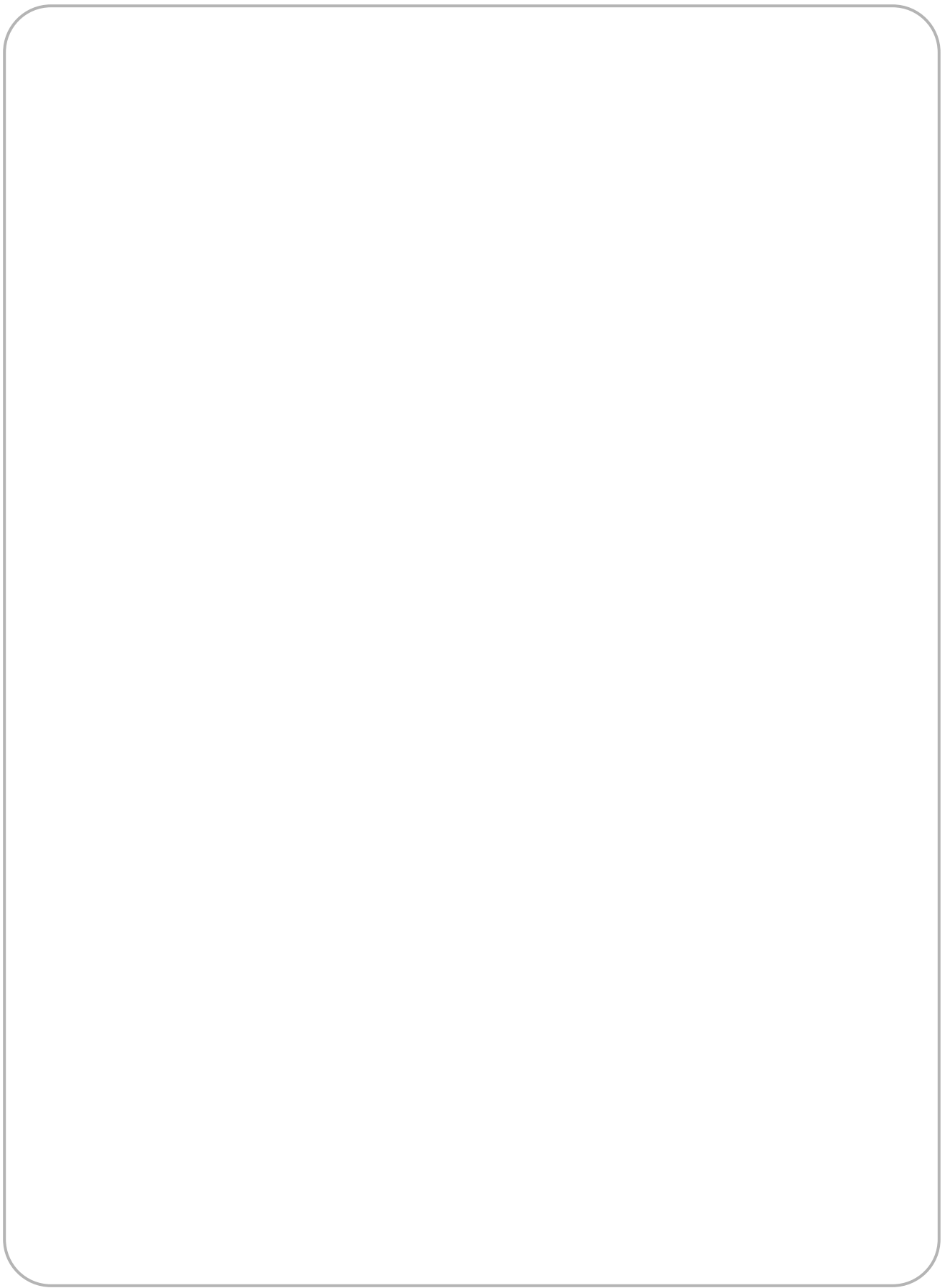
Photography Prompt:

Capture something you long for, a vision board photo, a metaphor, or a tangible desire.

Things to think about:

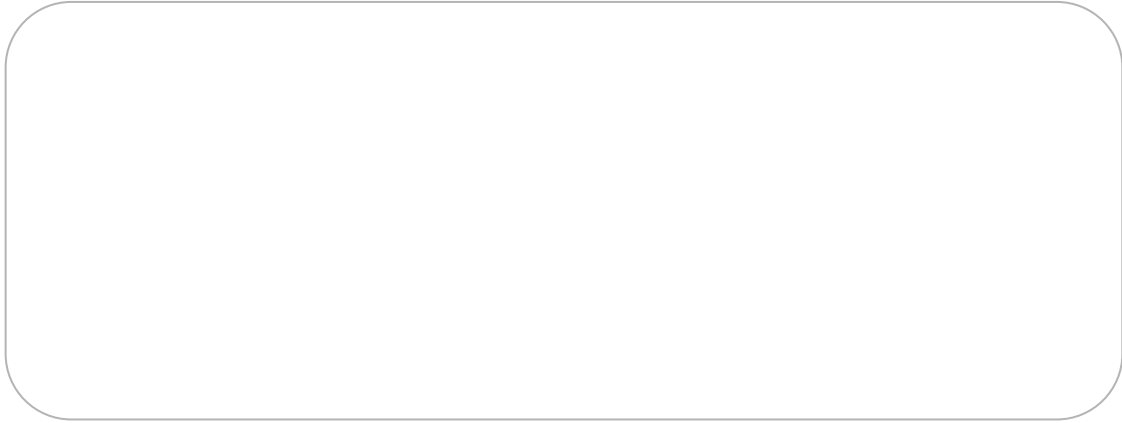
What lights me up from the inside out?

What do I keep wishing for quietly?

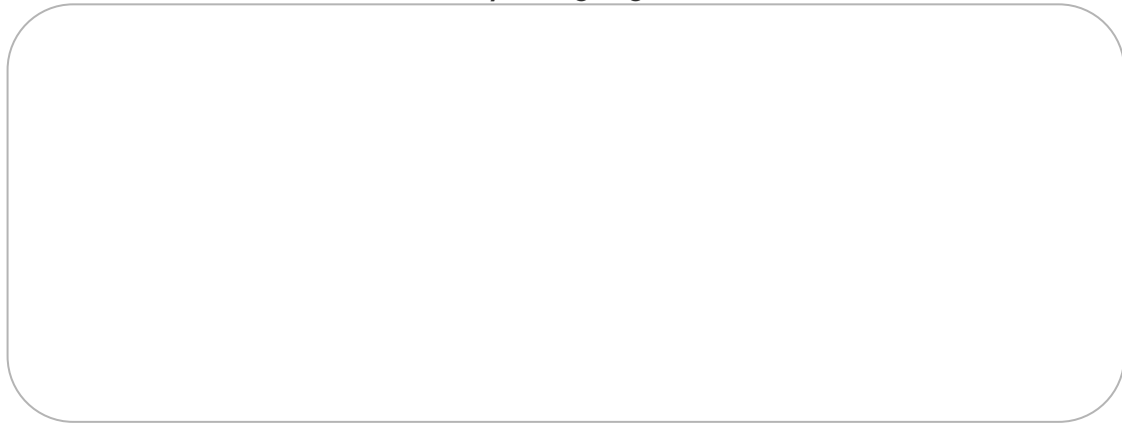


Journal Prompt:

What have I been taught about desire?



Where do I self-censor my longings?

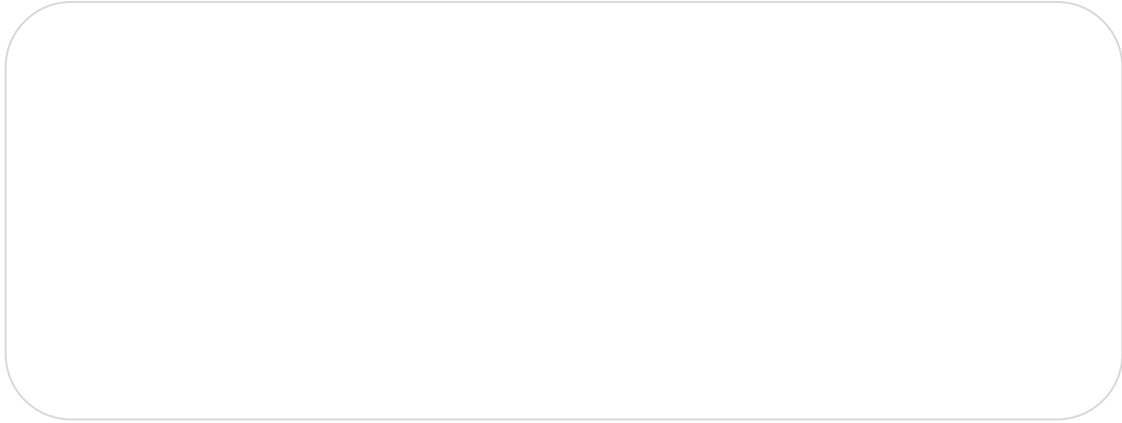


If I could ask for anything, what would I ask for?

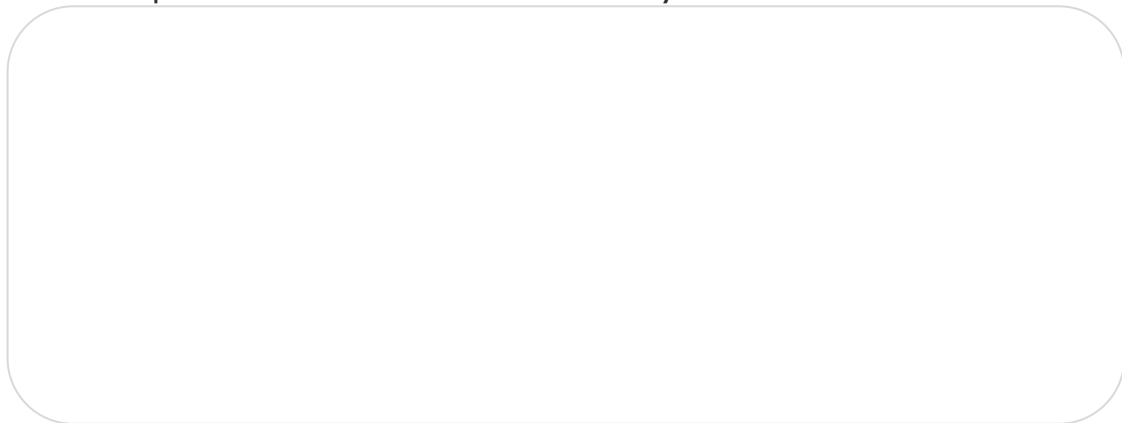


Shadow Work Invitation:

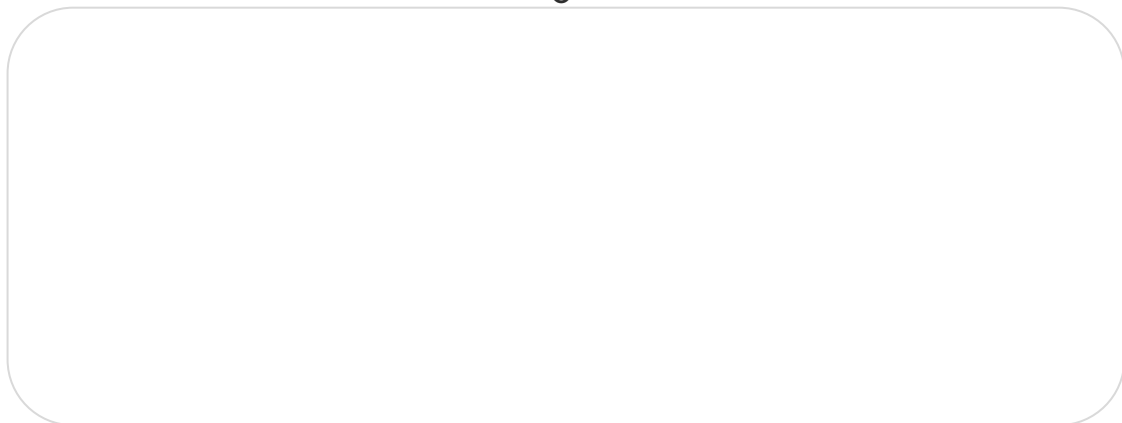
Where have I shamed or suppressed my desires?



What part of me thinks I'm unworthy of what I want?

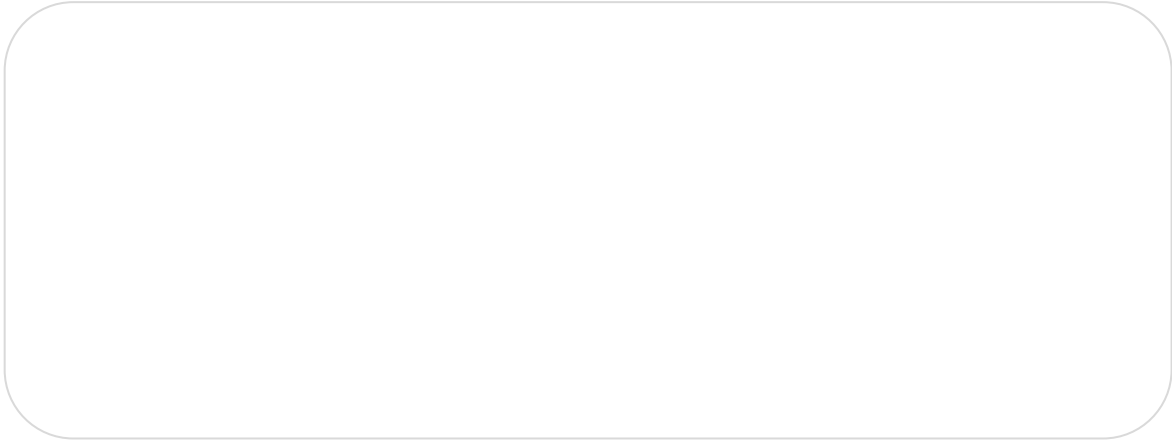


Who told me desire was dangerous?

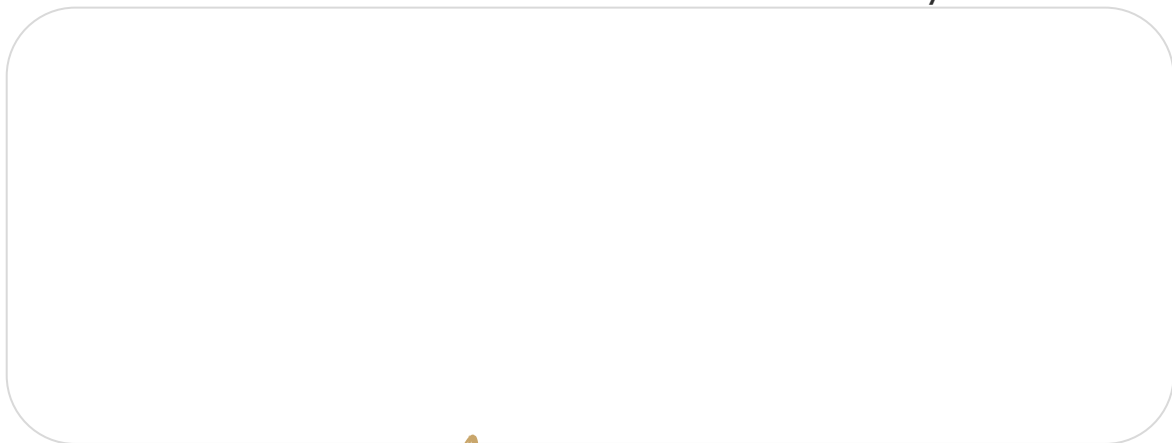


Abundance + Attraction Focus

How can I move as if what I desire is already mine?

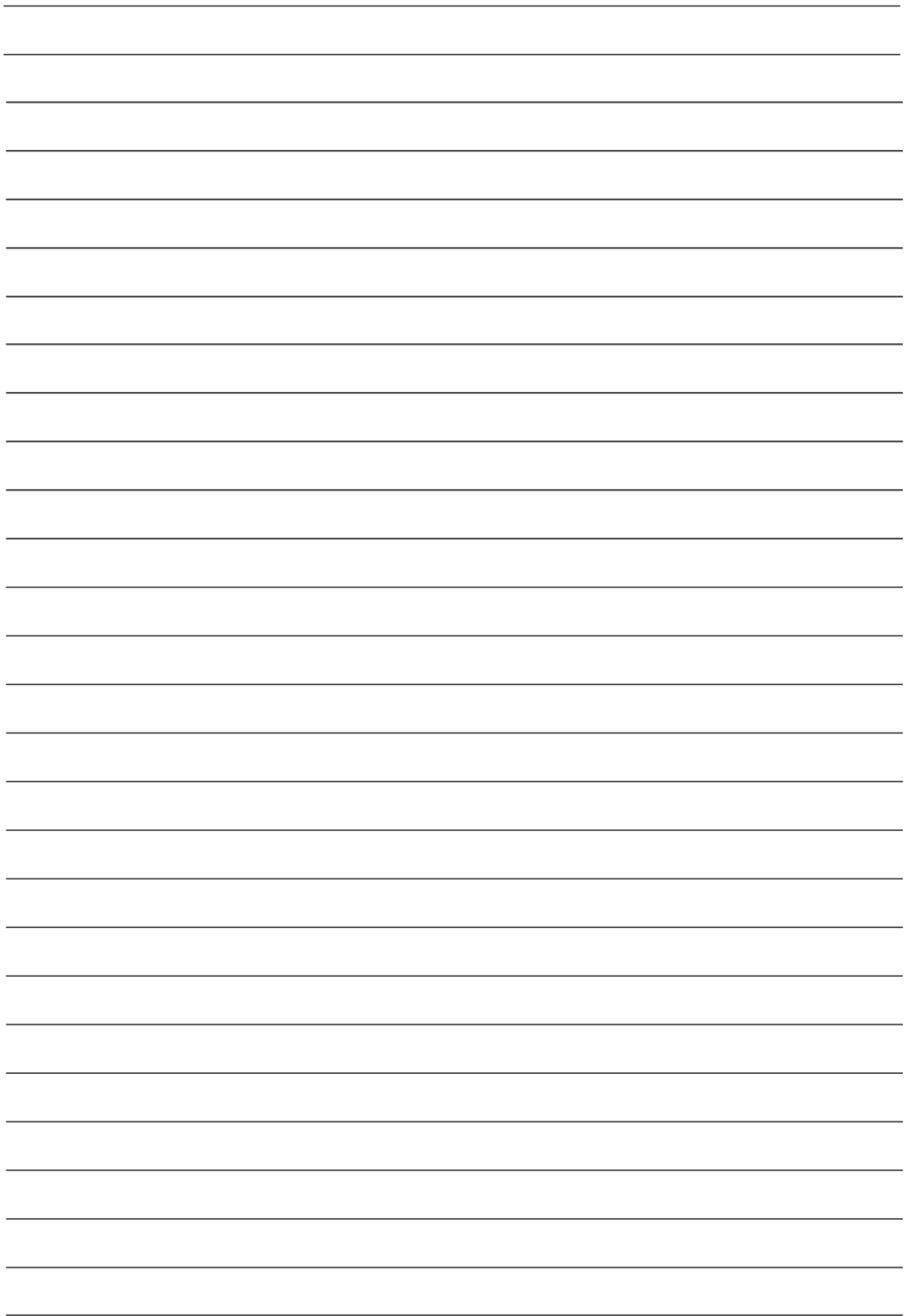


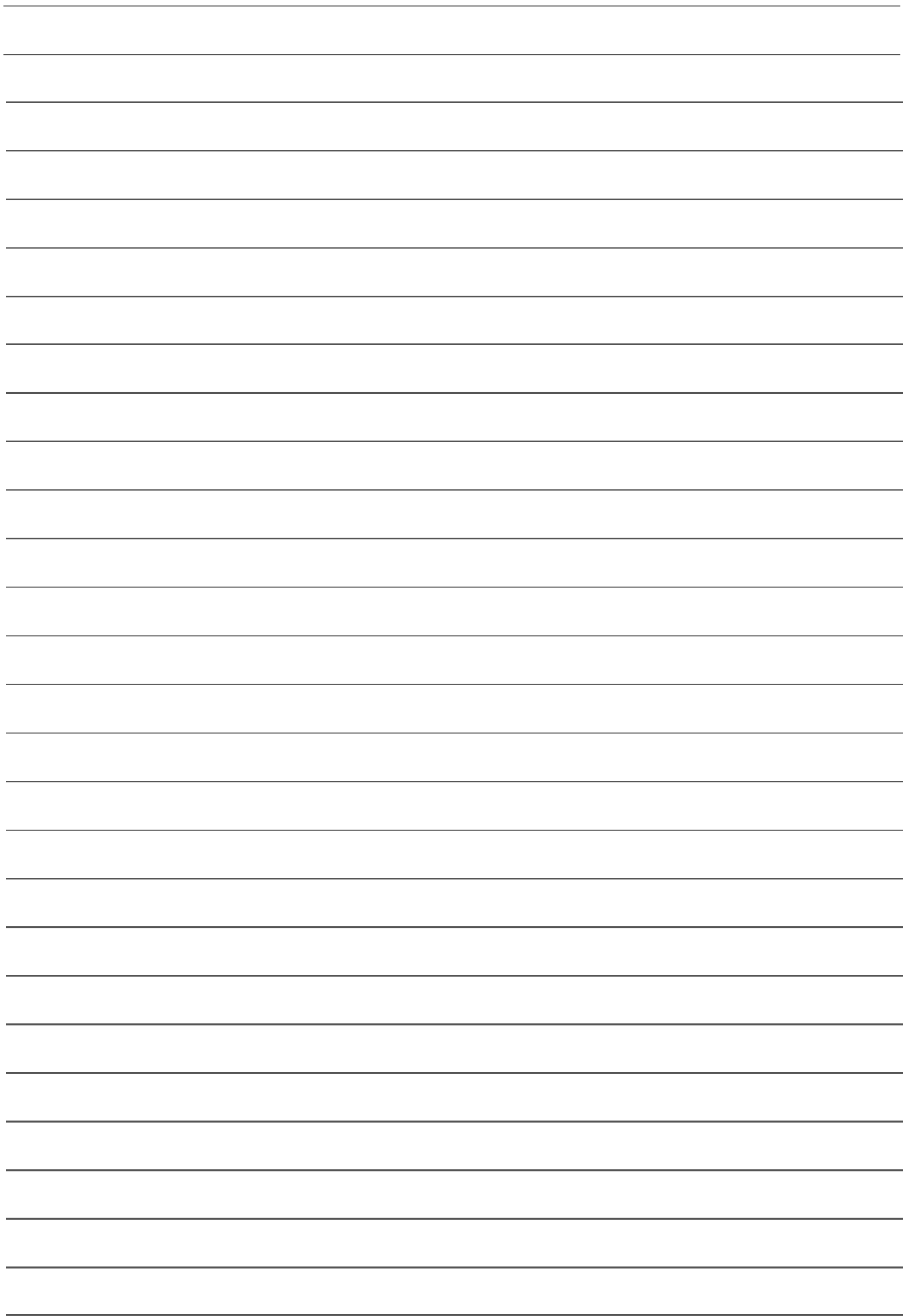
What small act of devotion can I take toward my vision?



Affirmation:

My desires are sacred, and I trust where they
lead me.





Quotes Sketches & Dreams

Receiving Mode

Receiving is an art. Focus on opening yourself to accept love, rest, support, compliments, and abundance with ease and grace.

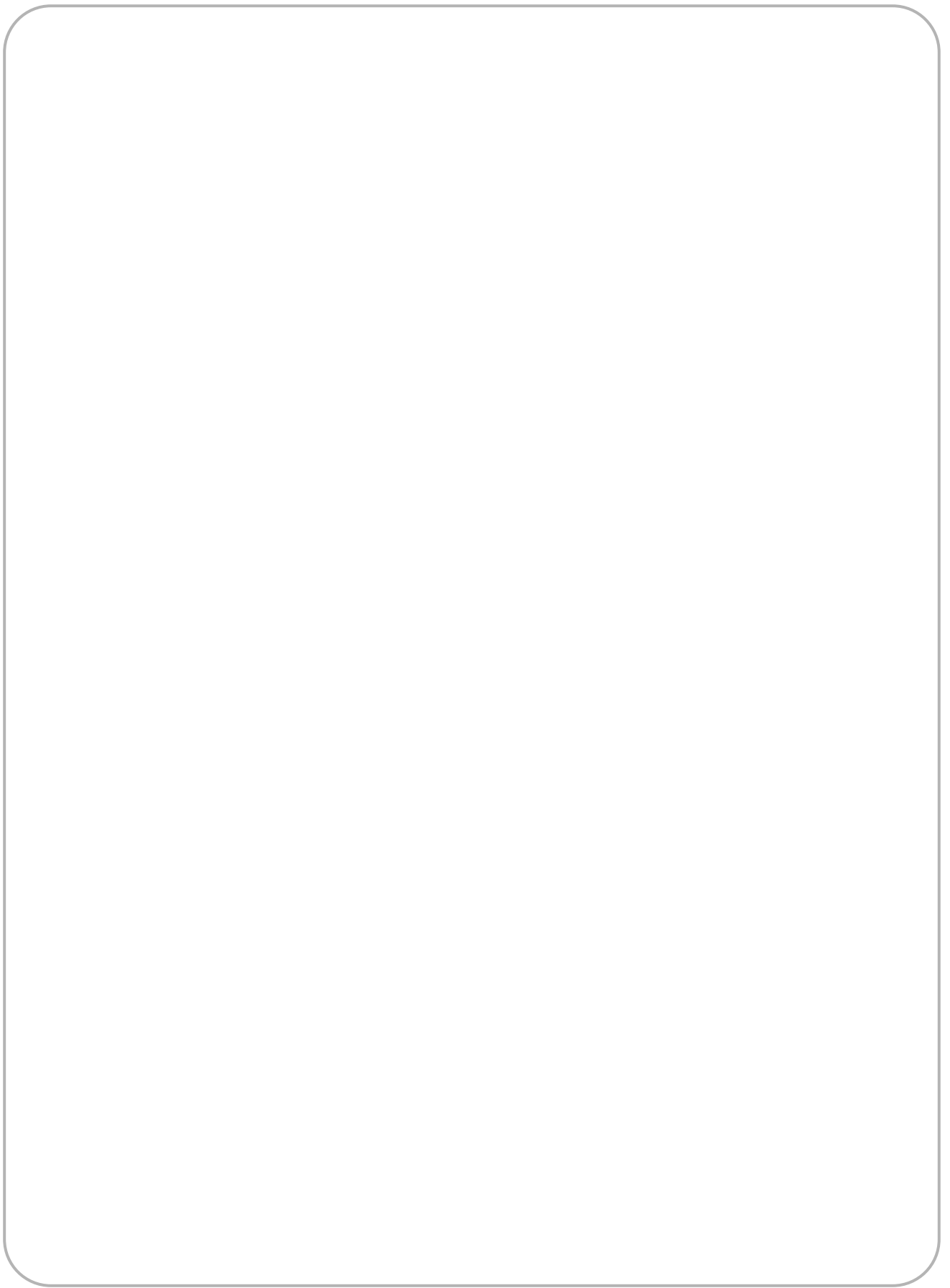
Photography Prompt:

Photograph open spaces. Hands, windows, the sky, a bowl. Things that symbolize openness.

Things to think about:

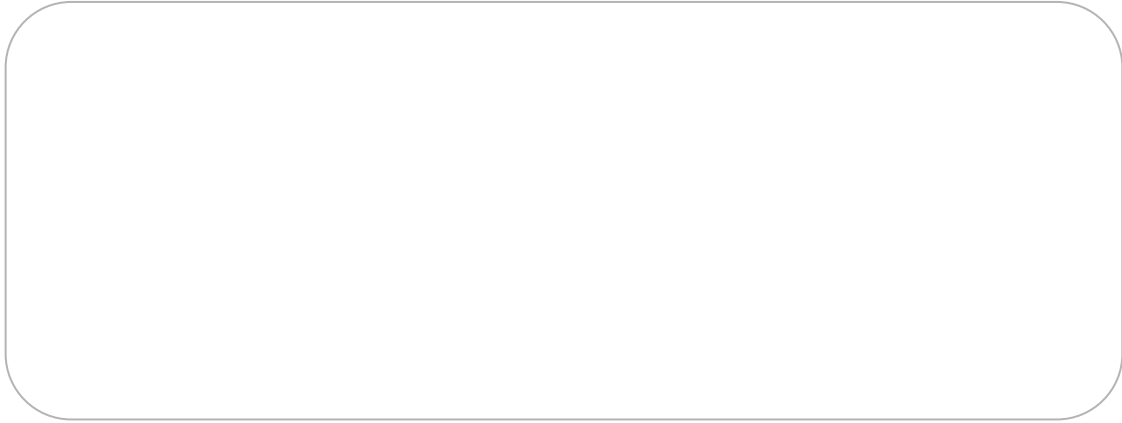
What does openness look like to me?

What helps me feel safe to receive?

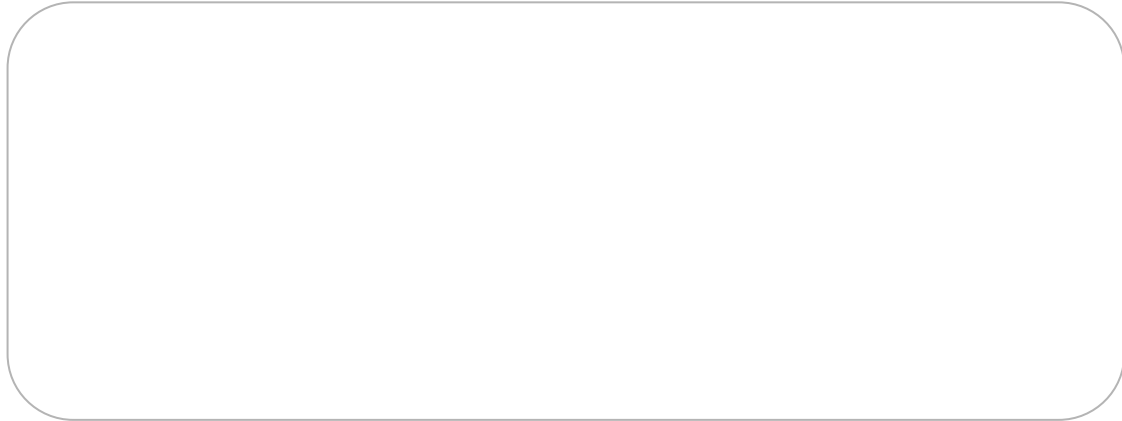


Journal Prompt:

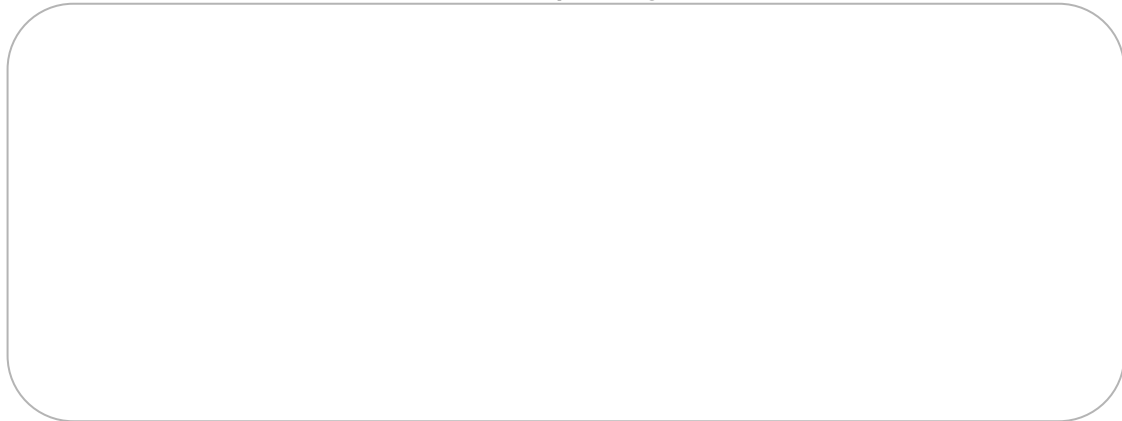
Where in my life do I struggle to receive?



How do I respond when someone offers support?

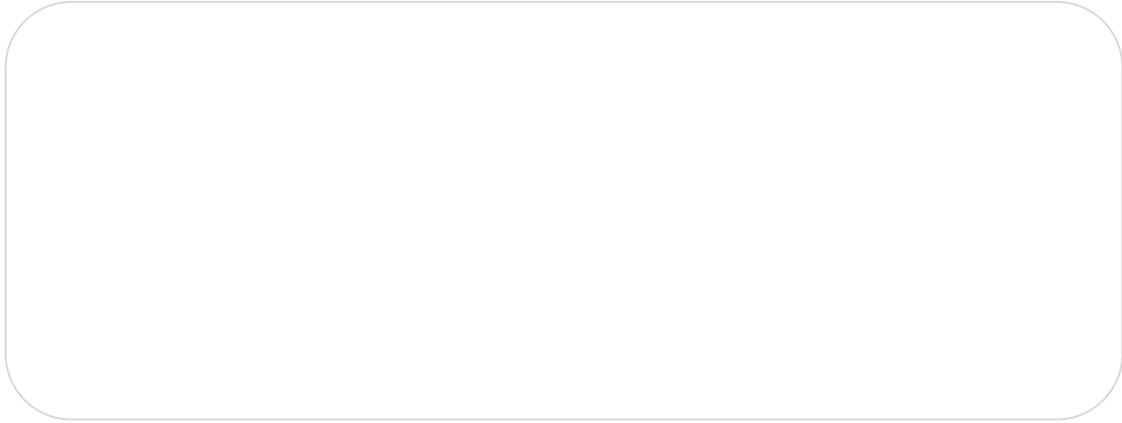


What would it feel like to truly let go and receive?

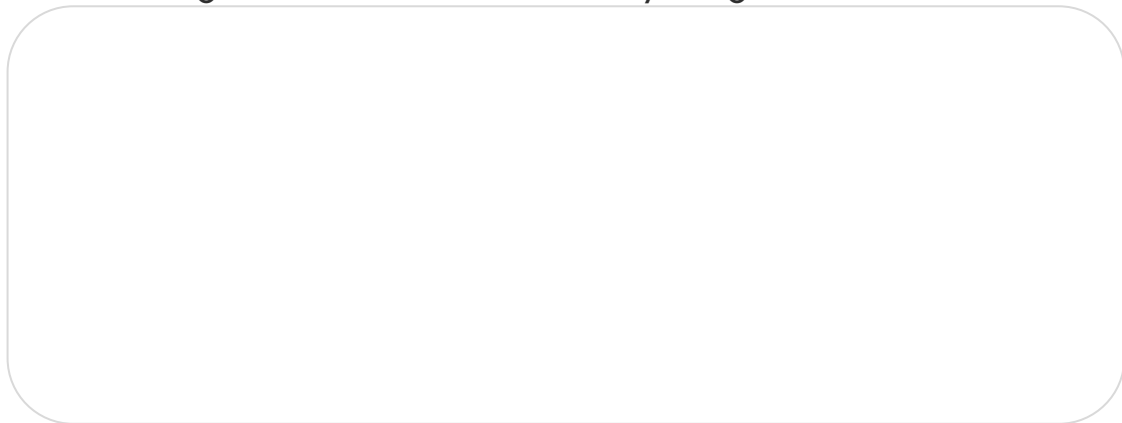


Shadow Work Invitation:

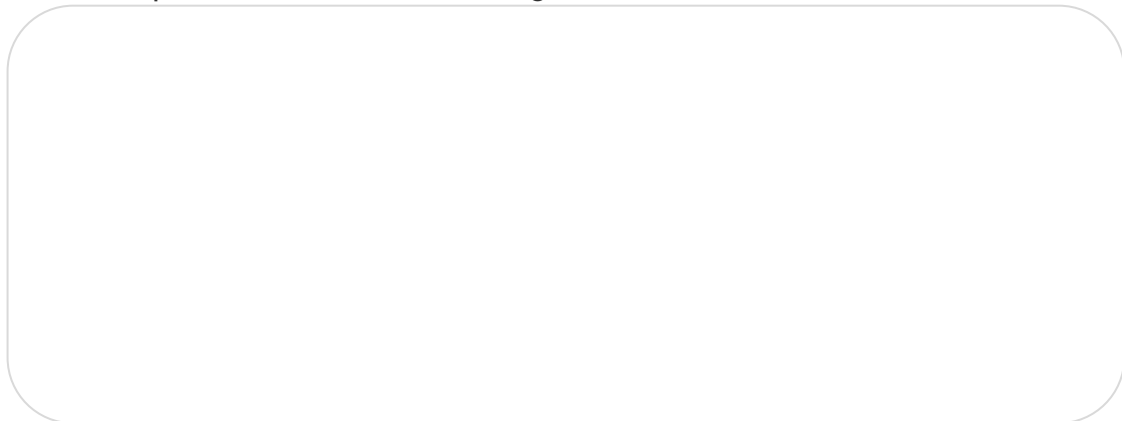
What beliefs keep me from receiving fully?



Who taught me I had to earn everything?

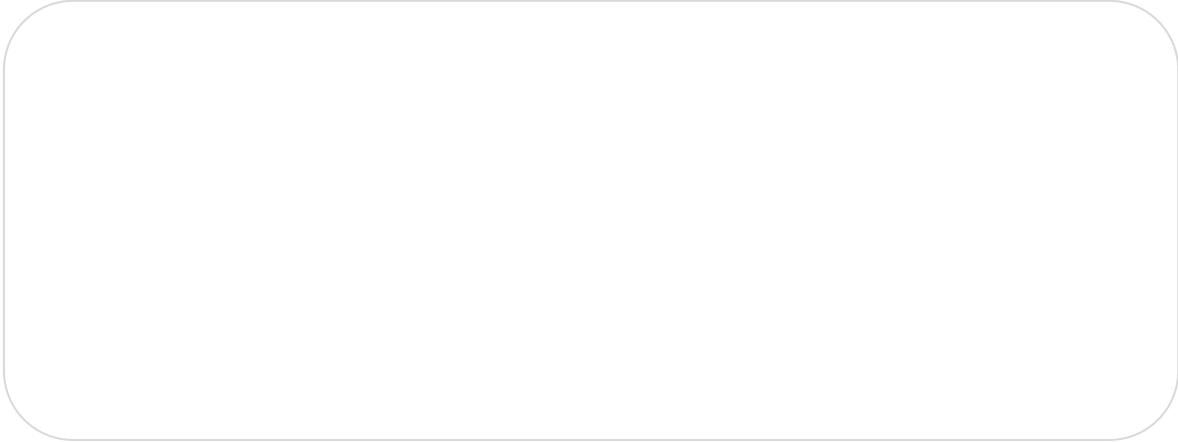


What part of me fears being a burden?

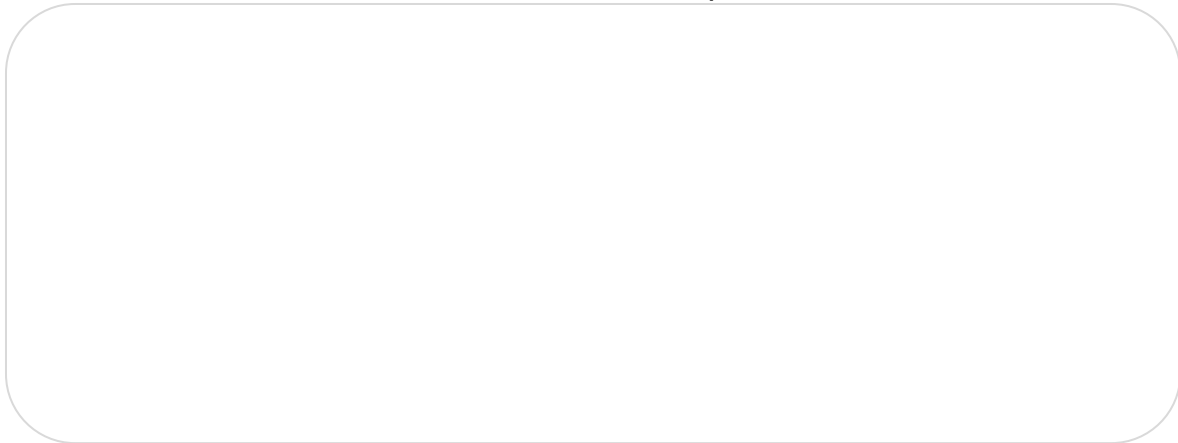


Abundance + Attraction Focus

What am I available to receive this month?

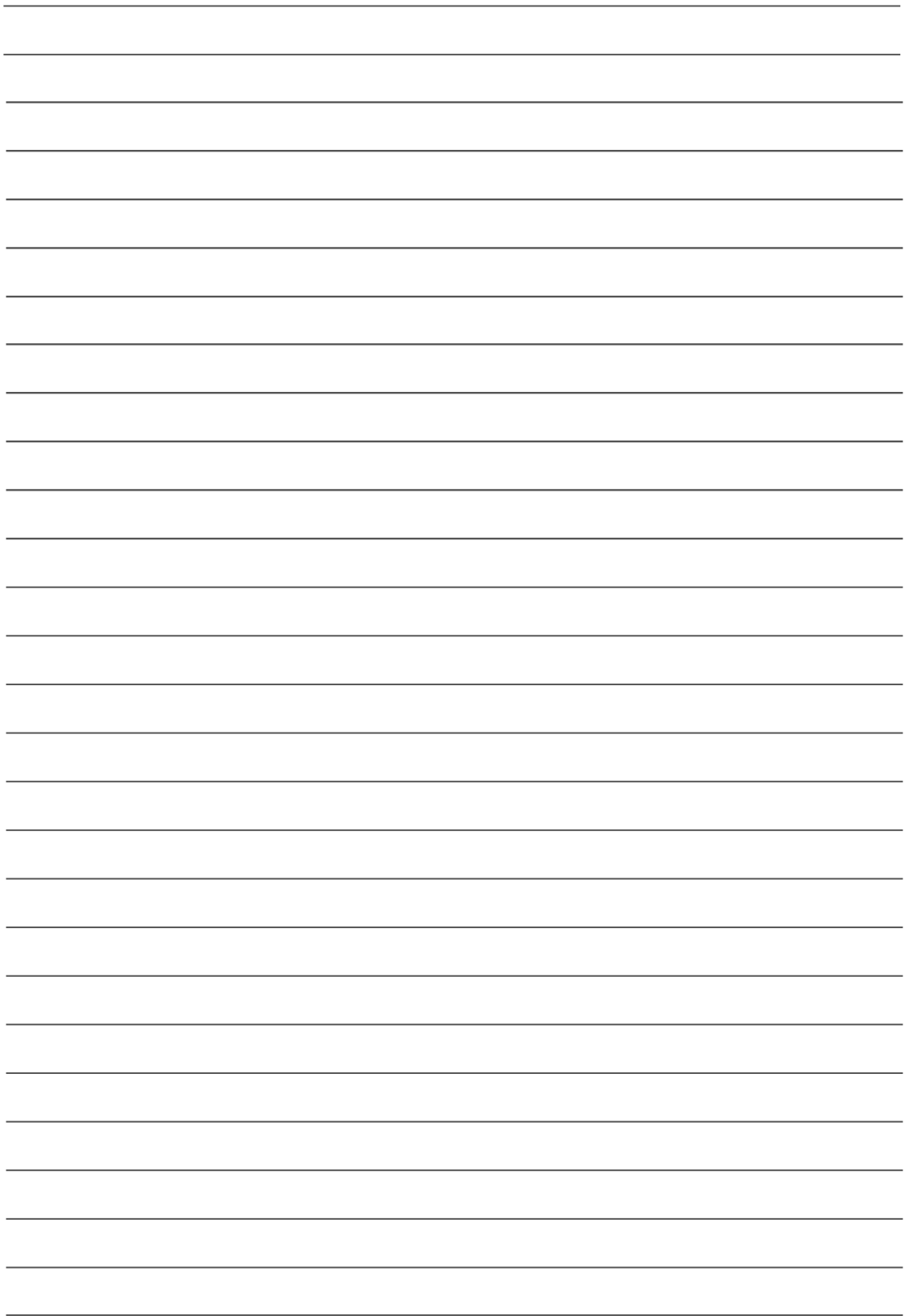


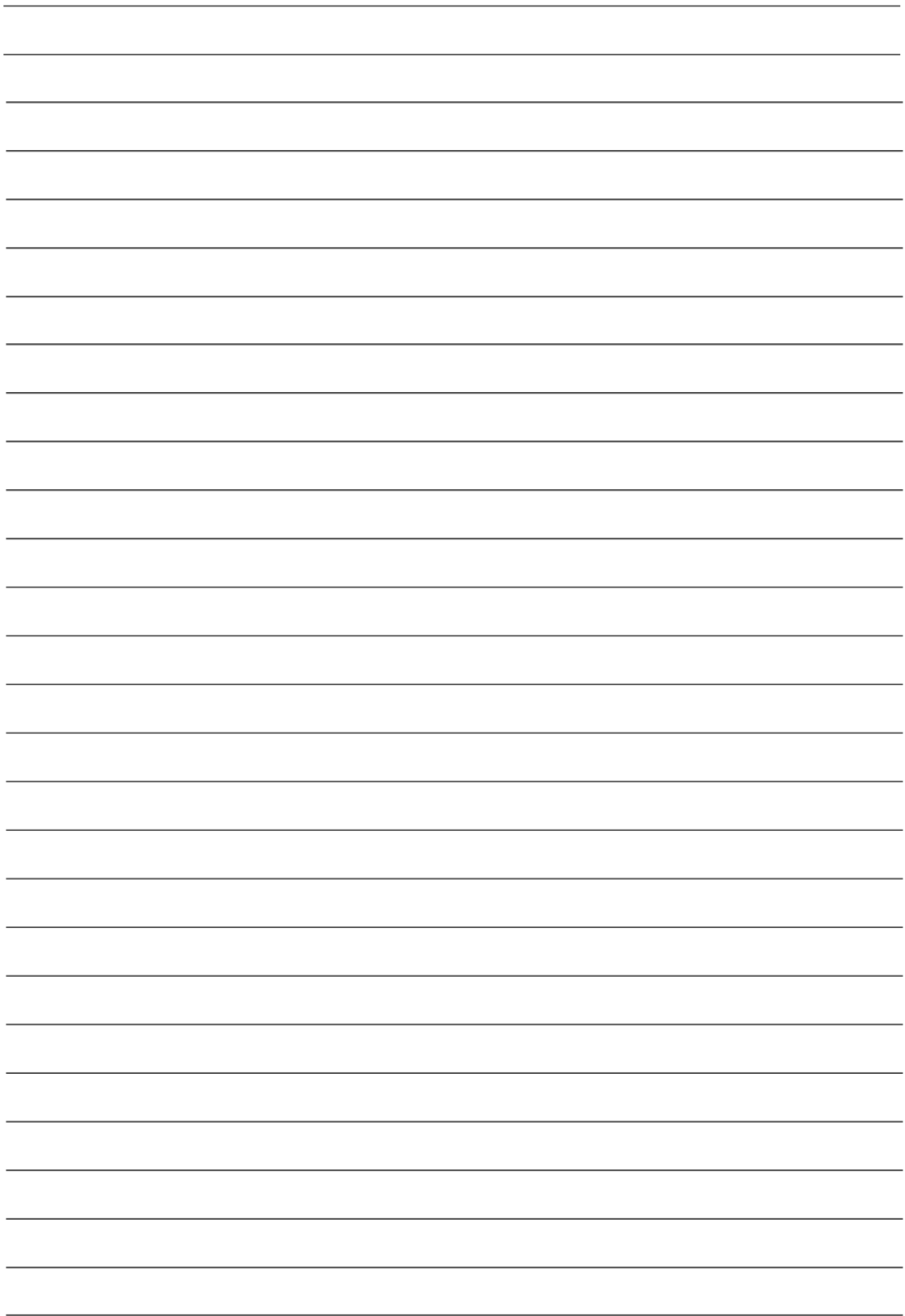
How can I show the Universe I am open?



Affirmation:

I soften, I open, I receive.





Quotes Sketches & Dreams

Magnetic Truth

Align with your inner truth. The version of you that doesn't perform, people-please, or pretend. The more honest you are with yourself, the more magnetic you become to what's truly

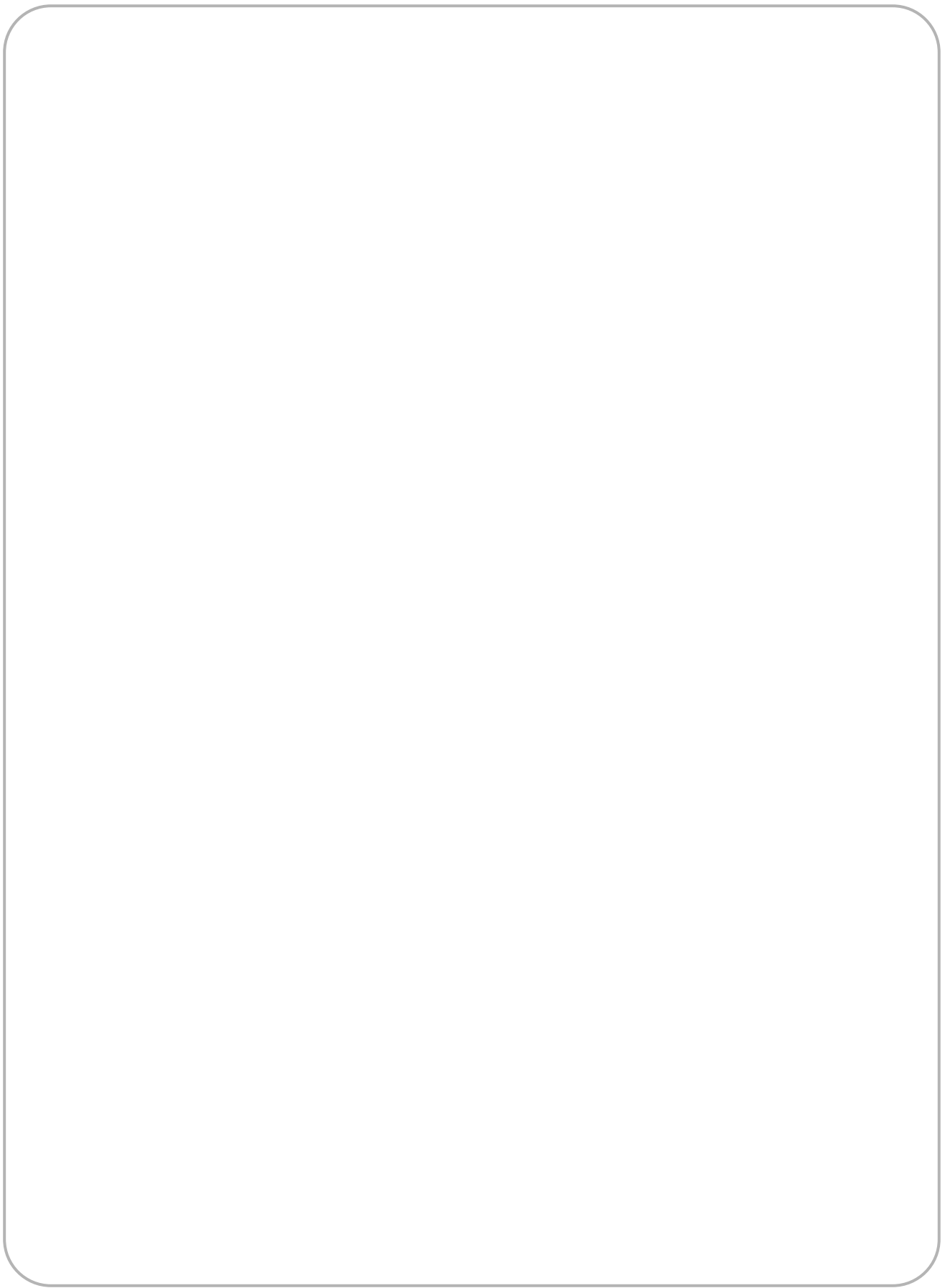
meant for you
Photography Prompt:

Photograph yourself in a moment of truth. A candid image, a raw expression, a setting where you feel fully you.

Things to think about:

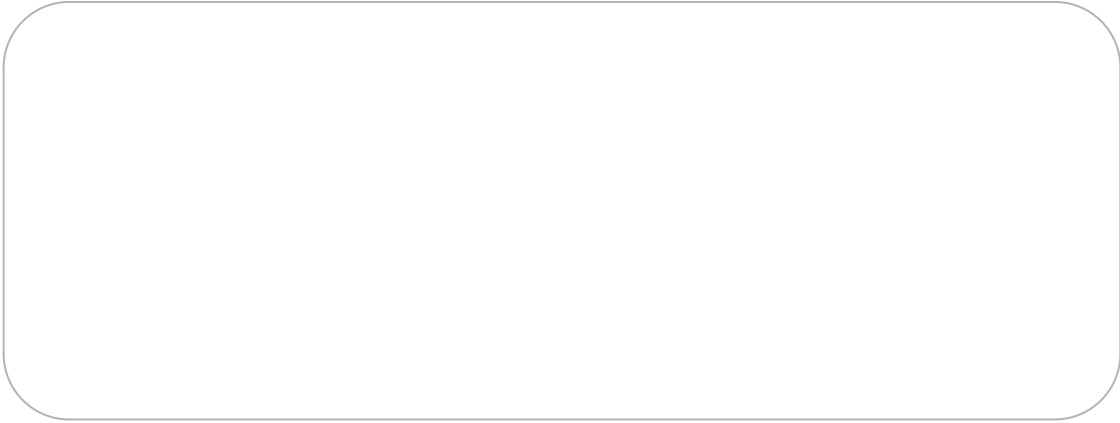
What does authenticity look like in my body?

What moments feel the most me?

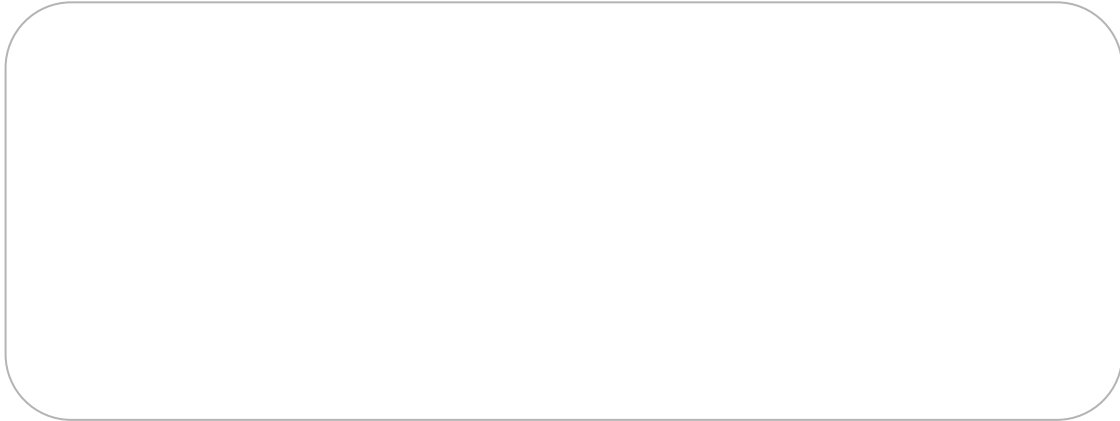


Journal Prompt:

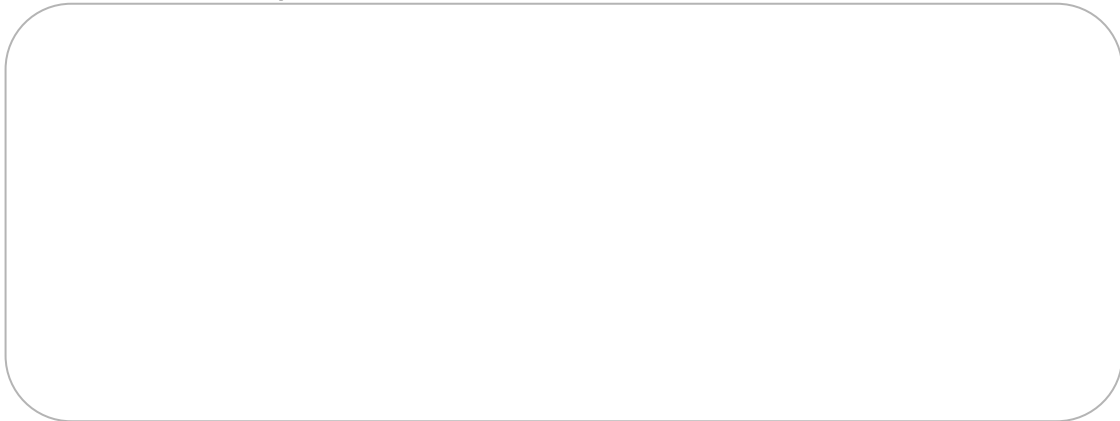
Where in my life am I hiding or editing myself?



What does my most authentic self want me to know?

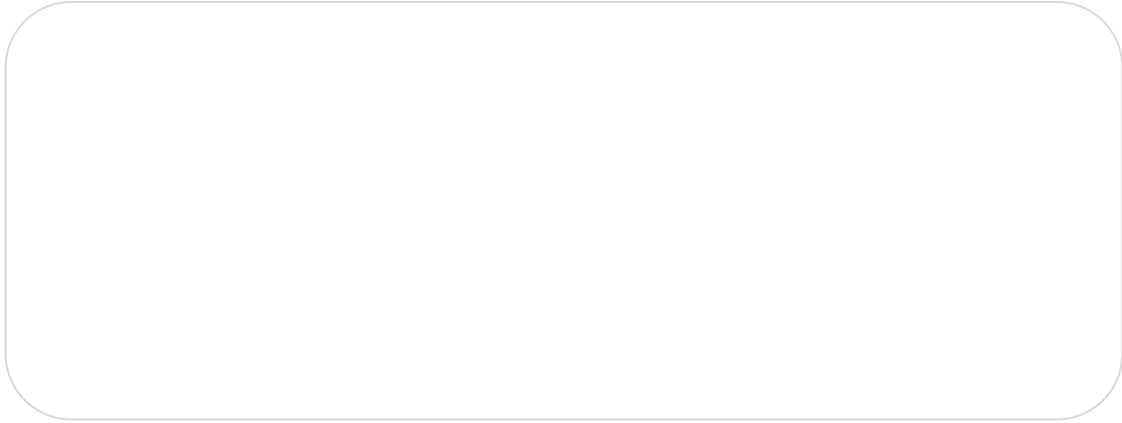


What does my most authentic self want me to know?

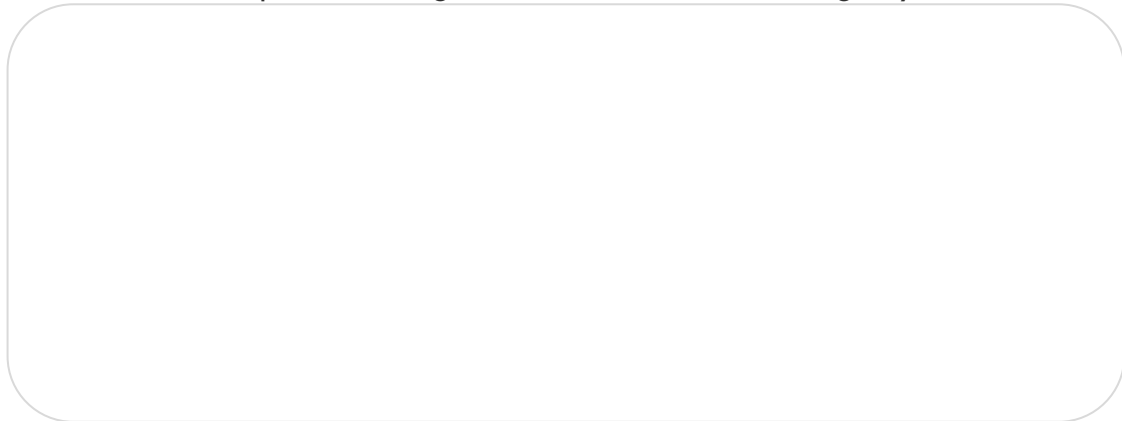


Shadow Work Invitation:

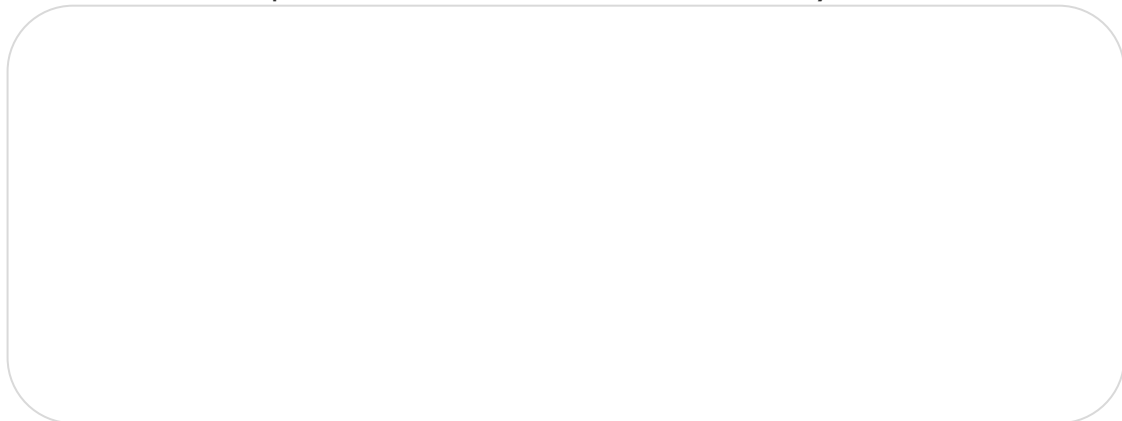
What have I been pretending is okay, but really isn't?



Where am I performing a role instead of living my truth?



What consequences am I afraid of if I'm fully honest?



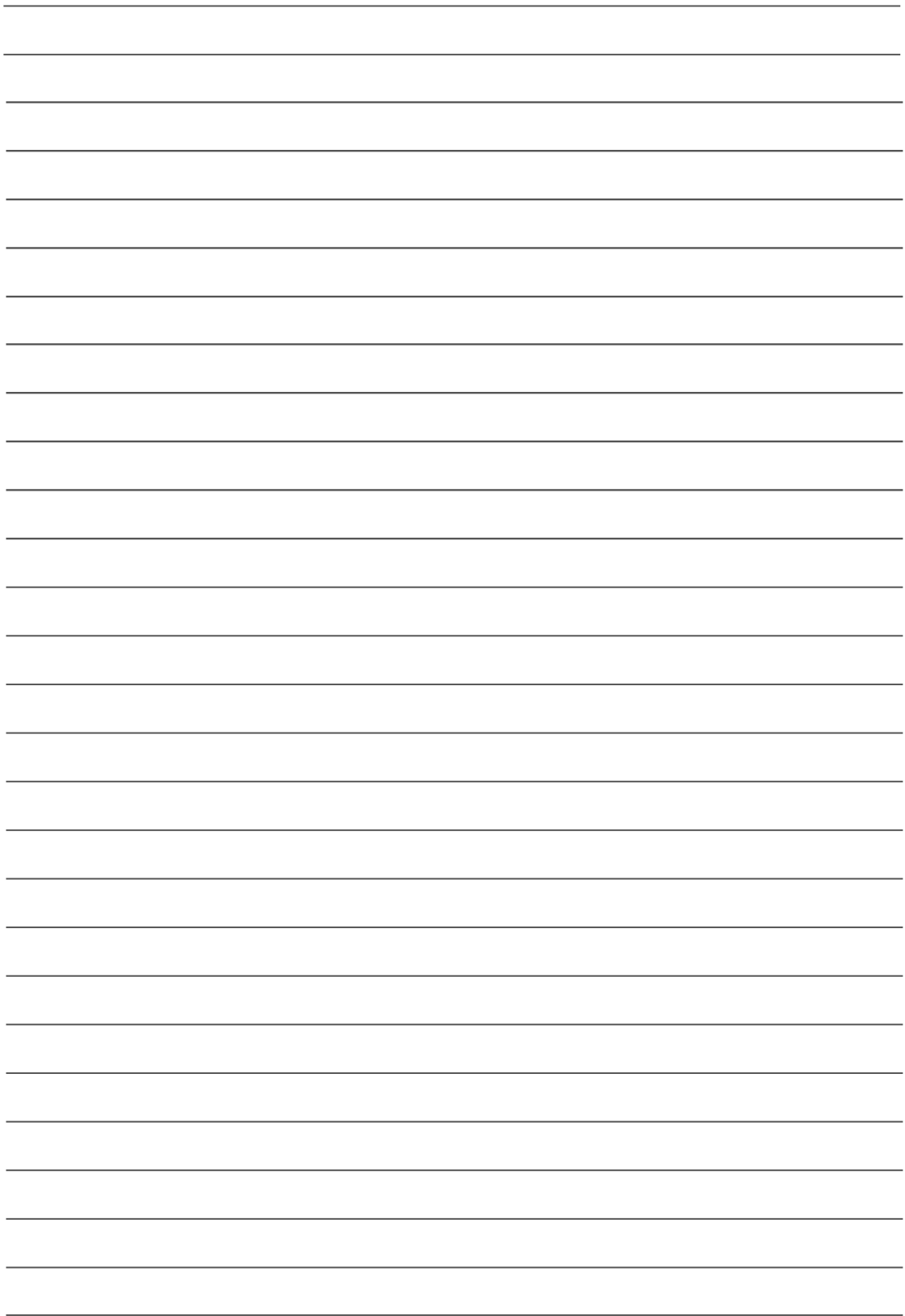
Abundance + Attraction Focus

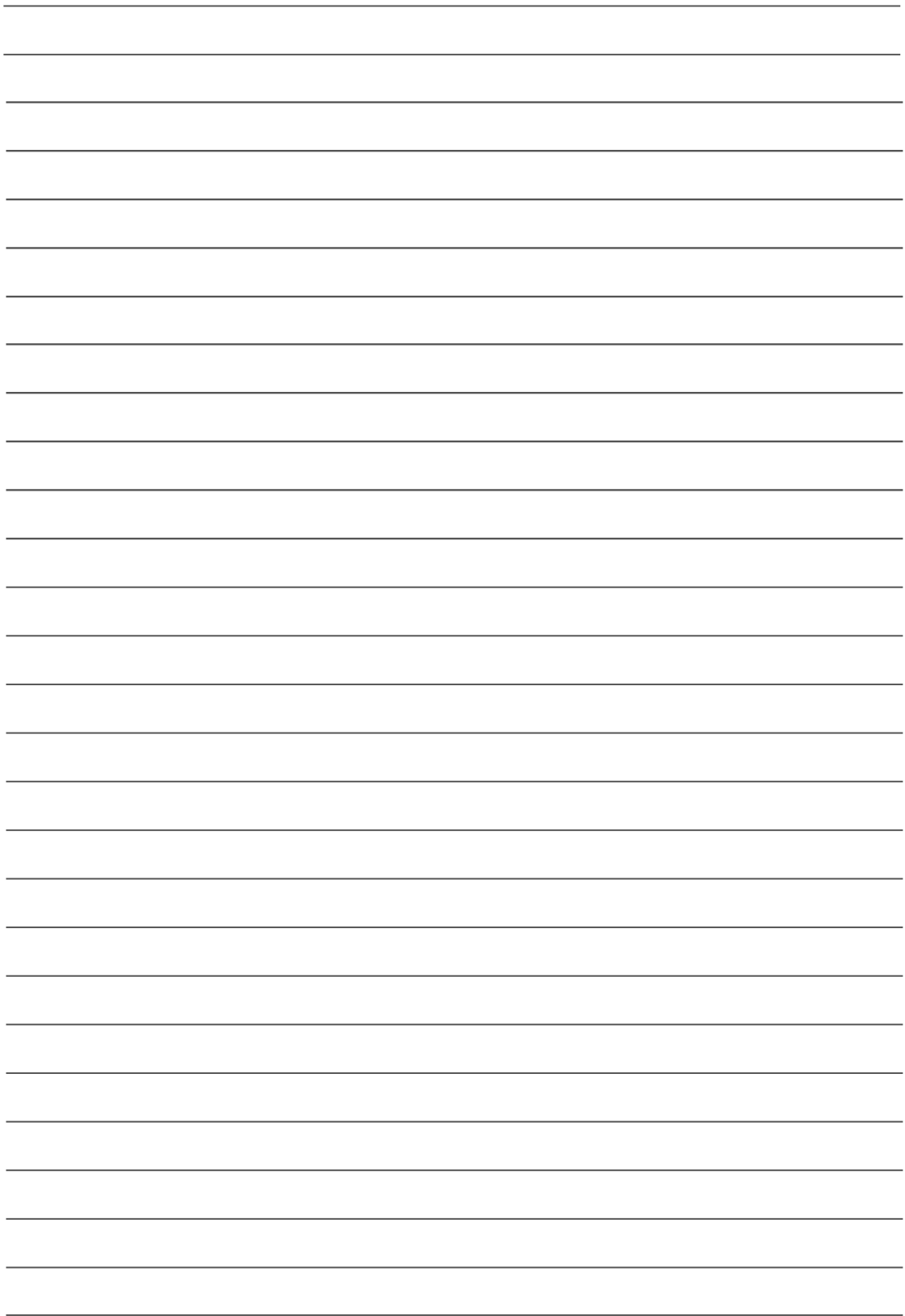
How does living in my truth make me more magnetic?

What becomes easier when I stop pretending?

Affirmation:

I am magnetic when I am honest. My truth is my power.





Quotes Sketches & Dreams

Radiant Confidence

Bold self-expression. Radiant confidence is less about perfection and more about embodiment. Let yourself be seen, heard, and celebrated exactly as you are.

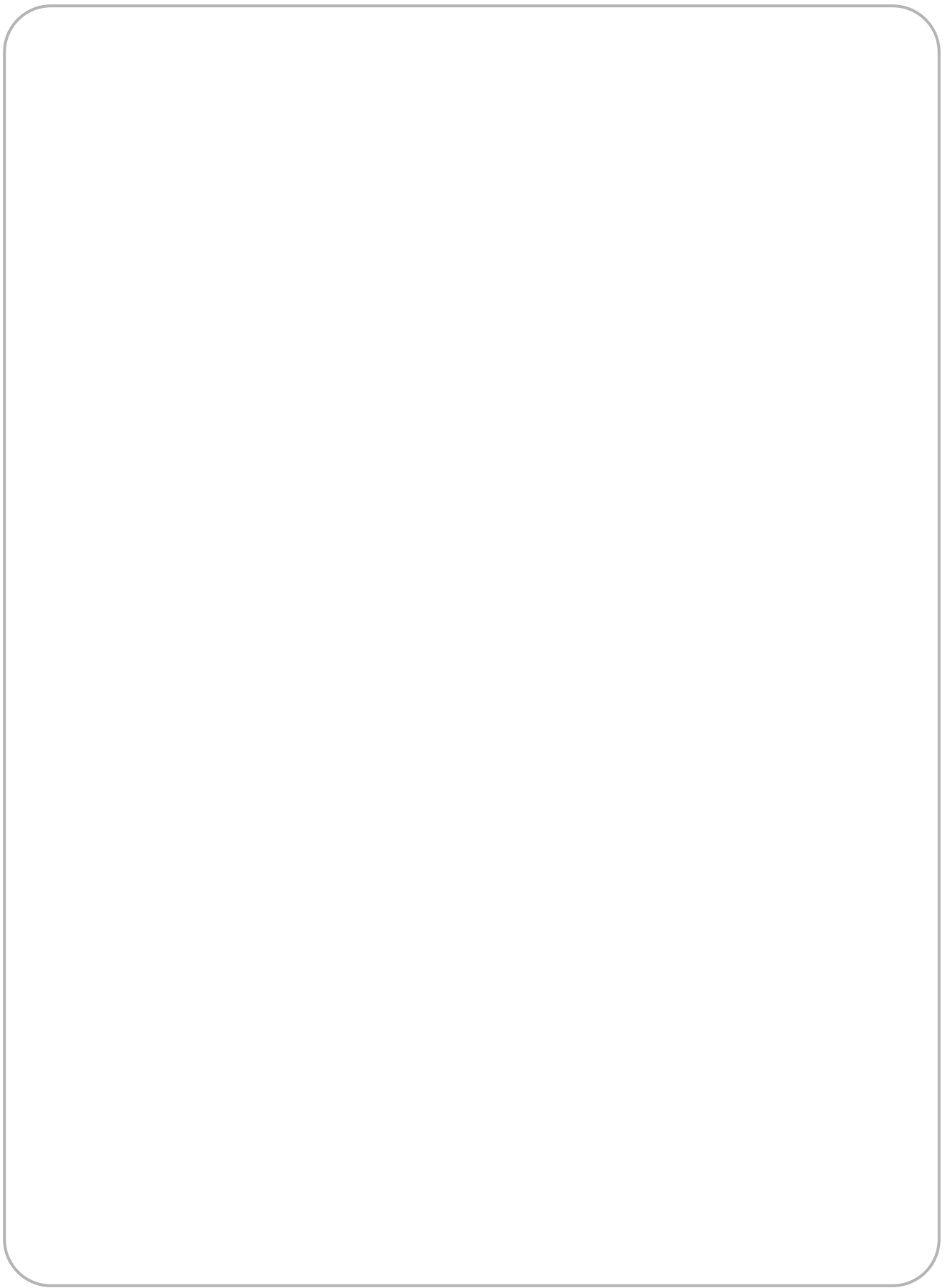
Photography Prompt:

Take a photo that expresses boldness. Whatever that looks or feels like to you.

Things to think about:

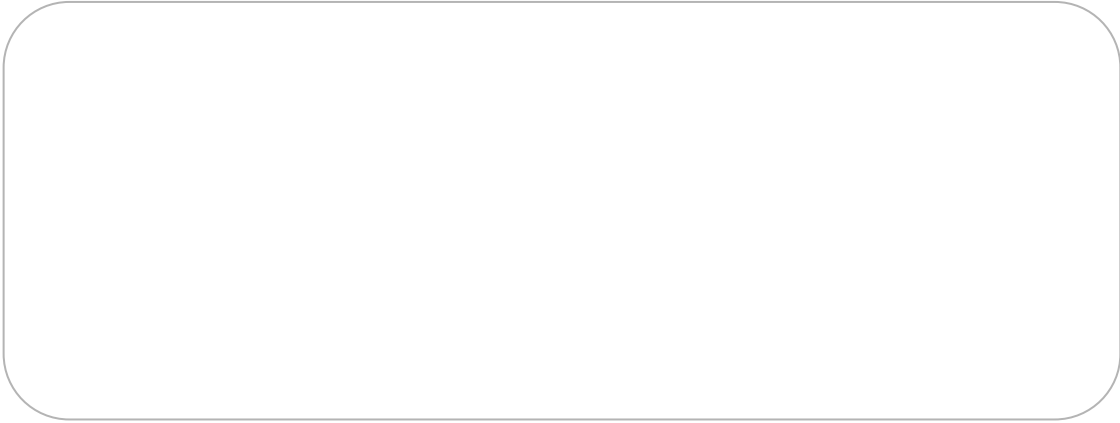
What makes me feel unapologetically confident?

What visual captures my shine?

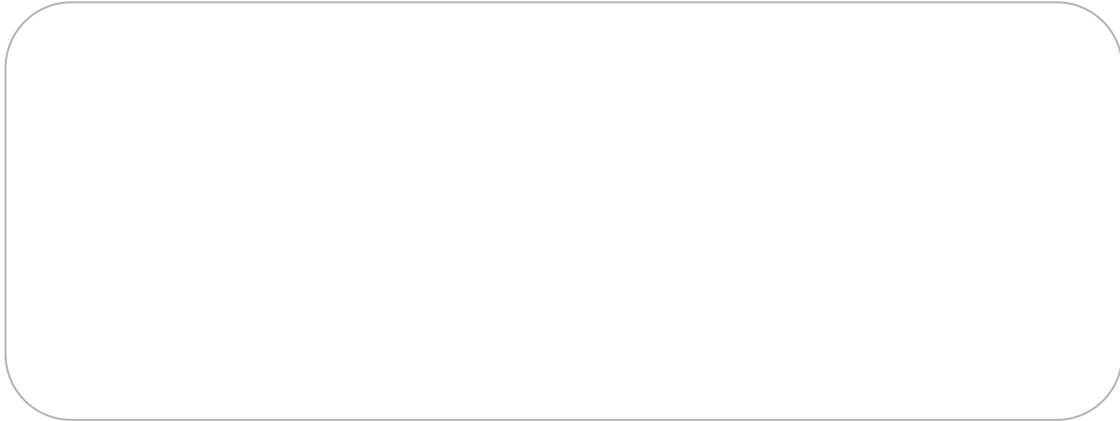


Journal Prompt:

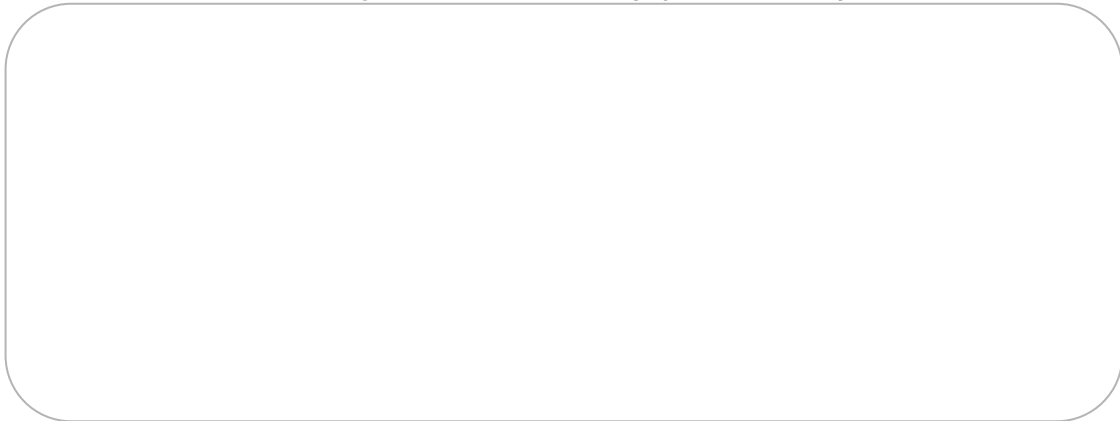
What does confidence mean to me?



Where do I still seek validation outside myself?



What would change if I trusted my power fully?



Shadow Work Invitation:

What part of me fears being "too much"?

Where have I dimmed my light to stay safe or liked?

Who told me confidence was arrogance?

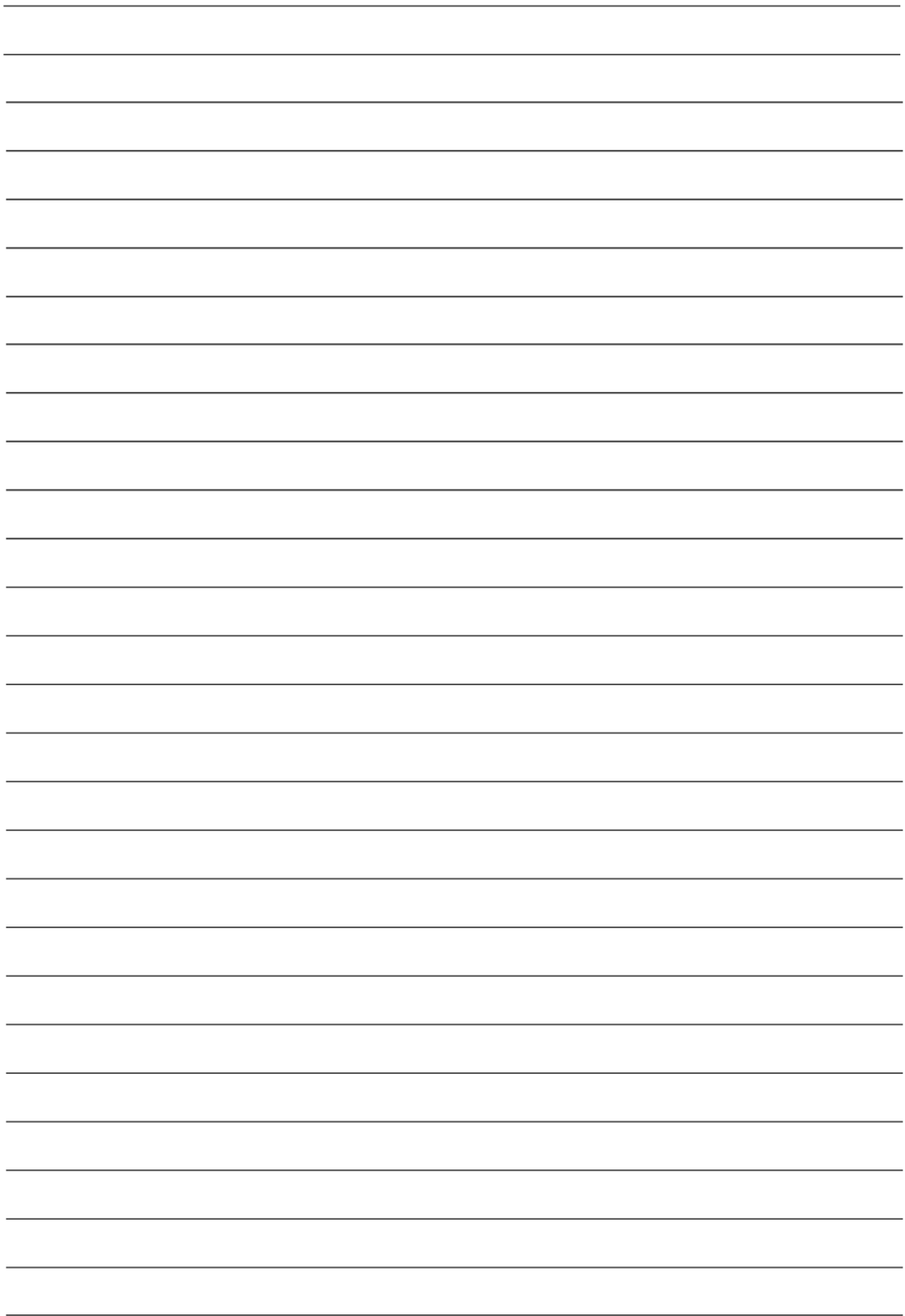
Abundance + Attraction Focus

How does confidence shift what I attract?

How can I embody radiant self-trust today?

Affirmation:

I radiate confidence and attract everything
aligned with my brilliance.



Quotes Sketches & Dreams

Sacred Boundaries

Protect your energy, your dreams, and your time. Sacred boundaries aren't walls. They're portals to self-respect, sovereignty, and sustainable joy.

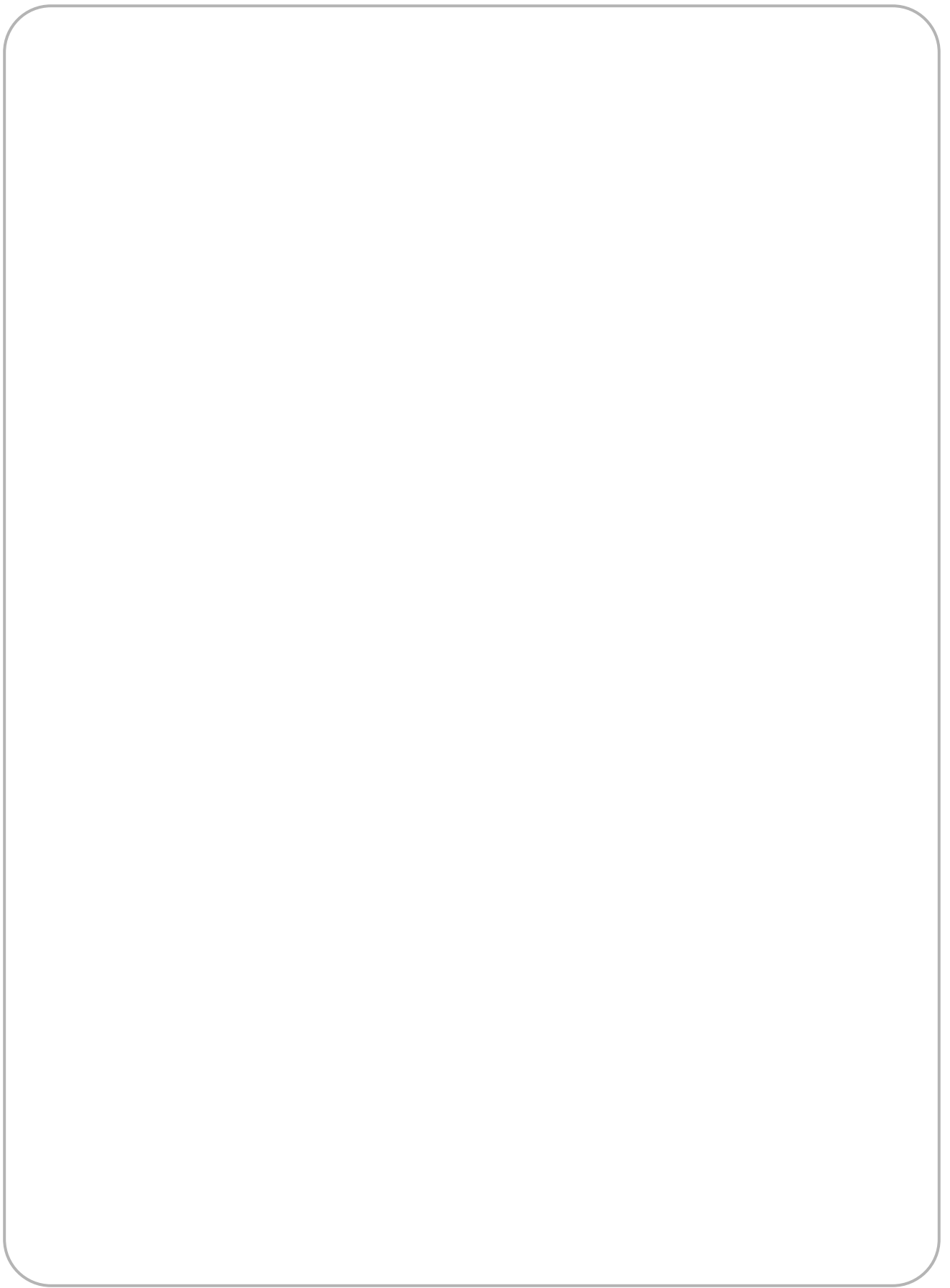
Photography Prompt:

Photograph something that symbolizes a boundary. A gate, a circle, a line, or even your own body language.

Things to think about:

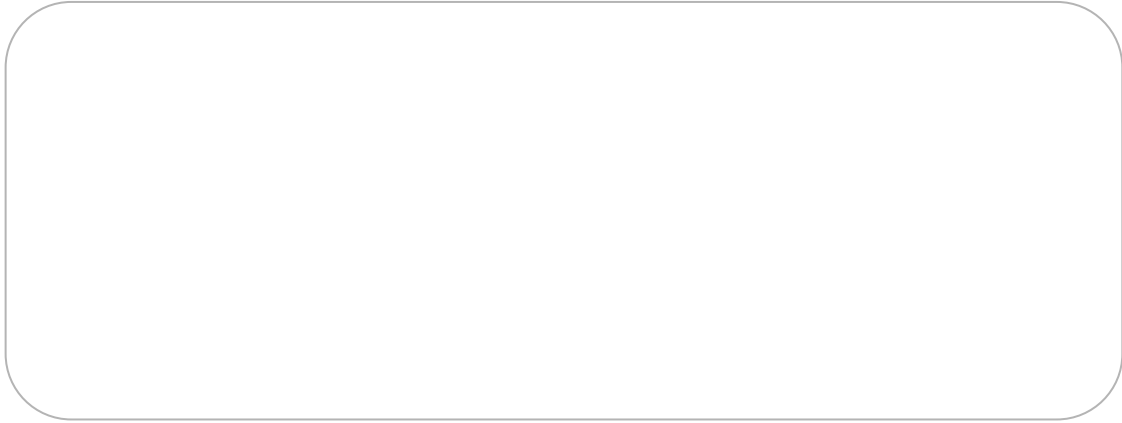
What does protection look like in imagery?

What visual represents a "no" that honors my "yes"?

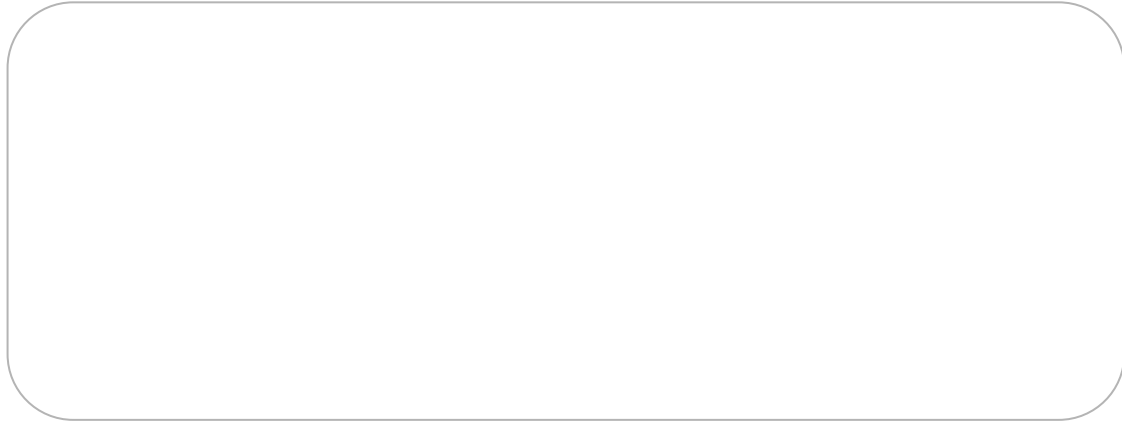


Journal Prompt:

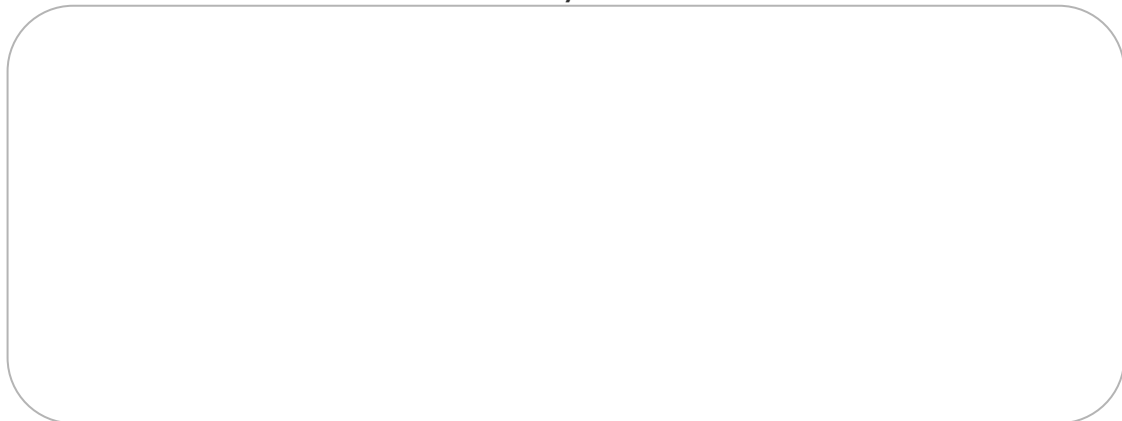
Where do I need clearer boundaries?



What drains my energy that I keep allowing?



How do I feel when I honor my limits?



Shadow Work Invitation:

Where have I betrayed myself to keep the peace?

What fears do I have about saying no?

Who taught me that self-sacrifice is love?

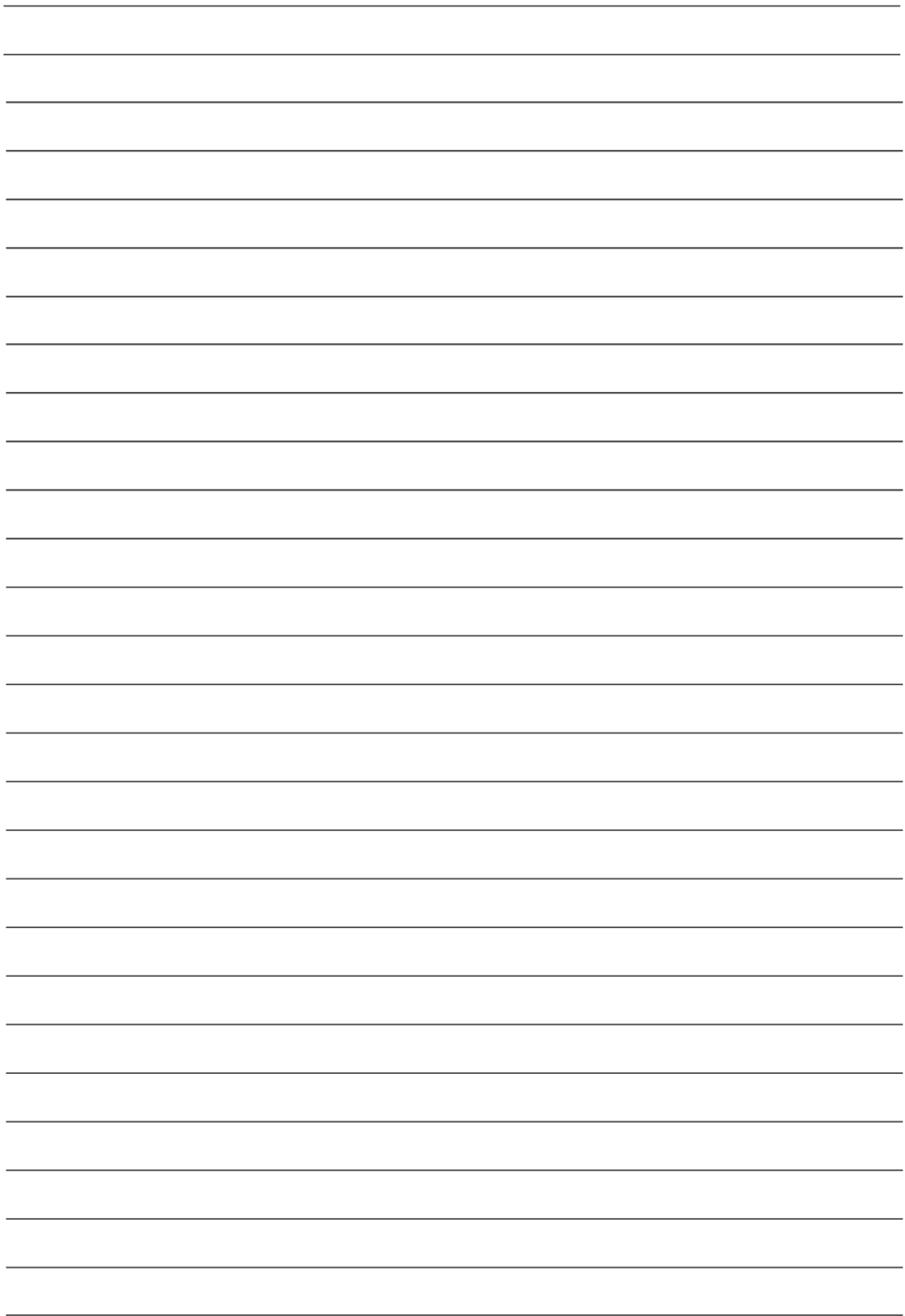
Abundance + Attraction Focus

How do boundaries create more space for what I desire?

What am I protecting so that it can grow?

Affirmation:

My boundaries are sacred. They make room for more of what's meant for me.



Quotes Sketches & Dreams

Embodying Desire

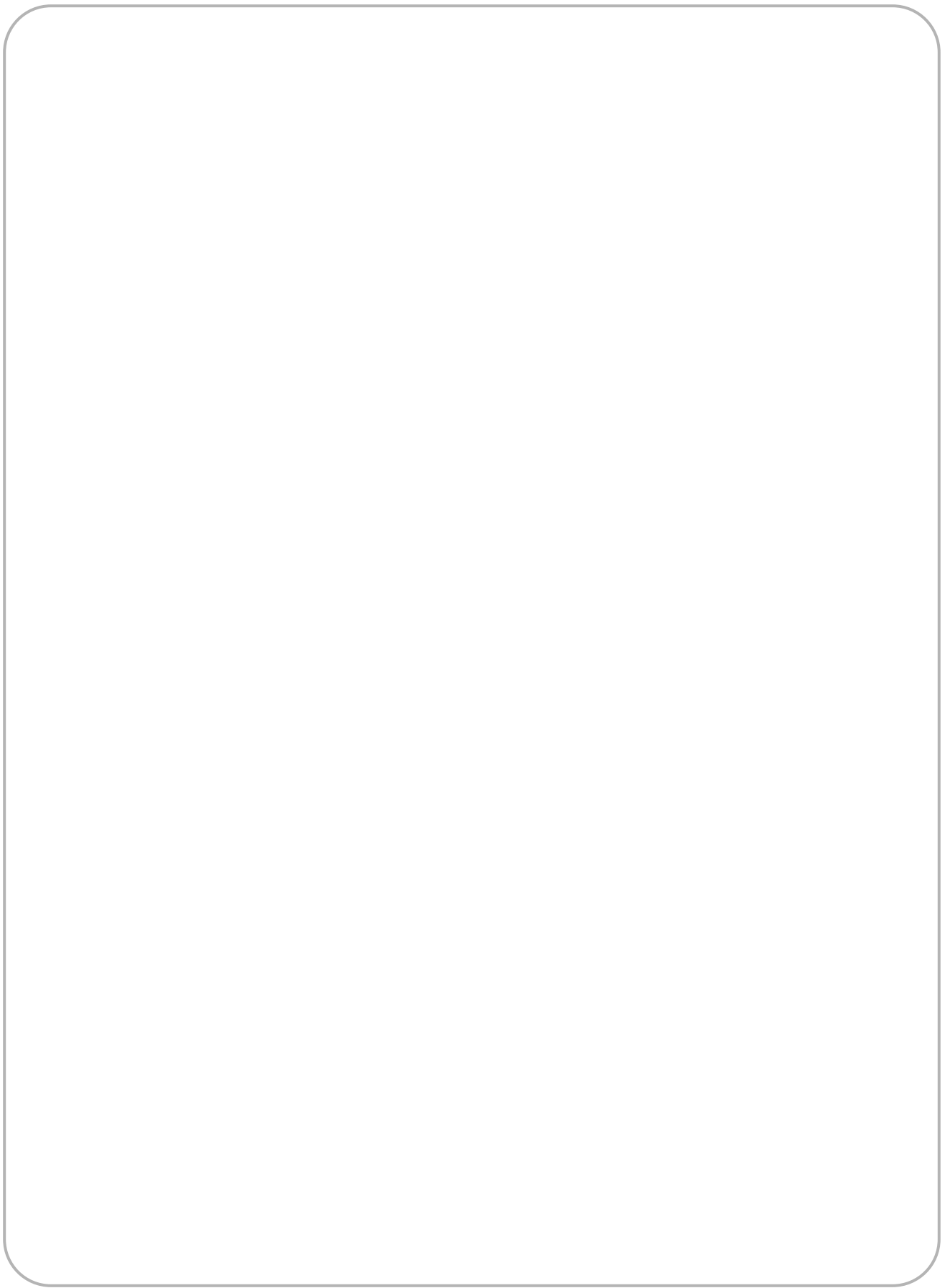
This month centers on feeling and embodying your true desires. Beyond just dreaming, but becoming the version of you who lives them. It's about claiming pleasure, power, and purpose without apology.

Photography Prompt:

Photograph something that evokes desire, attraction, or deep longing. Whether it's a person, place, object, or mood.

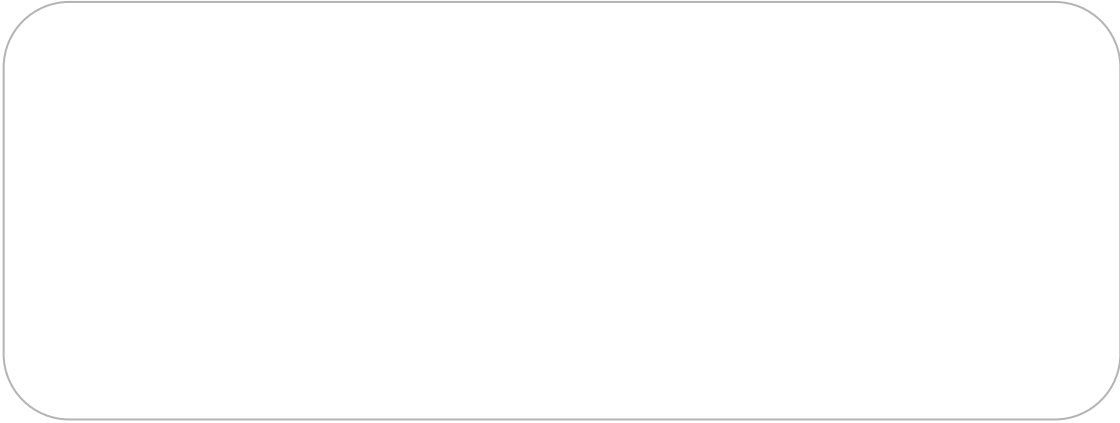
Things to think about:

What does desire look like in the world around me?
How do I capture the essence of what I want?

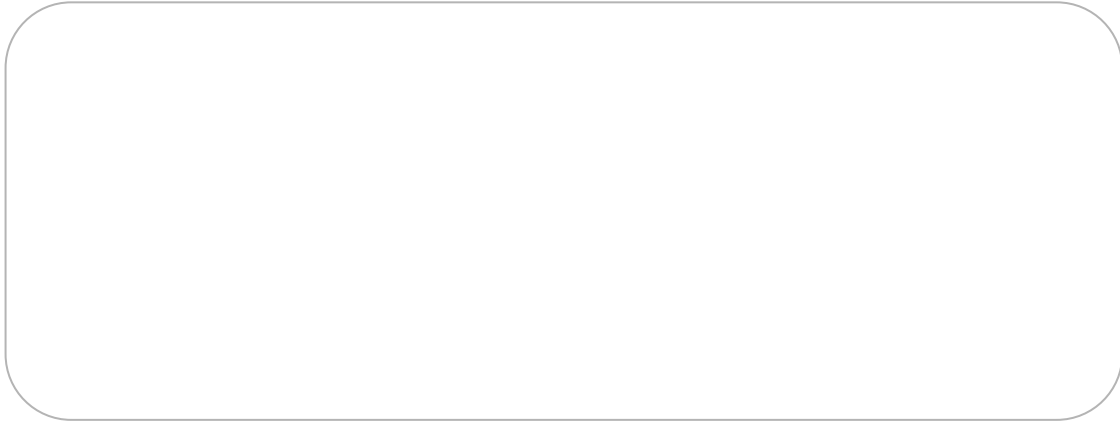


Journal Prompt:

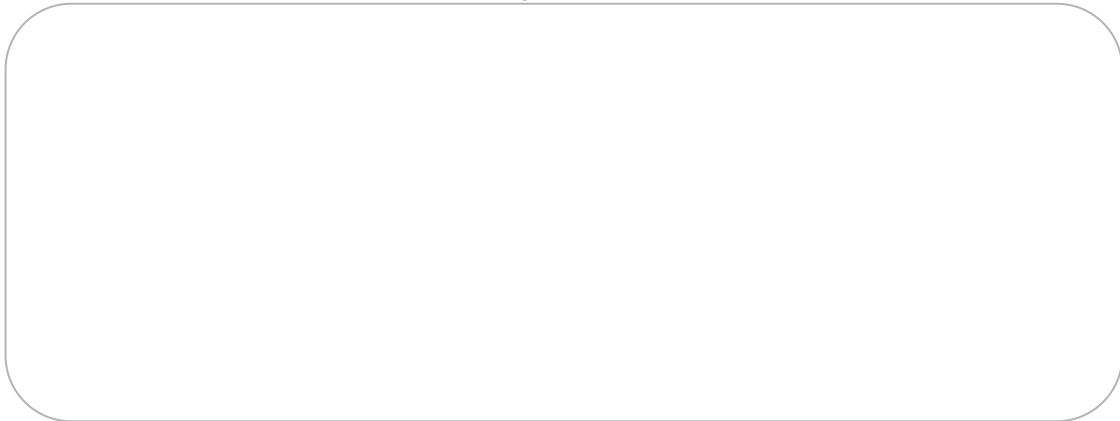
What do I truly desire right now?



If I could have it, would I allow myself to receive it?



What am I afraid desire might cost me?



Shadow Work Invitation:

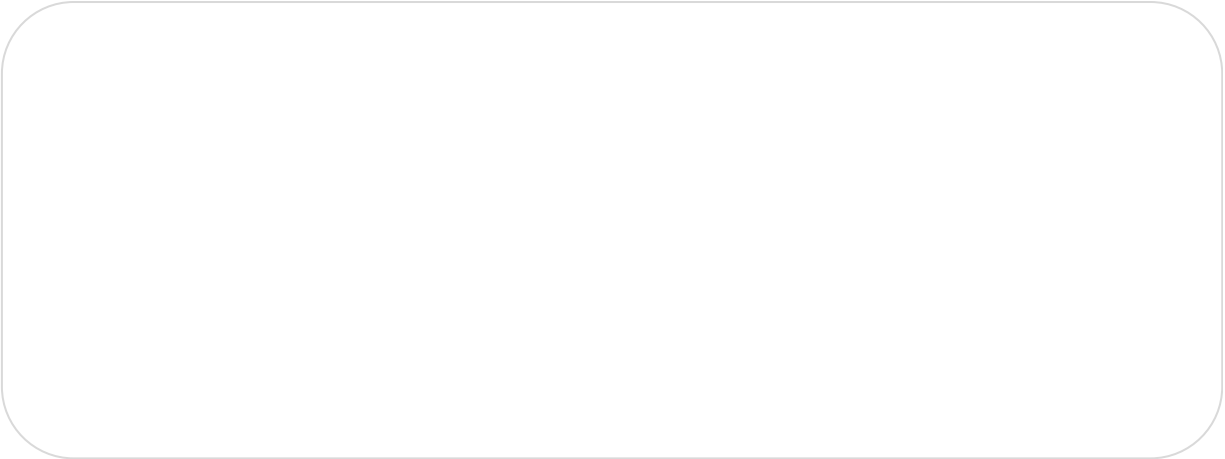
When have I judged myself for wanting too much?

Where do I hide my longing to seem more acceptable?

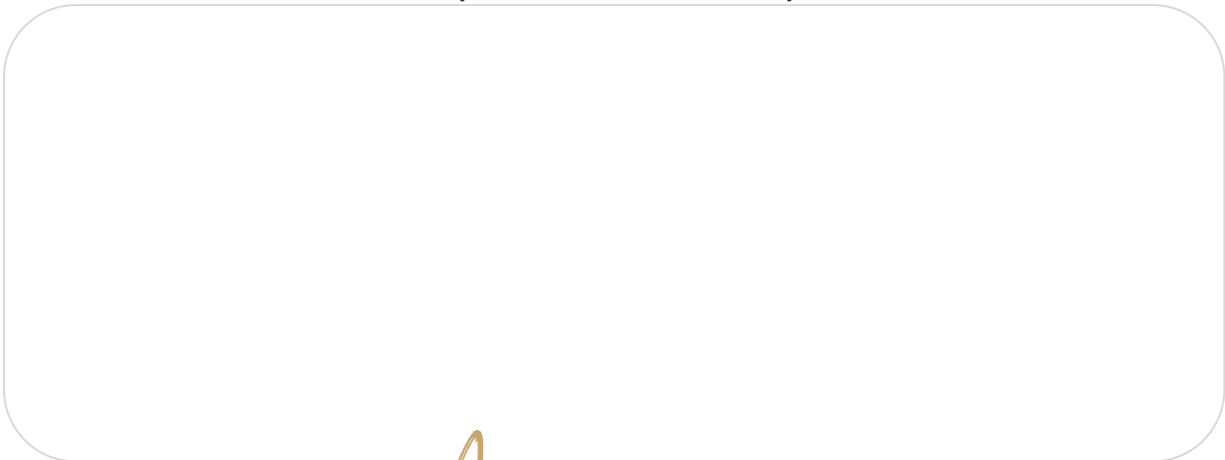
Who taught me that desire is dangerous or selfish?

Abundance + Attraction Focus

What am I calling in by fully embodying my desires?

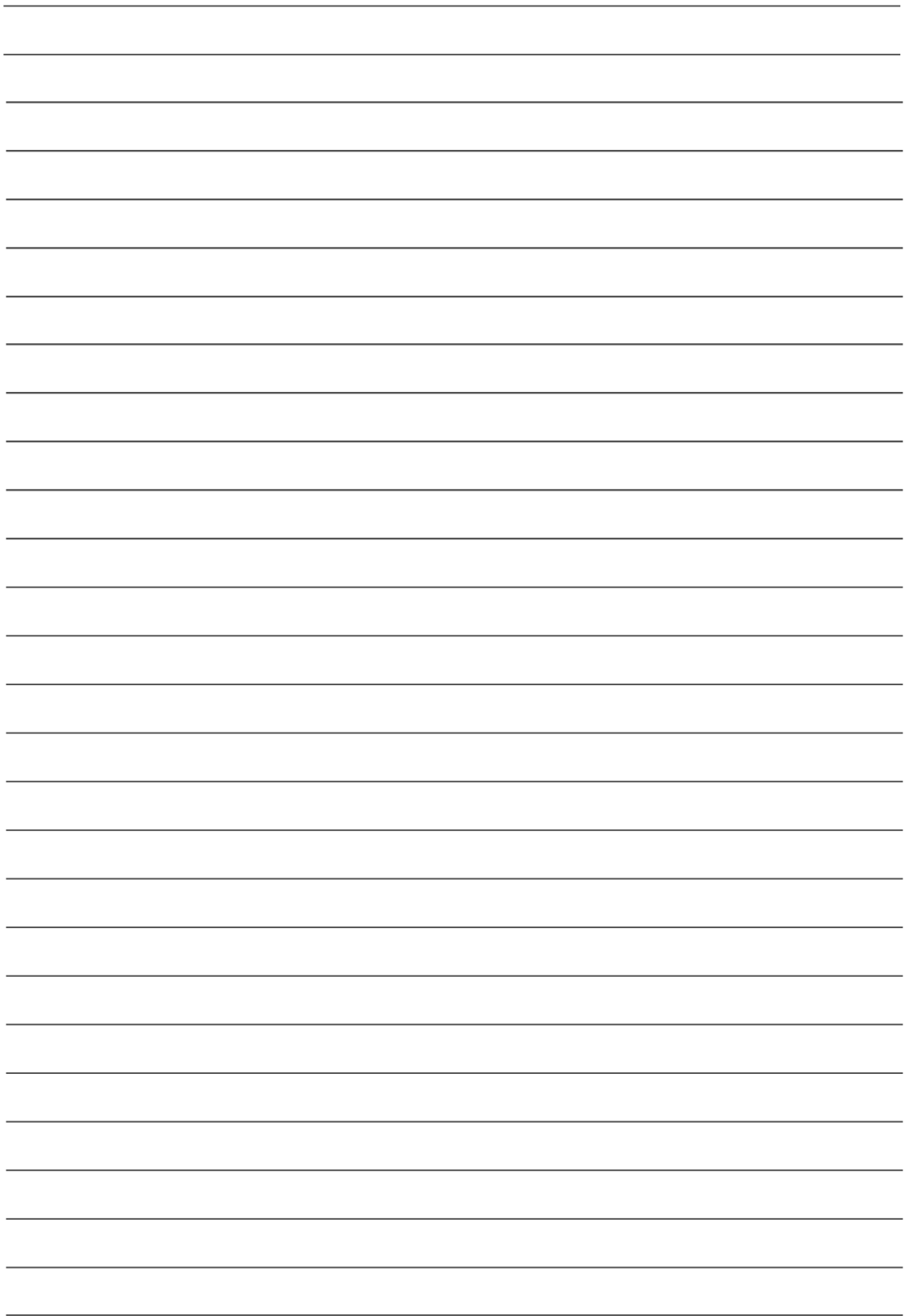


How can I act as if my desire is already mine?



Affirmation:

I honor my desire as divine. I am worthy of all I
long for.



Quotes Sketches & Dreams

Unveiling Truth

Get honest about what's real, what's no longer working, and what must be released. Truth is a compass, even when it's uncomfortable.

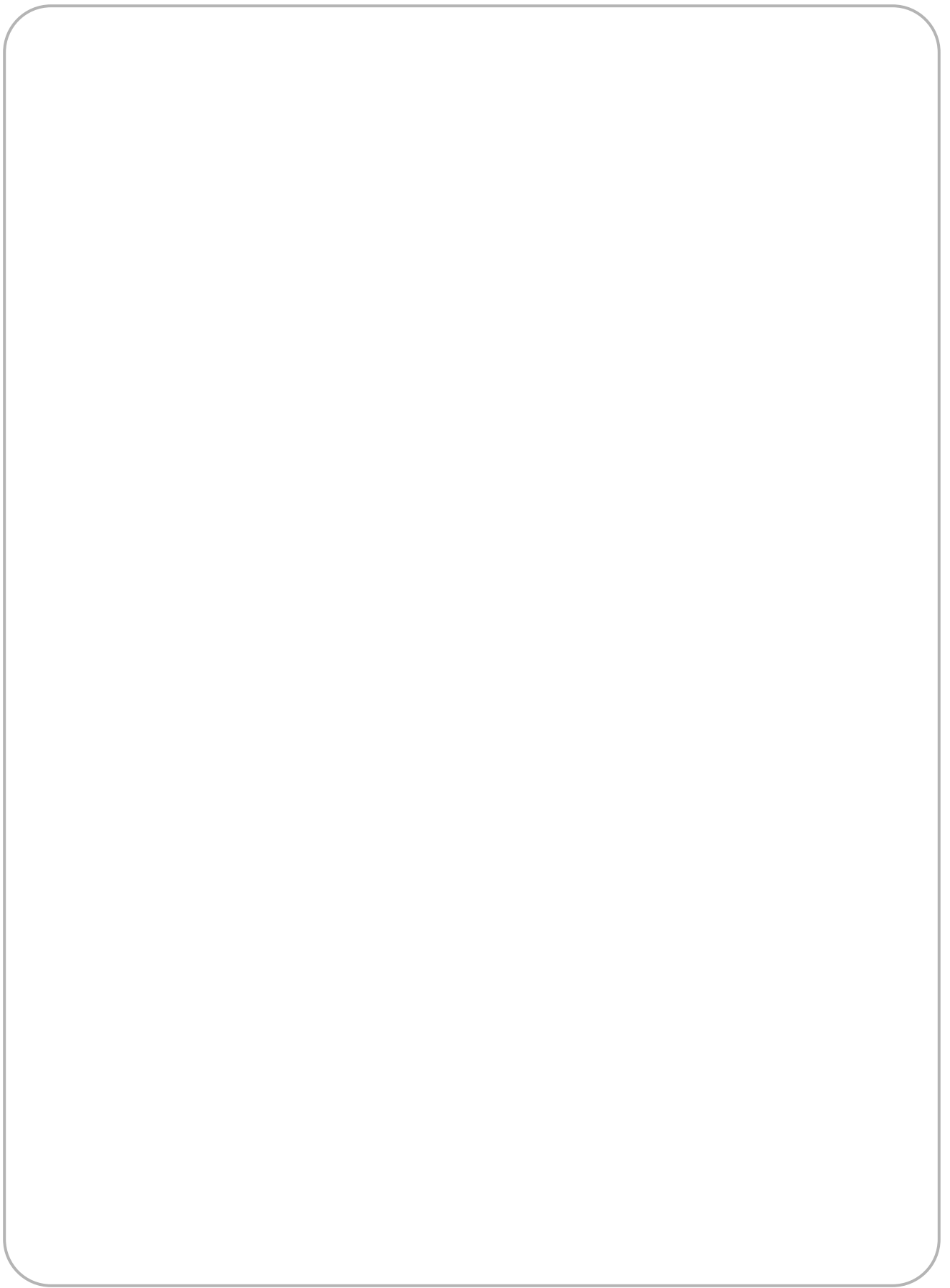
Photography Prompt:

Photograph a reflection. A mirror, water, glass or any reflective surface that shows something beyond surface appearance.

Things to think about:

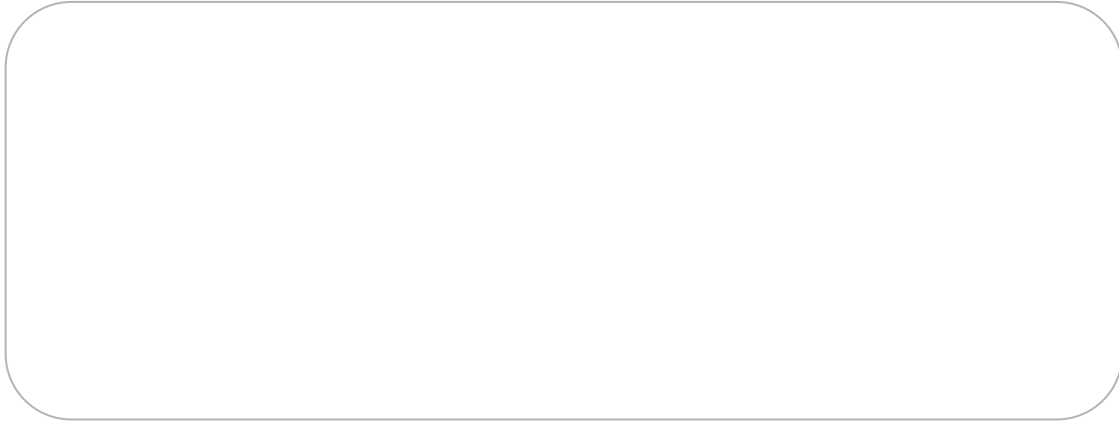
What does authenticity look like through the lens?

How do I capture what's raw and real?

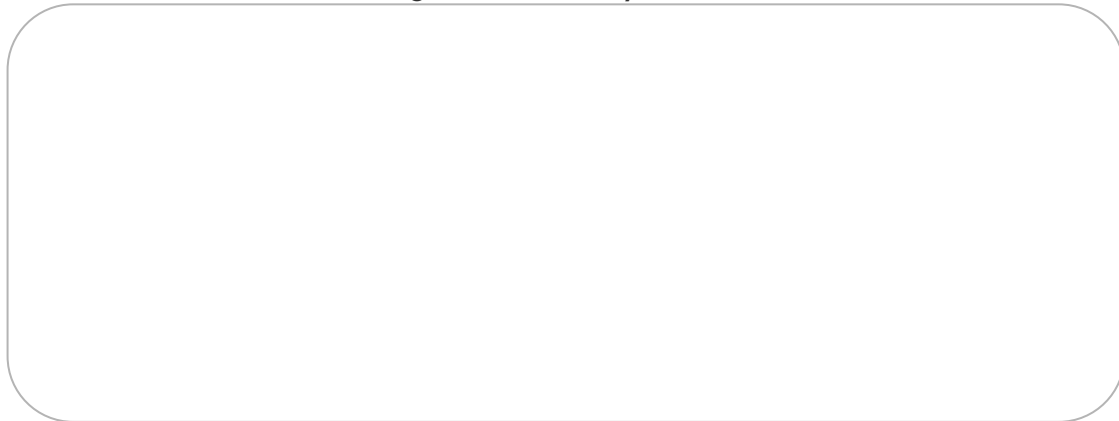


Journal Prompt:

What truth have I been avoiding?



What feels out of alignment in my life?



What truth is emerging now, even if it's inconvenient?



Shadow Work Invitation:

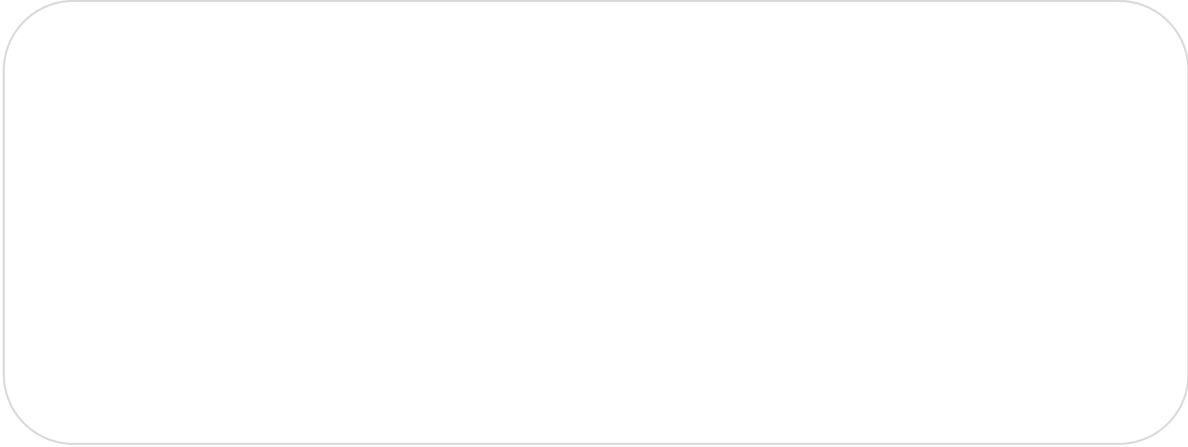
When have I lied to myself to stay safe?

What masks have I worn to be accepted?

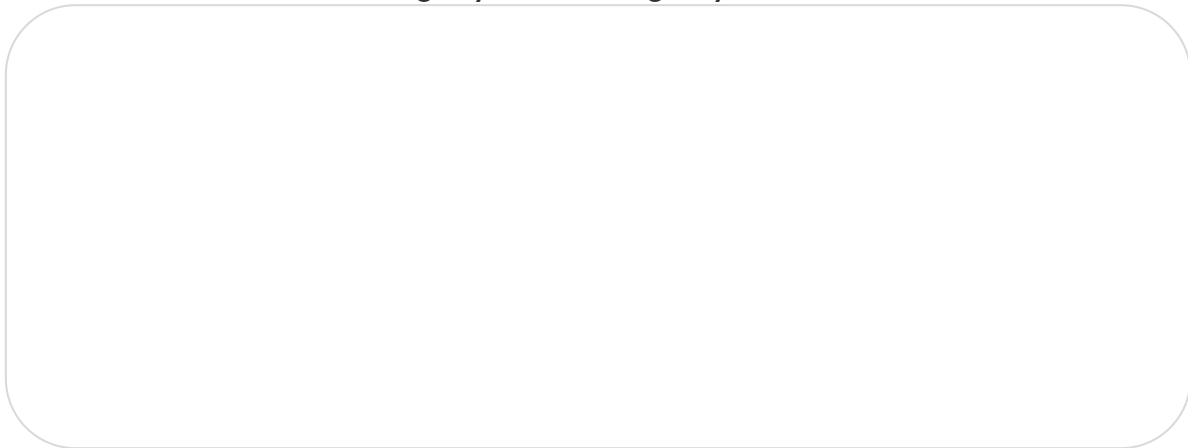
What part of me have I exiled because it felt too much?

Abundance + Attraction Focus

How does living in truth make room for more abundance?

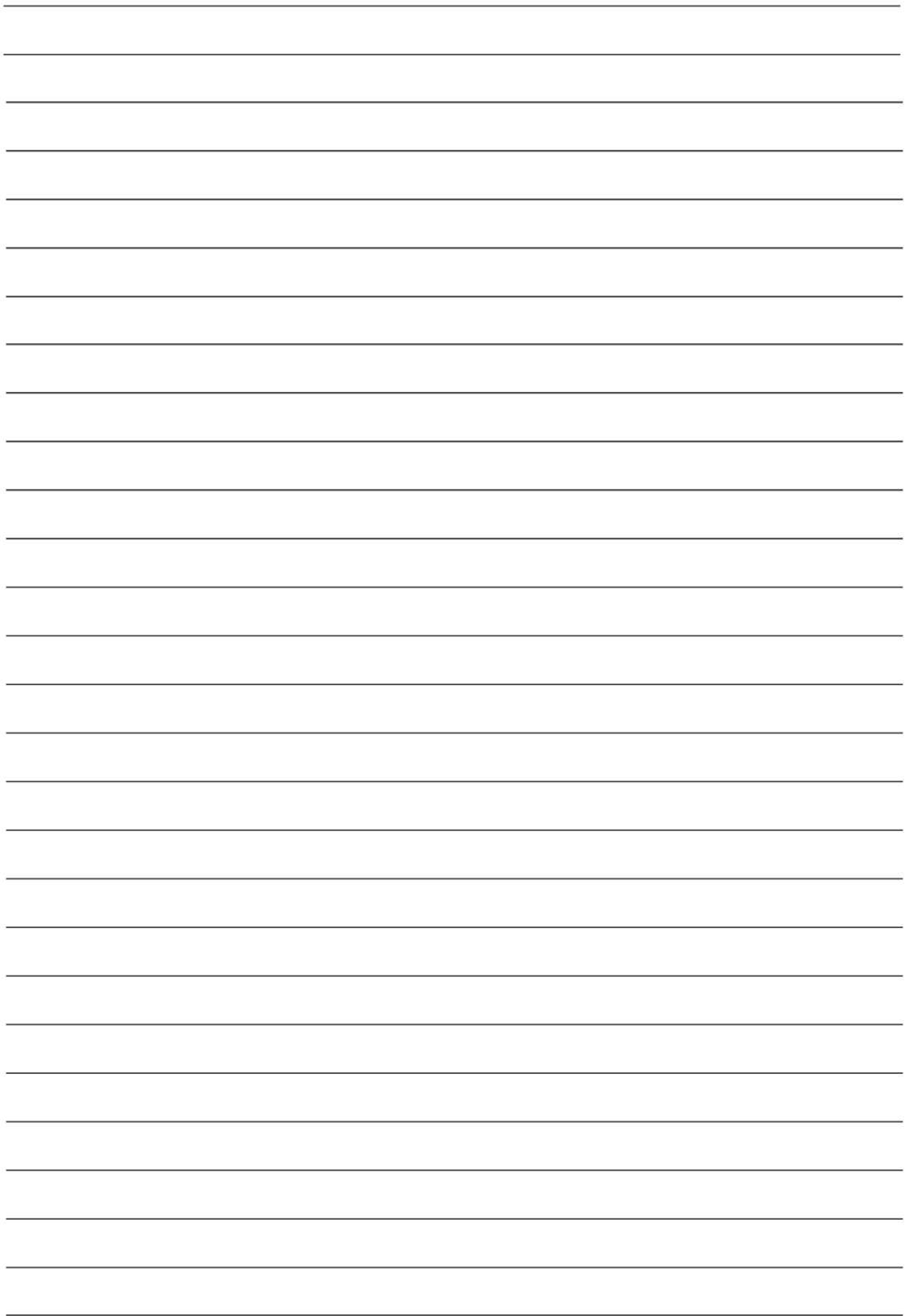


What am I attracting by honoring my real self?



Affirmation:

I release the false and embrace what is real. My truth is my power.



Quotes Sketches & Dreams

Becoming the Vision

You've walked through desire, truth, boundaries, and dreams. Now it's time to step into the version of you who already lives this life. You are the vision made real.

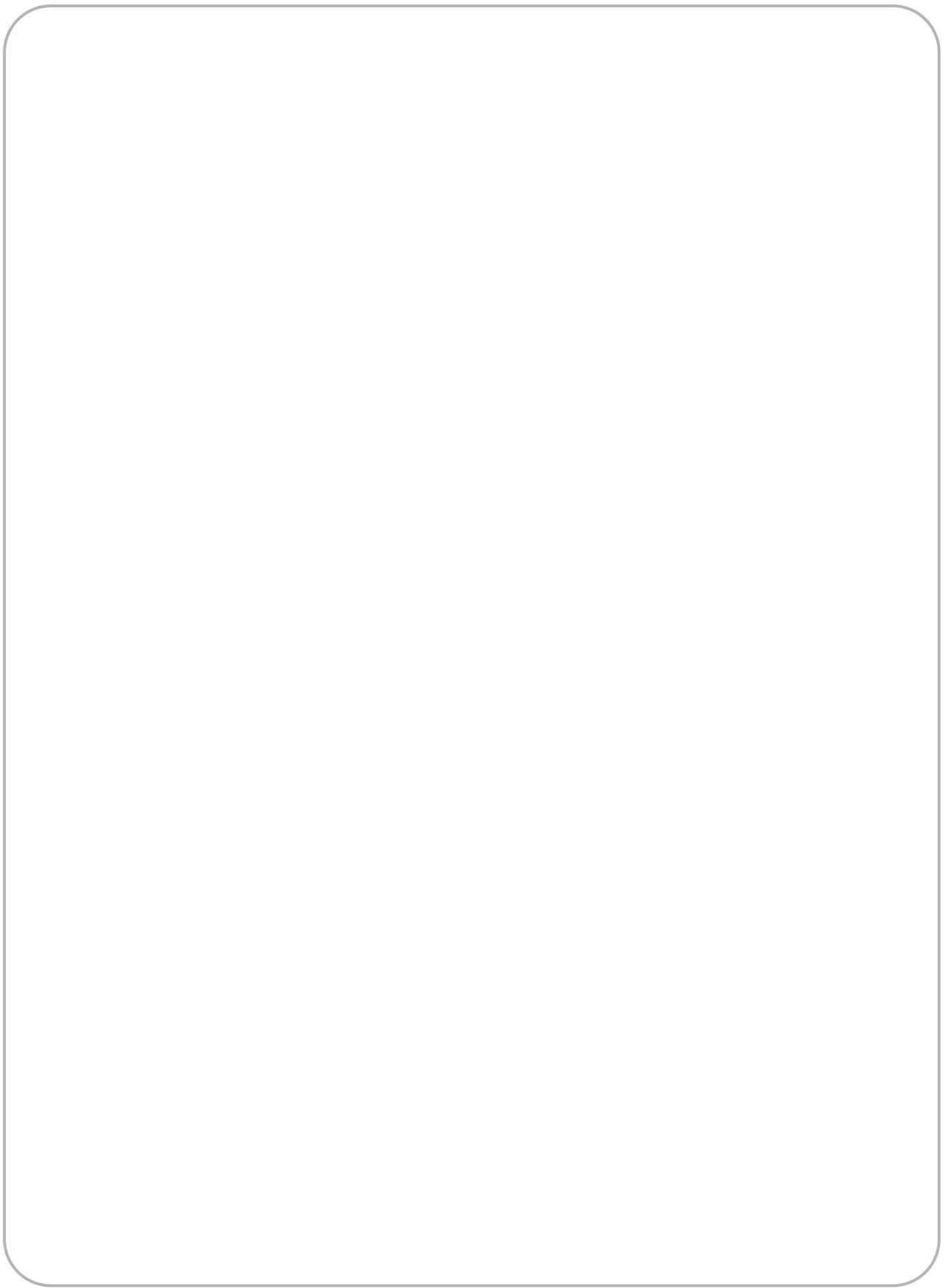
Photography Prompt:

Photograph something that represents your future self. a mood, a color, a place, or an object that symbolizes who you're becoming.

Things to think about:

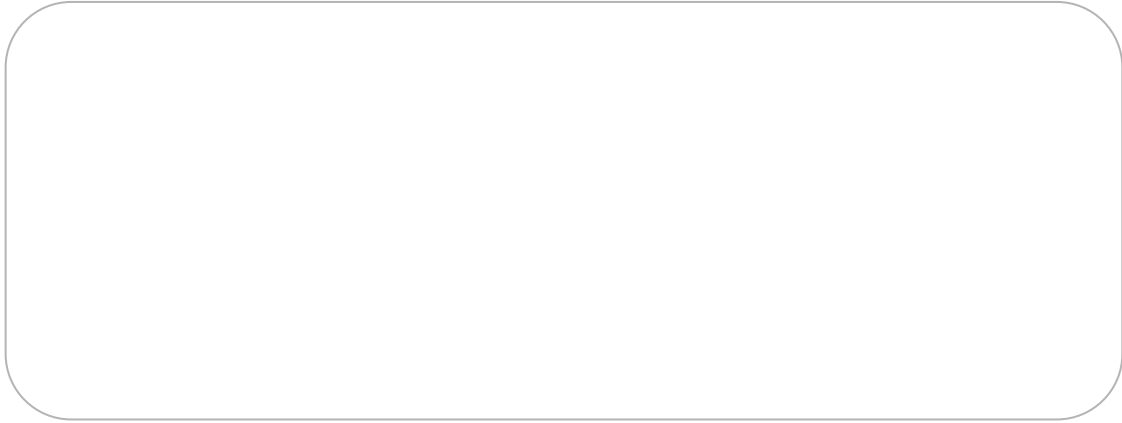
How does it feel to see yourself in this image?

What does this version of you attract and embody?

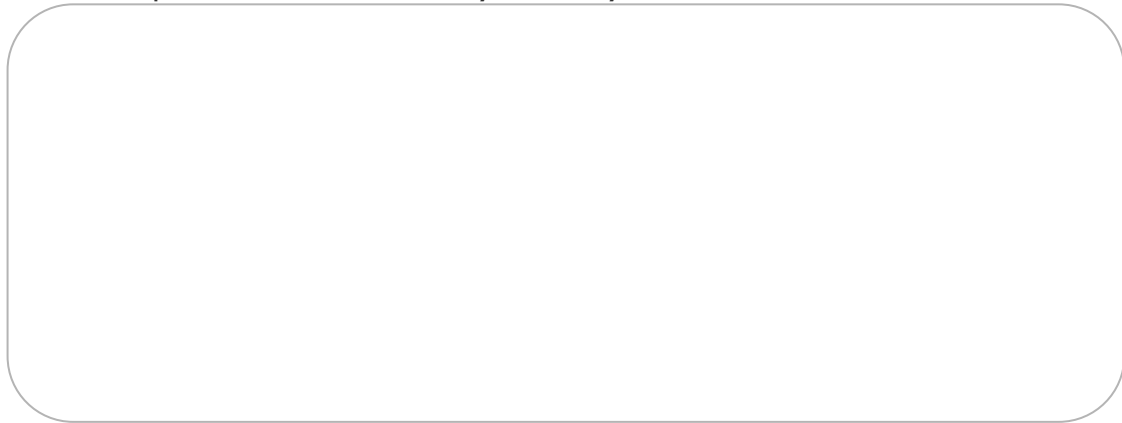


Journal Prompt:

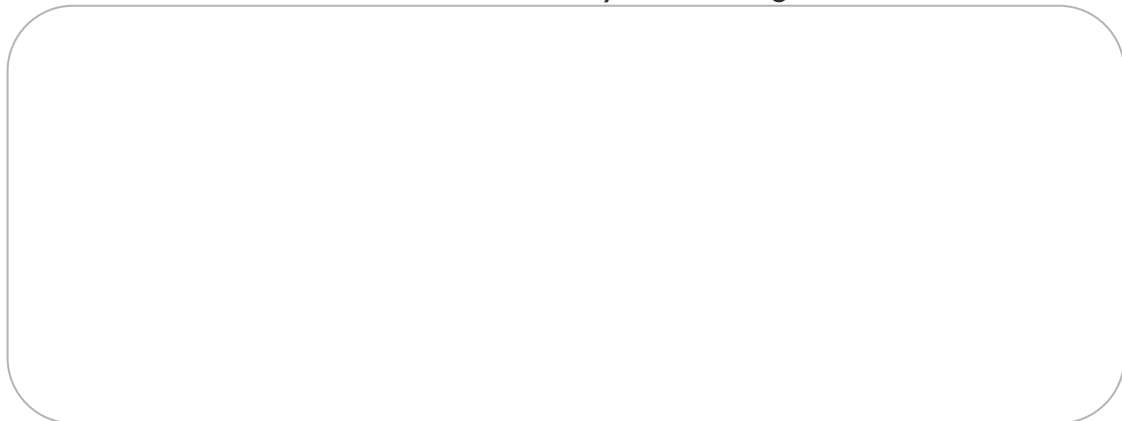
What have I learned about myself this year?



What patterns am I ready to fully release?



What new version of me is ready to emerge?



Shadow Work Invitation:

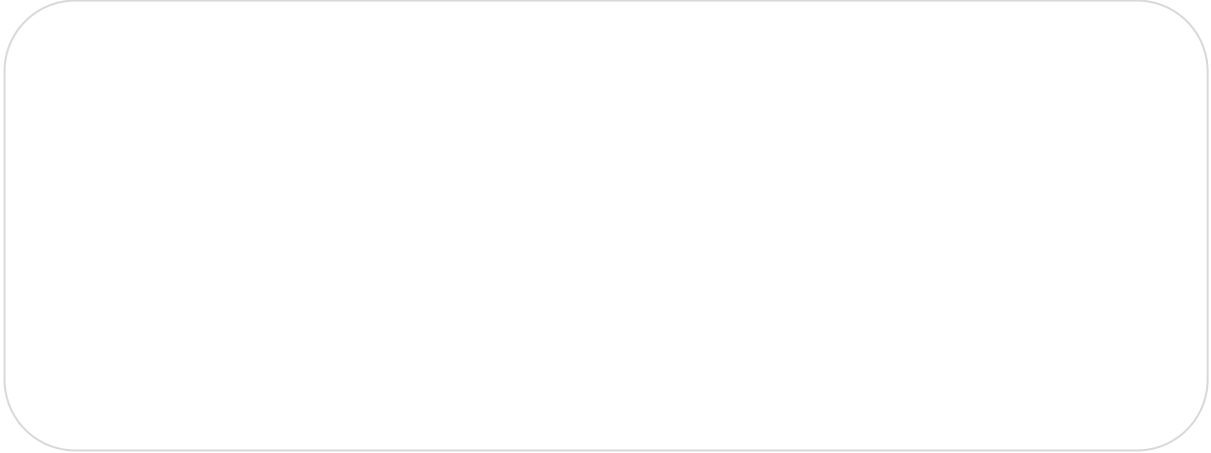
What part of me still doubts my worth?

Where do I fear my own power and success?

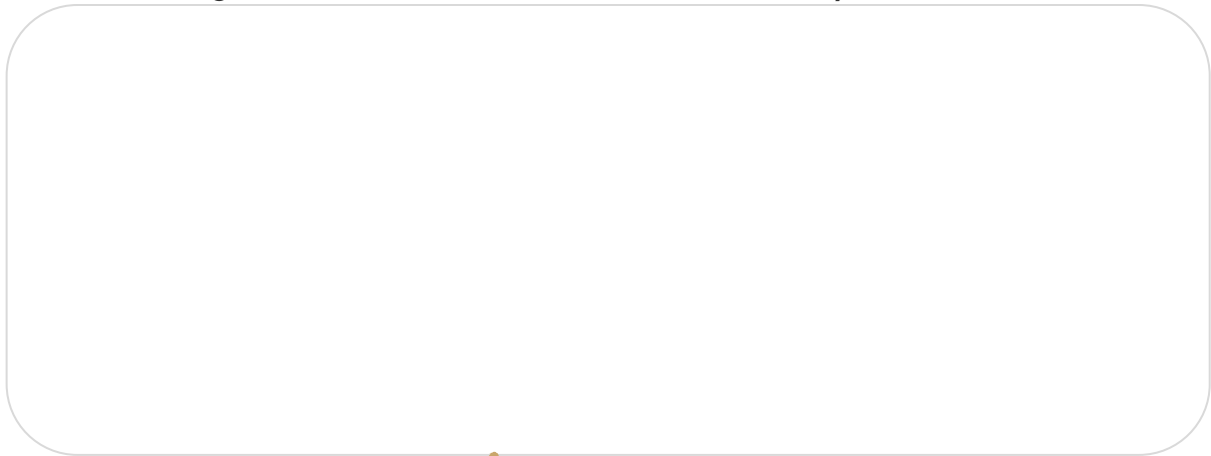
What do I need to forgive in order to fully become?

Abundance + Attraction Focus

What does my most abundant life look and feel like?

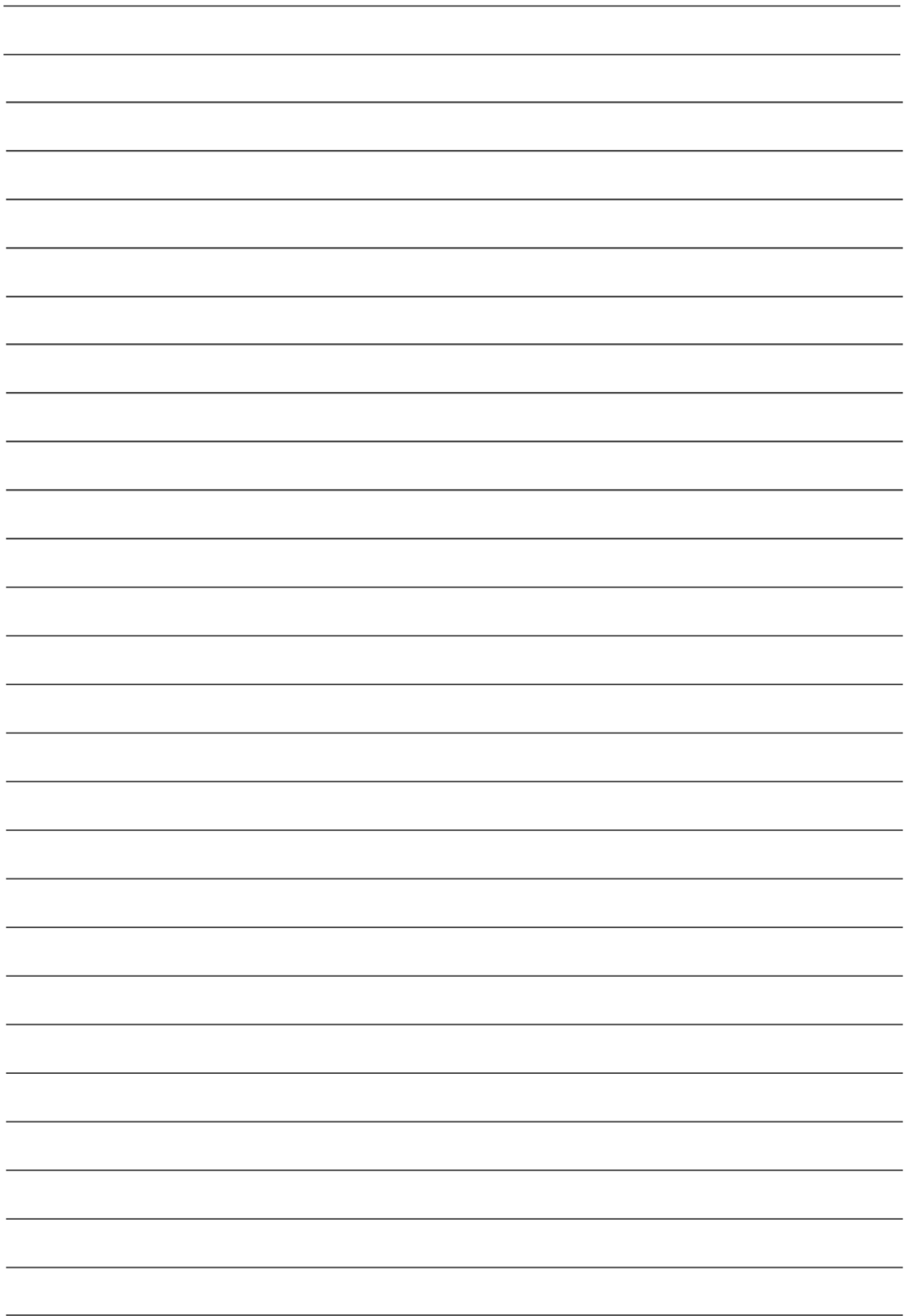


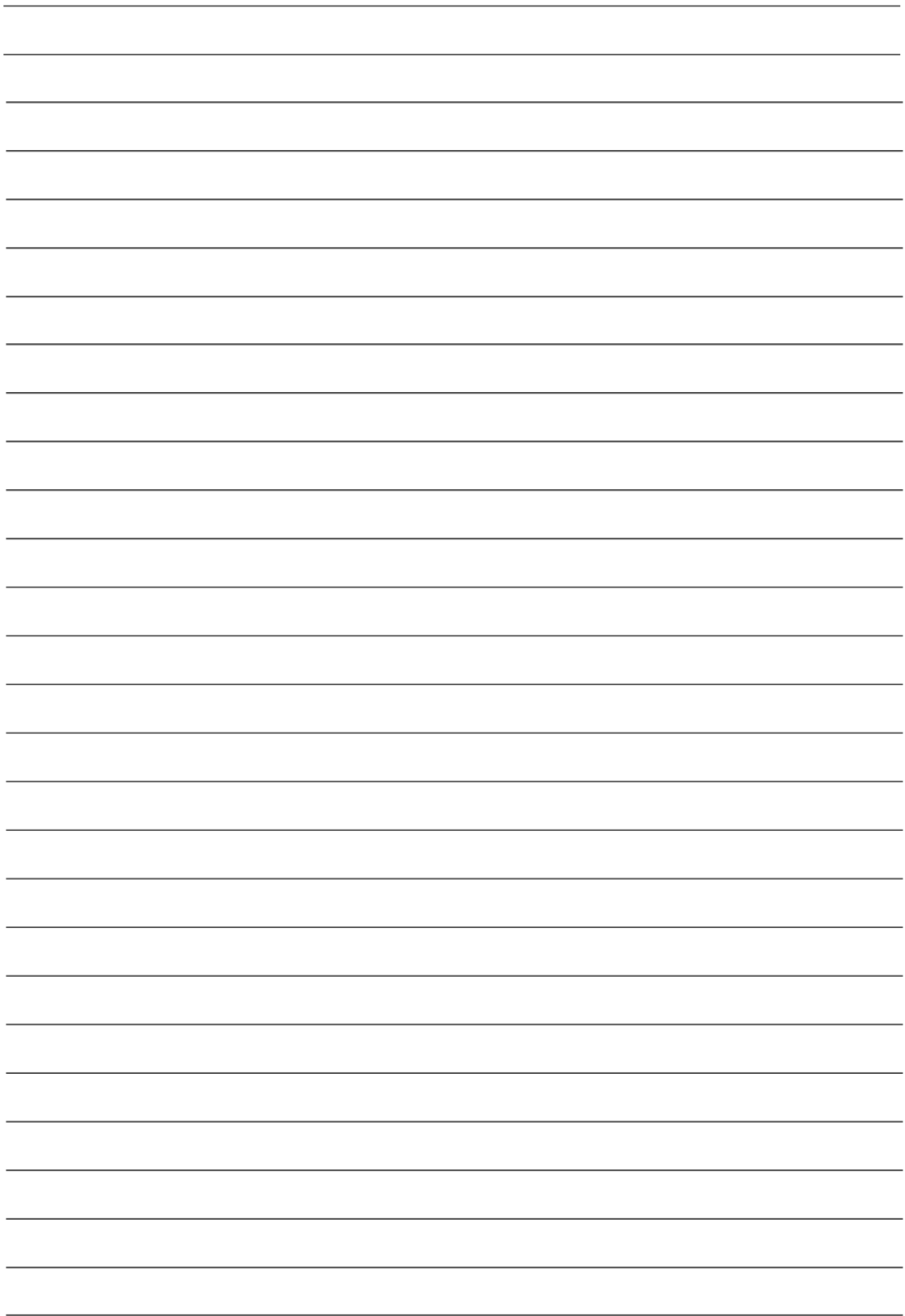
What aligned action can I take to embody that now?



Affirmation:

I am the vision I've held. I am already her.





Quotes Sketches & Dreams

Integration & Expansion

This bonus month is a sacred container for integrating your journey and expanding your vision. It's a moment to reflect, recalibrate, and dream bigger. You've awakened your main character energy. Now let's anchor it and let it grow.

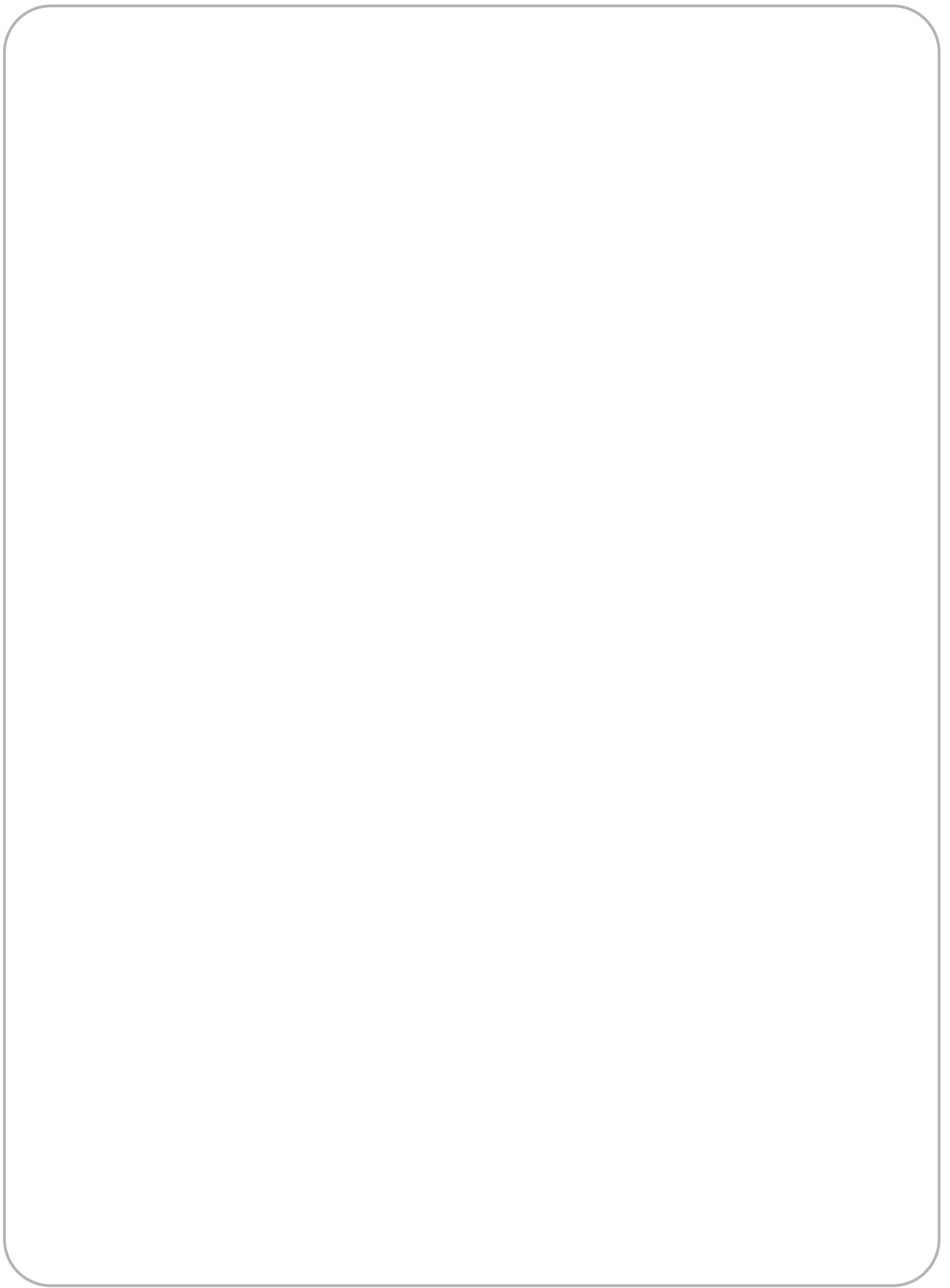
Photography Prompt:

Photograph something that represents expansion. Open skies, wide spaces, unfurling petals, rising movement, or anything that symbolizes growth and becoming.

Things to think about:

What image reflects how much I've grown?

What visual reminds me to keep opening to more?

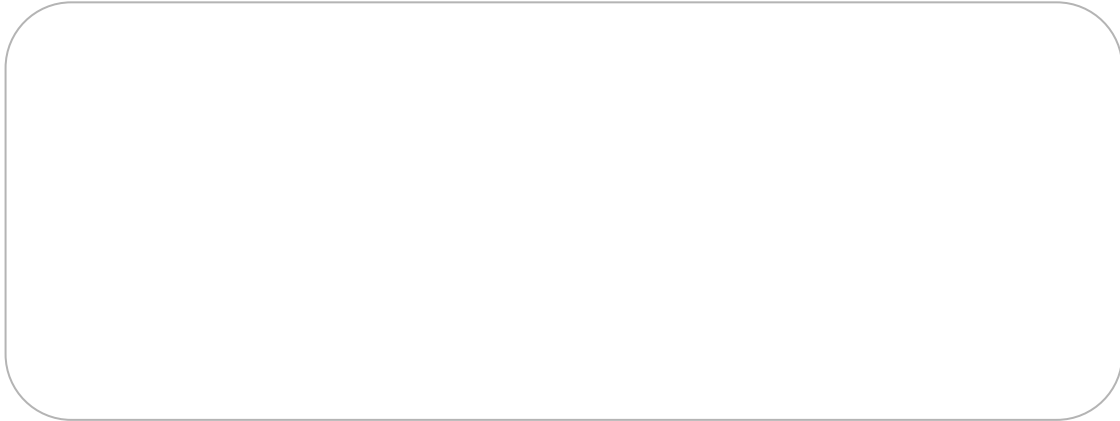


Journal Prompt:

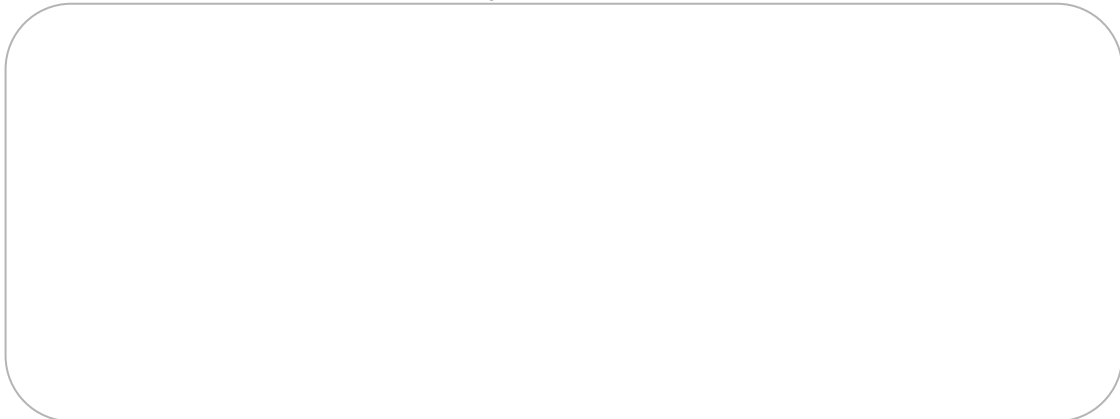
What themes, feelings, or discoveries from the past year feel most alive?



How have I changed since beginning this journey?

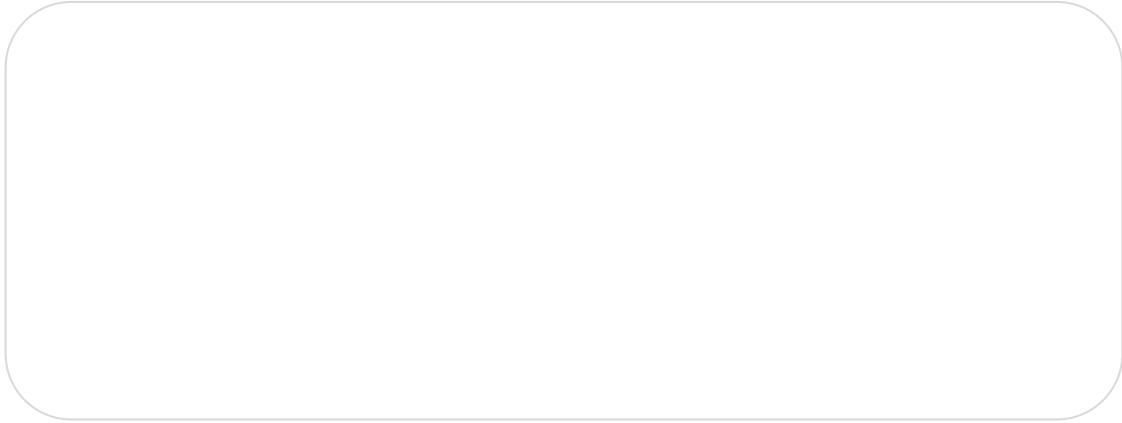


What do I now believe is possible that I once doubted?

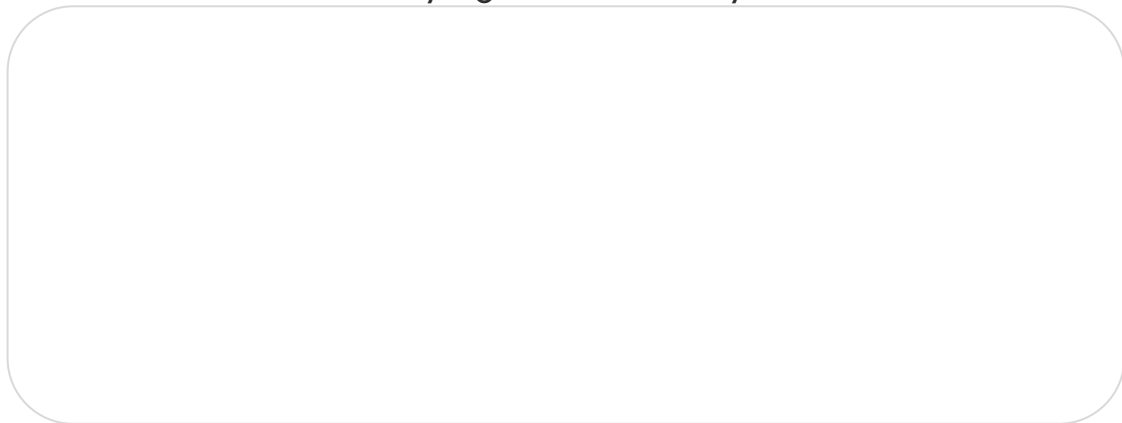


Shadow Work Invitation:

What old story tries to pull me back when I expand?



Where do I still dim my light or shrink myself?

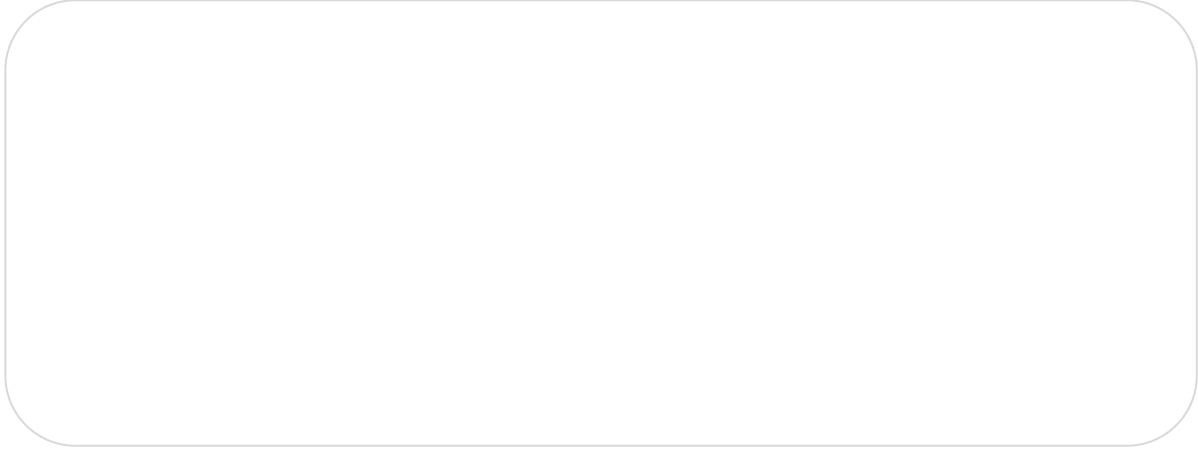


How can I honor my shadows as part of my radiance?

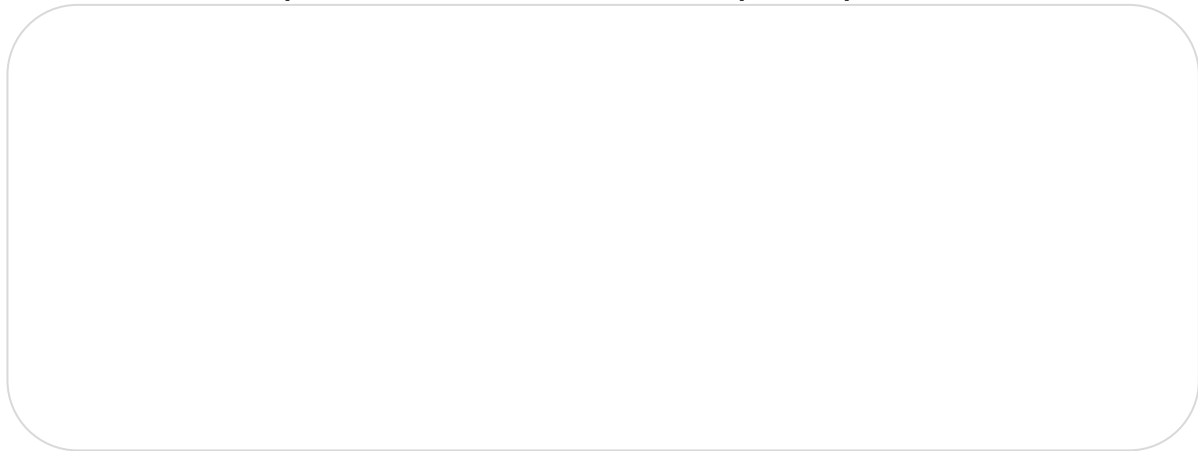


Abundance + Attraction Focus

What bigger vision am I ready to claim?

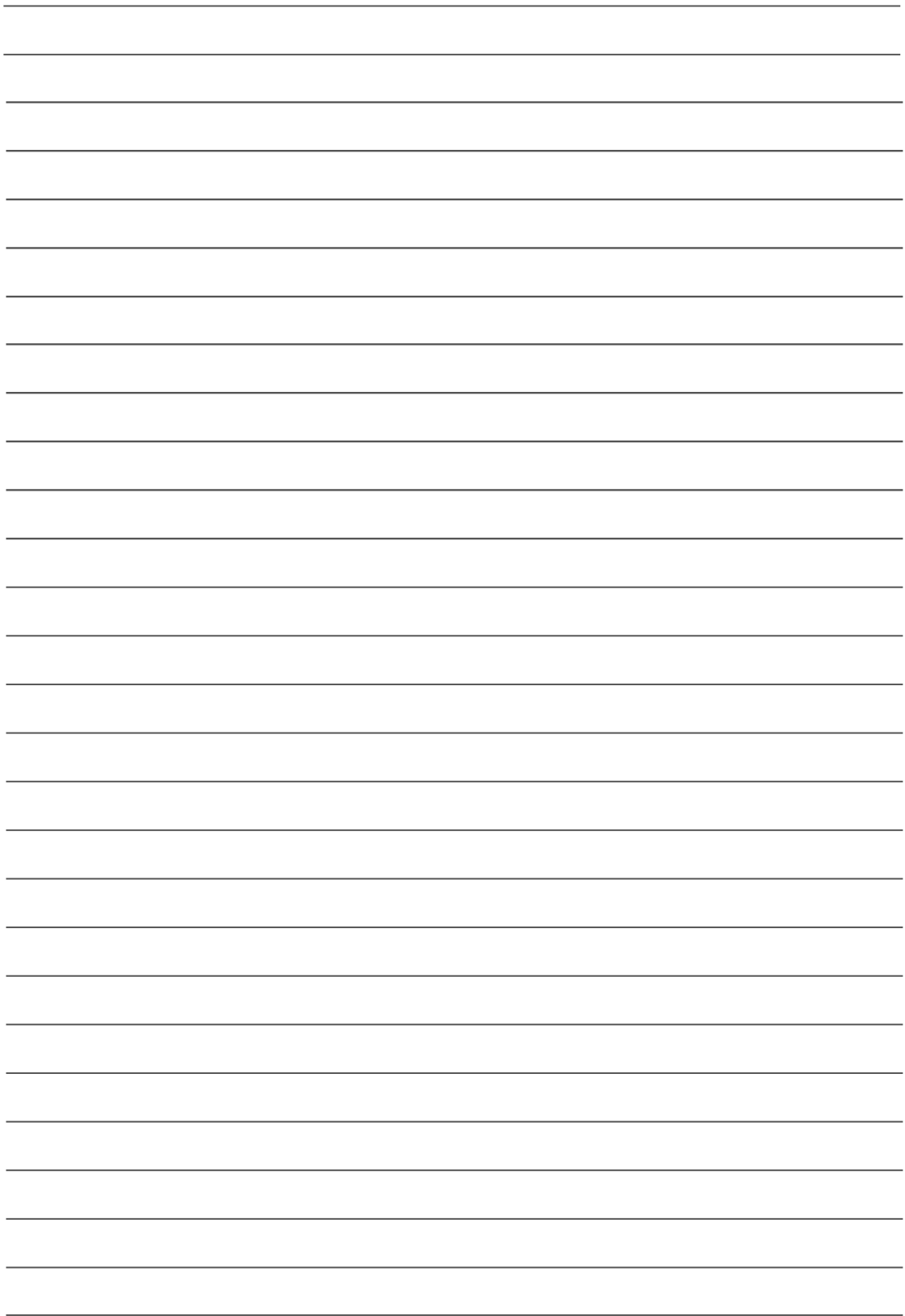


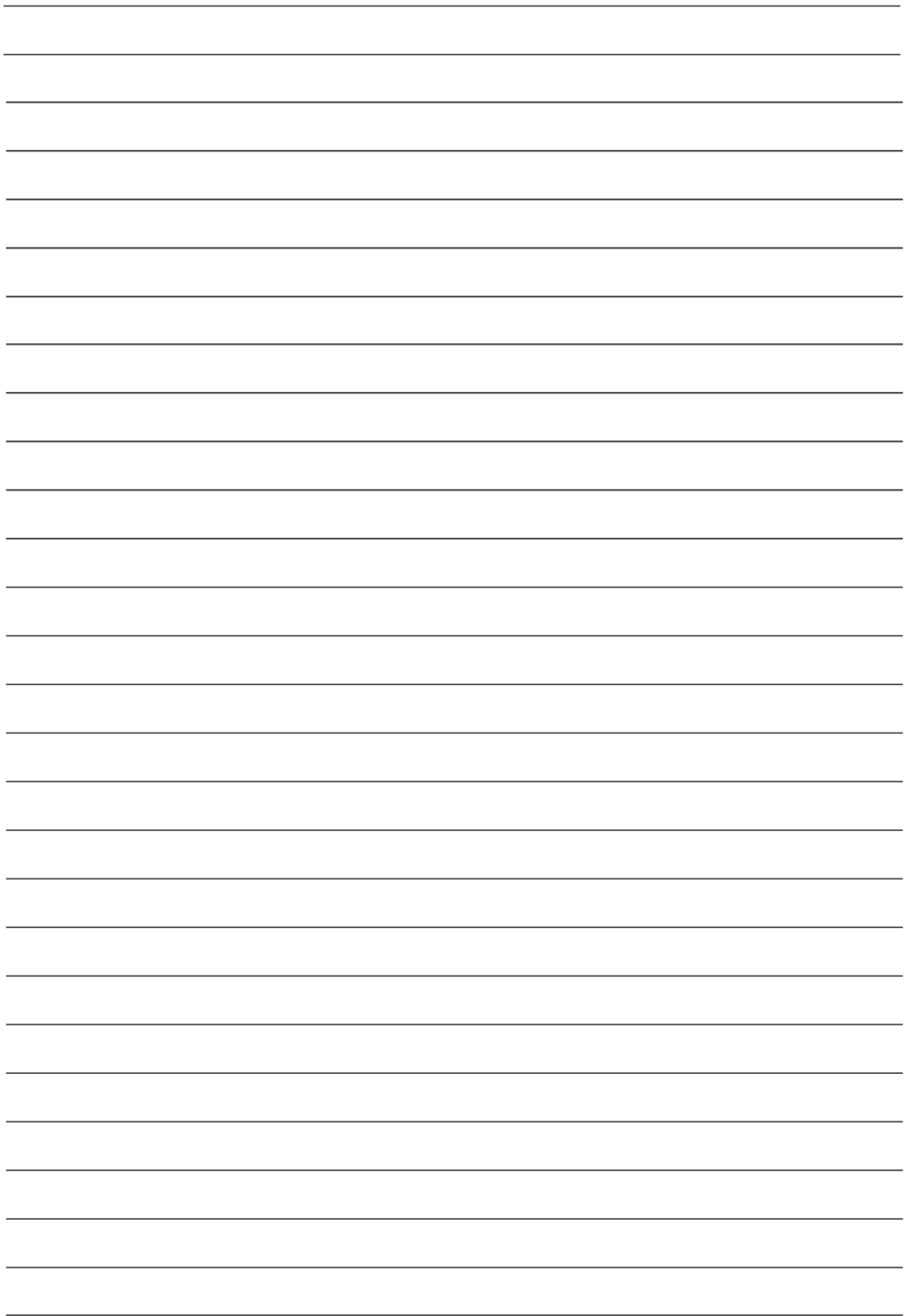
How does my next level life feel in my body, heart, and soul?



Affirmation:

I expand with ease, grace, and trust. I am aligned with limitless abundance.





Quotes Sketches & Dreams

Closing Ritual

onor everything you've uncovered, released, and embodied — and to fully integrate the version of yourself you've become.

What You'll Need:

- A bowl of water or earth (symbolizing the natural cycle of return and renewal)
- Your journal
- A printed photo that symbolizes your transformation (can be one of your own B&W images)
- Optional: your original mirror or photo from the beginning ritual

This ritual is not a set in stone thing. Use it as a guideline. Create your own ritual. Do what feels good and empowering to you.

The Ritual

- **Reflect in Silence**
- **Sit with your journal.** Flip through the months. Notice what has changed, what stayed, what deepened. Hold the photo that symbolizes your transformation.
- **Read Your Opening Entry**
- **Revisit your beginning ritual or first entry.** Gently acknowledge the distance between who you were then and who you are now.
- **Write a Closing Note to Yourself**
- **In your journal, write:**
 - What you're proud of
 - What you're still integrating
 - Who you've become
 - What next chapter is calling you
- **Release and Bless**
- **Dip your fingers into the water or touch the earth.**
Say aloud: "I am no longer becoming. I am her. I bless this journey and all it has brought me. I am the story. I am the vision. I am the truth."
- **Optional Mirror Glance**
- **Look in the mirror again and say:** "I see you. I choose you. I trust you."
- **Smile at your reflection.** Let it land.
-

