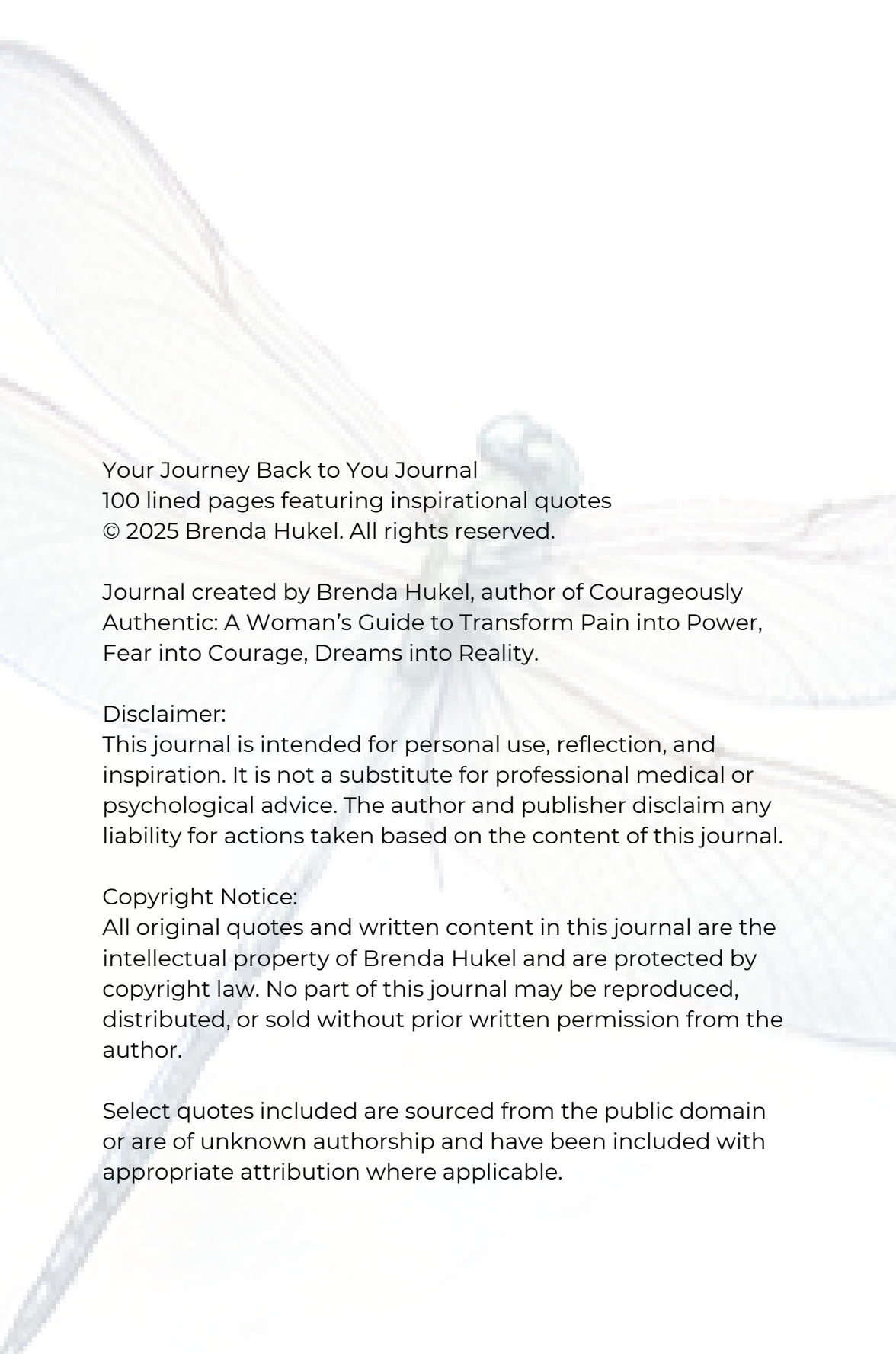




**COURAGEOUSLY AUTHENTIC™
JOURNEY BACK TO YOU**

Journal
BY BRENDA HUKEL



Your Journey Back to You Journal
100 lined pages featuring inspirational quotes
© 2025 Brenda Hukel. All rights reserved.

Journal created by Brenda Hukel, author of *Courageously Authentic: A Woman's Guide to Transform Pain into Power, Fear into Courage, Dreams into Reality*.

Disclaimer:

This journal is intended for personal use, reflection, and inspiration. It is not a substitute for professional medical or psychological advice. The author and publisher disclaim any liability for actions taken based on the content of this journal.

Copyright Notice:

All original quotes and written content in this journal are the intellectual property of Brenda Hukel and are protected by copyright law. No part of this journal may be reproduced, distributed, or sold without prior written permission from the author.

Select quotes included are sourced from the public domain or are of unknown authorship and have been included with appropriate attribution where applicable.

Welcome to Your Journey of Awakening

This journal is more than just a space for reflection—it's a sacred place for you to explore your inner world, embrace your authentic self, and step fully into your power. As you turn each page, remember that this journey is uniquely yours. There is no right or wrong way to express yourself here. Allow your thoughts, dreams, and emotions to flow freely.

Within these pages, you'll find inspirational quotes that will help you reconnect with your heart's deepest desires. Together with the exercises in my book, [Courageously Authentic: A Women's Guide to Transform Pain into Power, Fear into Courage, and Dreams into Reality](#), use this journal to reflect on where you've been, where you are, and where you wish to go.

The power to transform your life is already within you, and every word you write brings you closer to living fully, courageously, and unapologetically. As you fill these pages, you'll discover the strength in your vulnerability, the beauty in your truth, and the power in your authenticity. Each reflection brings you closer to a life of courage, purpose, and deep connection to your true self.

Use this journal as a tool to document your personal transformation—whether you're working through your challenges, celebrating your victories, or simply expressing your heart. I invite you to step into this journey with an open heart, a curious mind, and a commitment to embrace your truth.

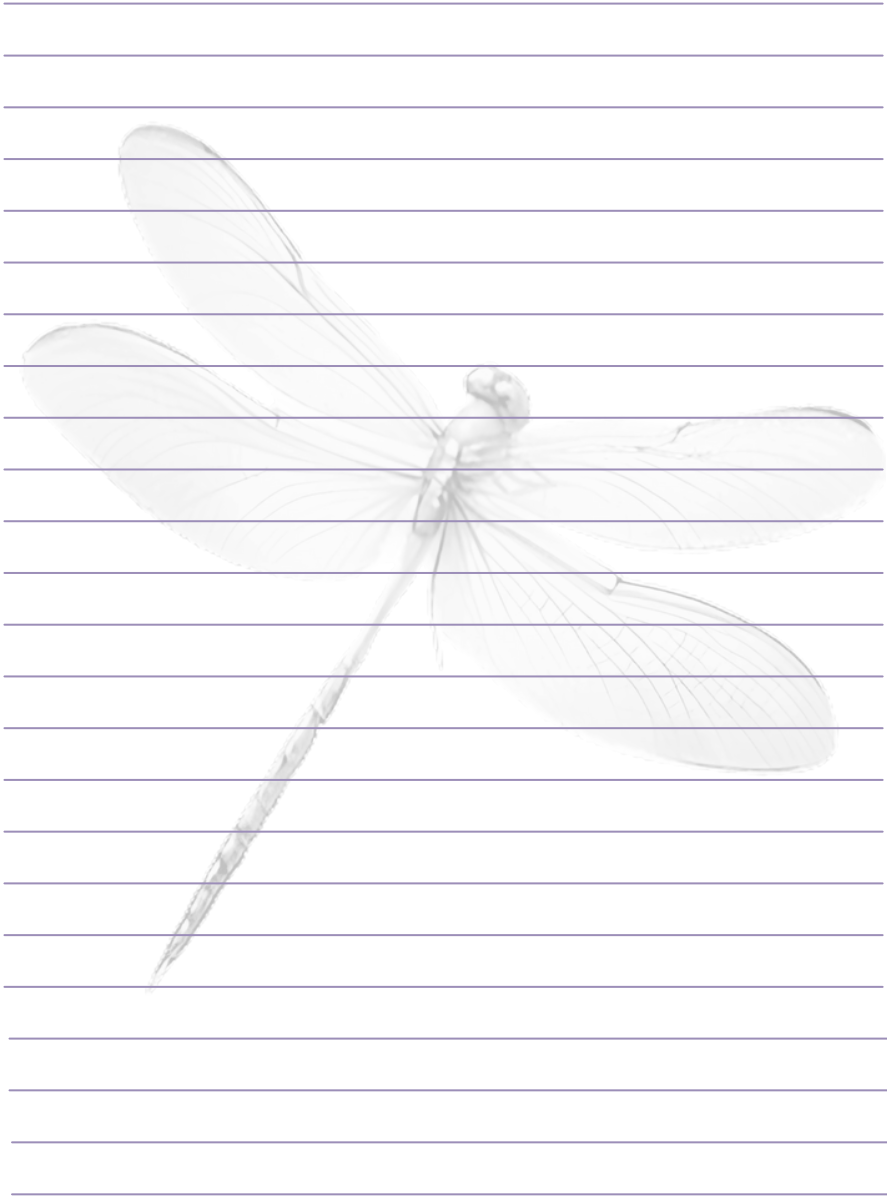
Here's to your courage, your growth, and the unfolding of your most authentic self.



With love and light,
Brenda Hukel

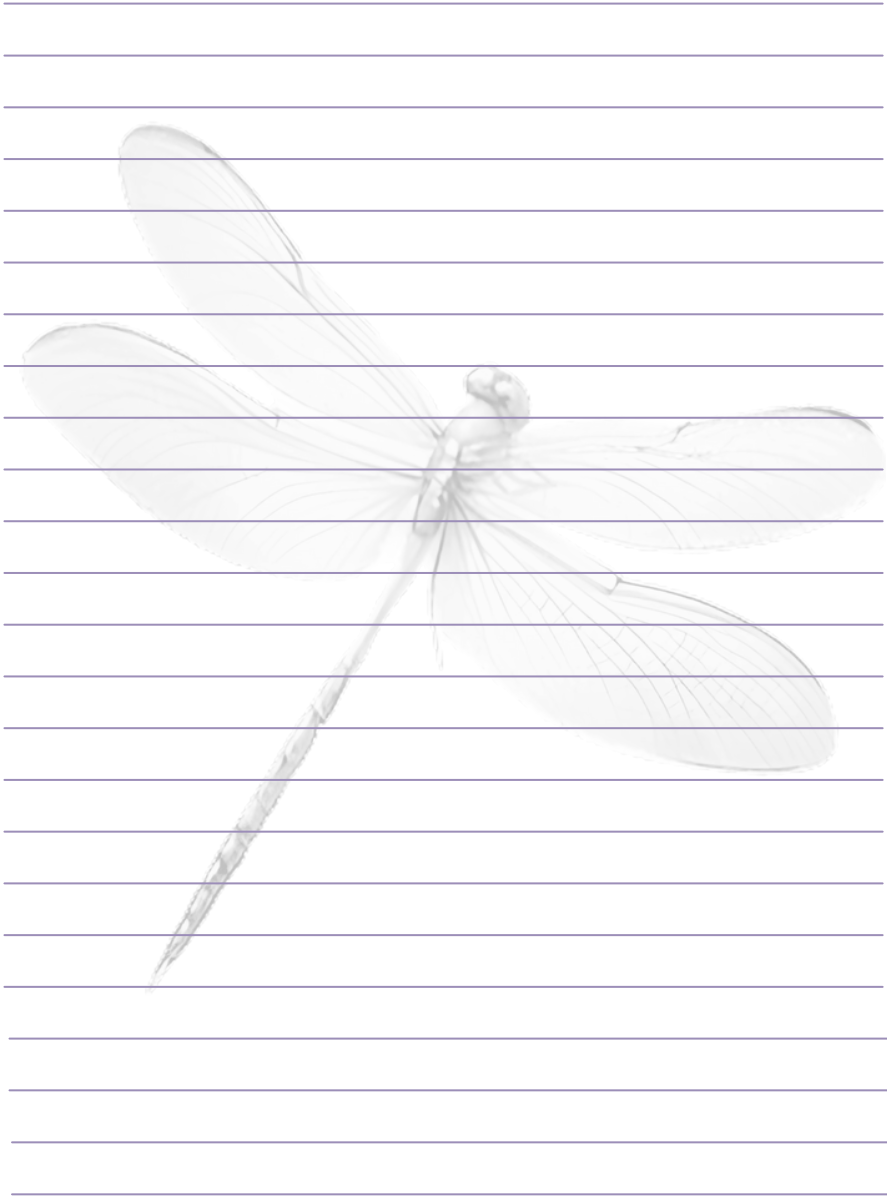
Founder of Awakening the Consciousness Within, LLC

Date _____

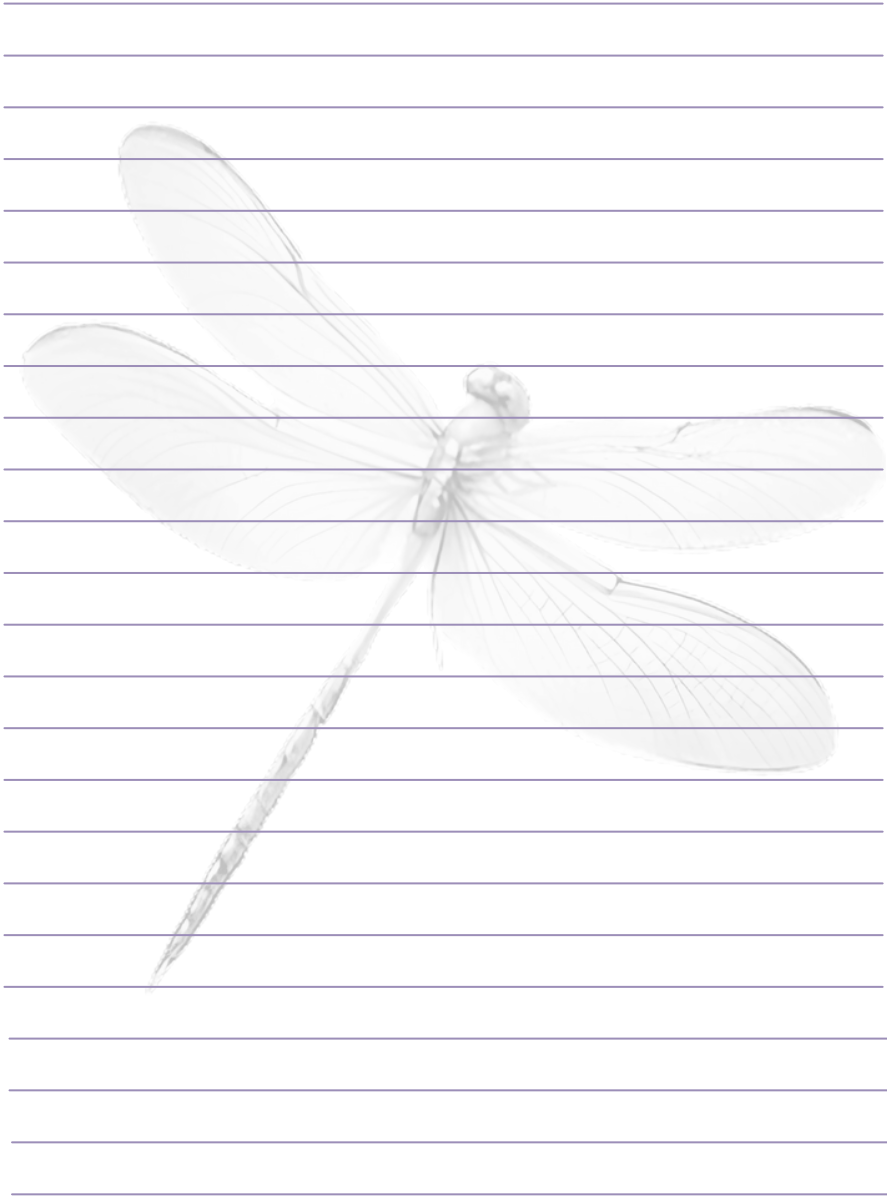


"Light your path to authenticity one step at a time."
- Brenda Hukel

Date _____

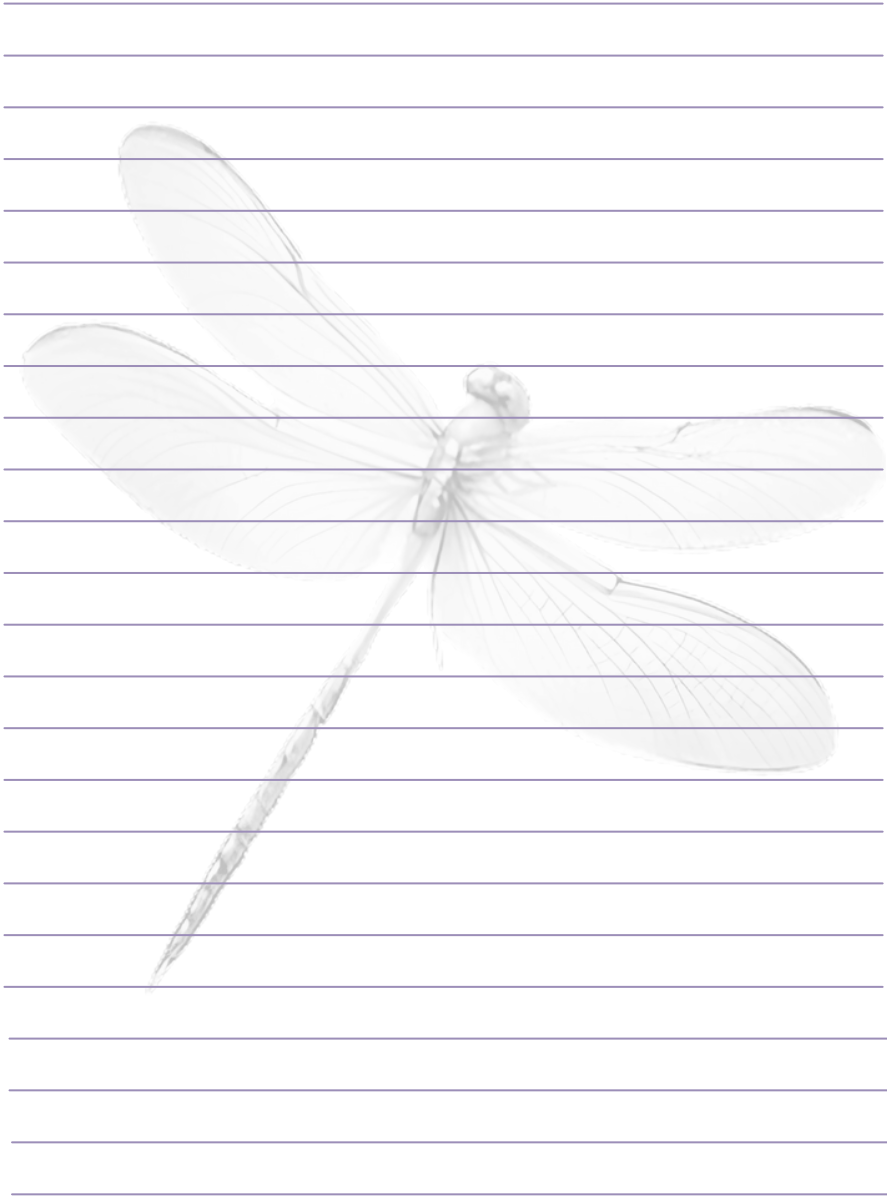


Date _____

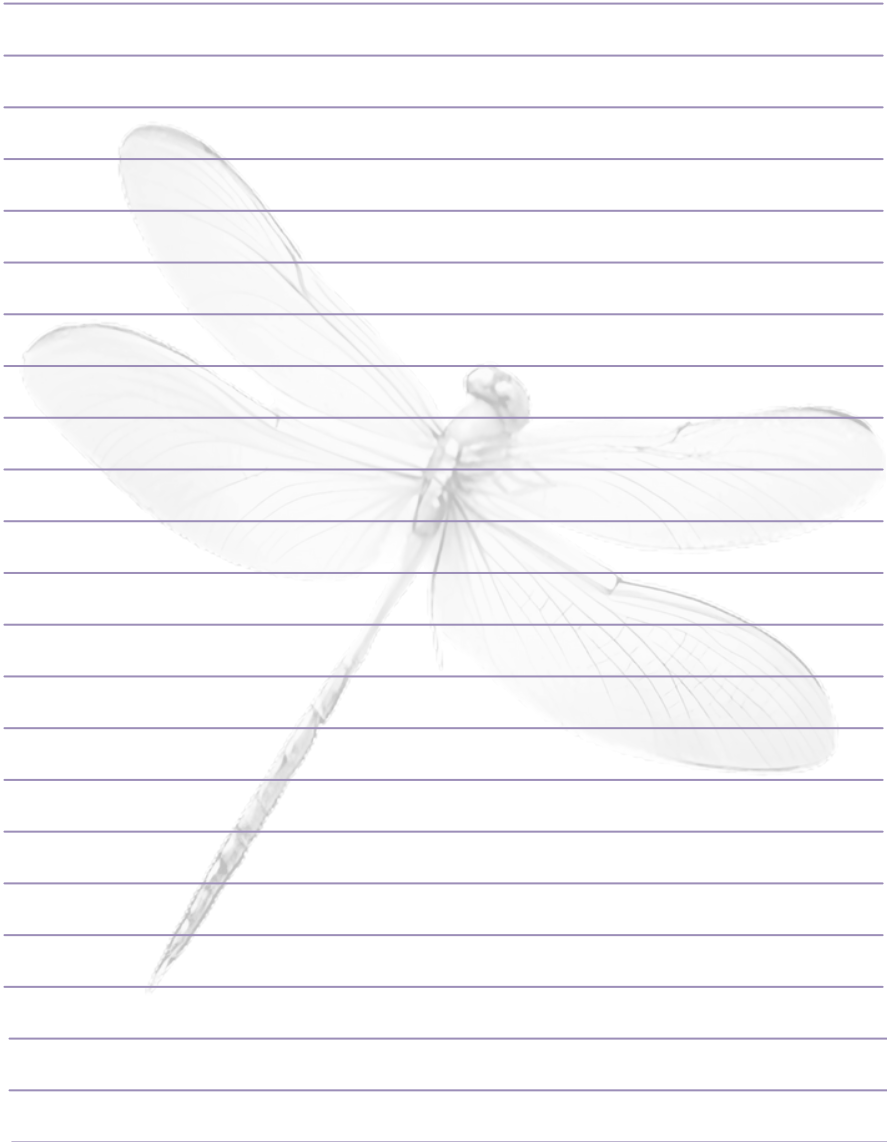


"In resisting change, we wage a silent battle against our true self." - Brenda Hukel

Date _____

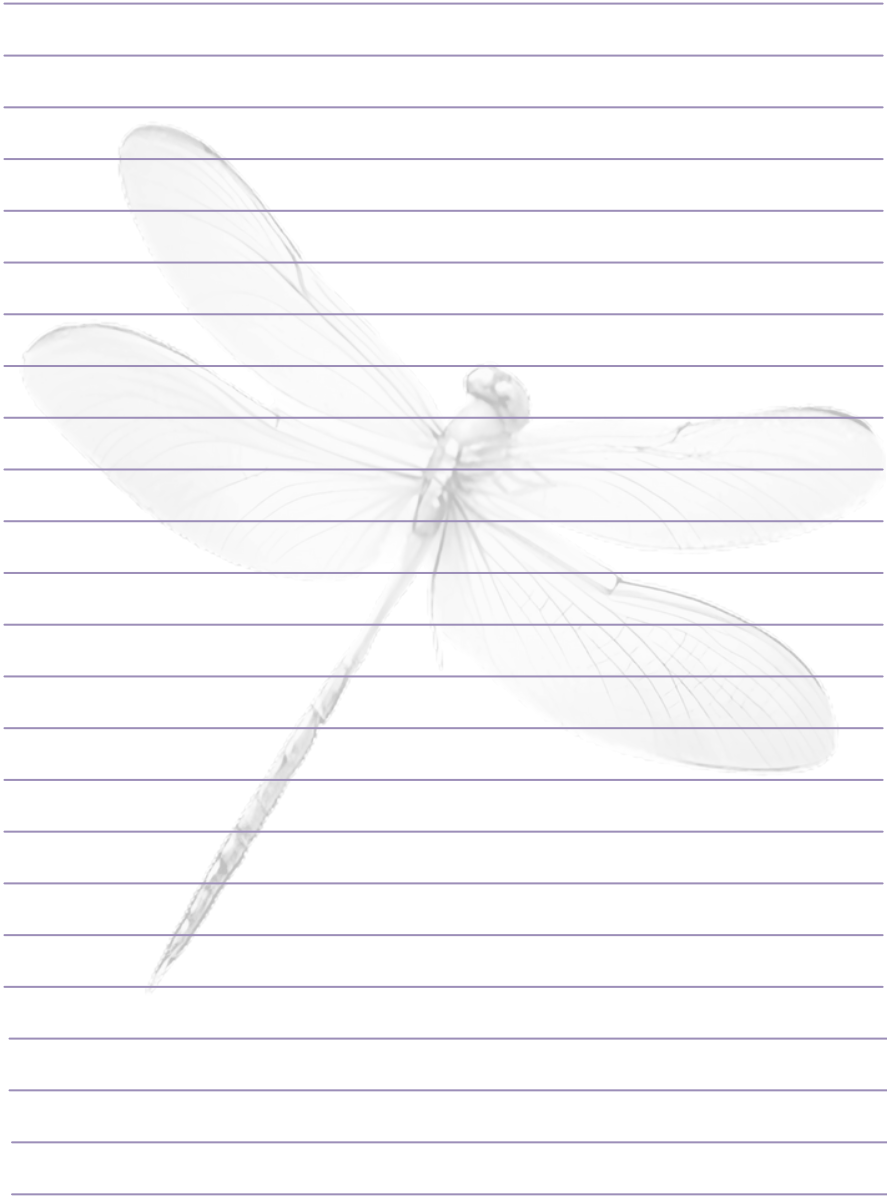


Date _____

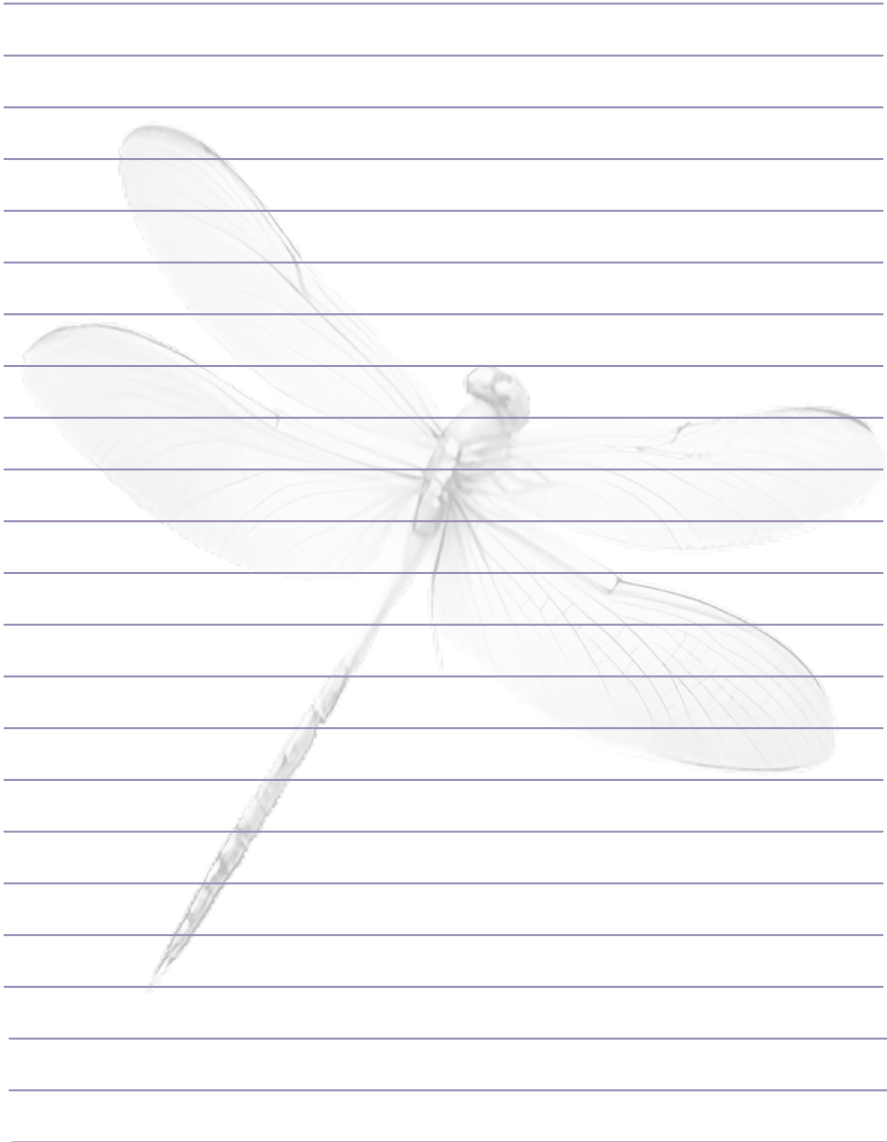


"Breaking free from a victim mindset is the first step to reclaiming your power and transforming your future." - Brenda Hukel

Date _____

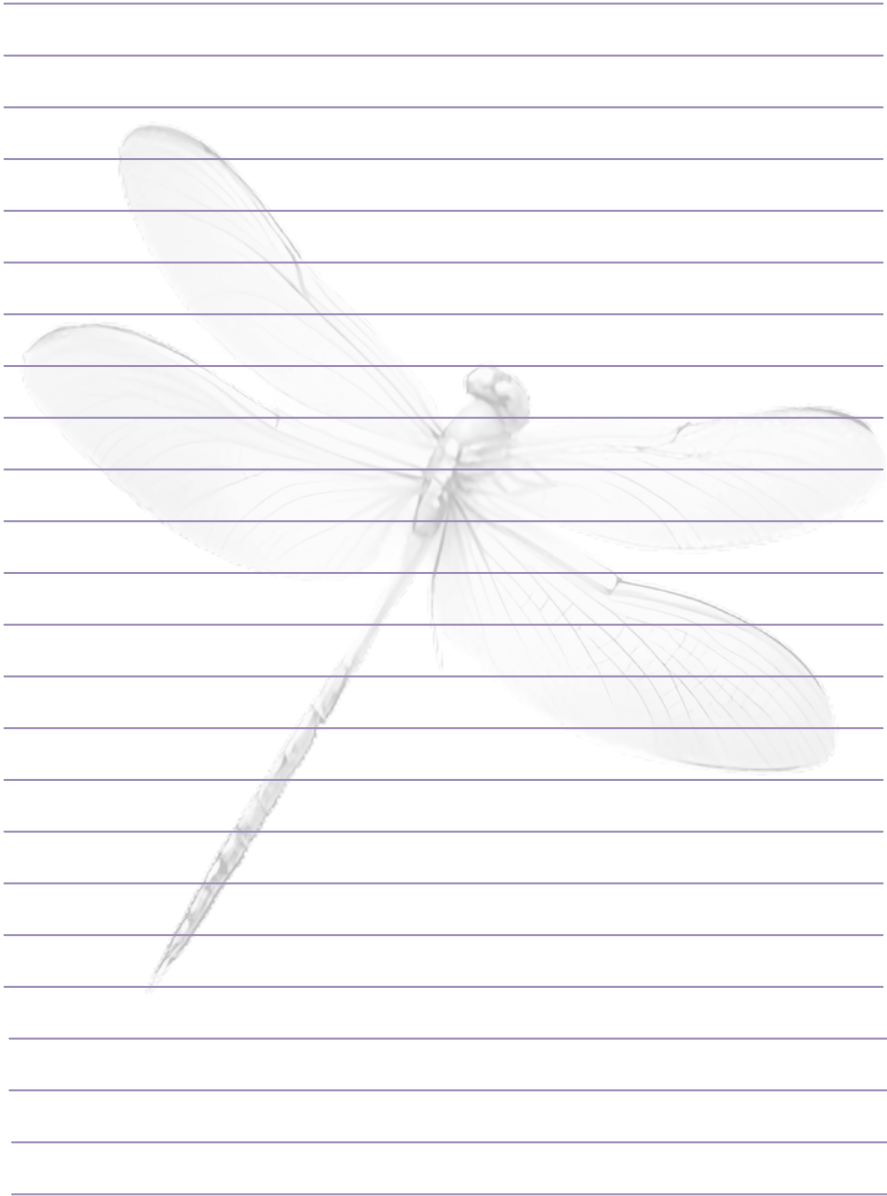


Date _____

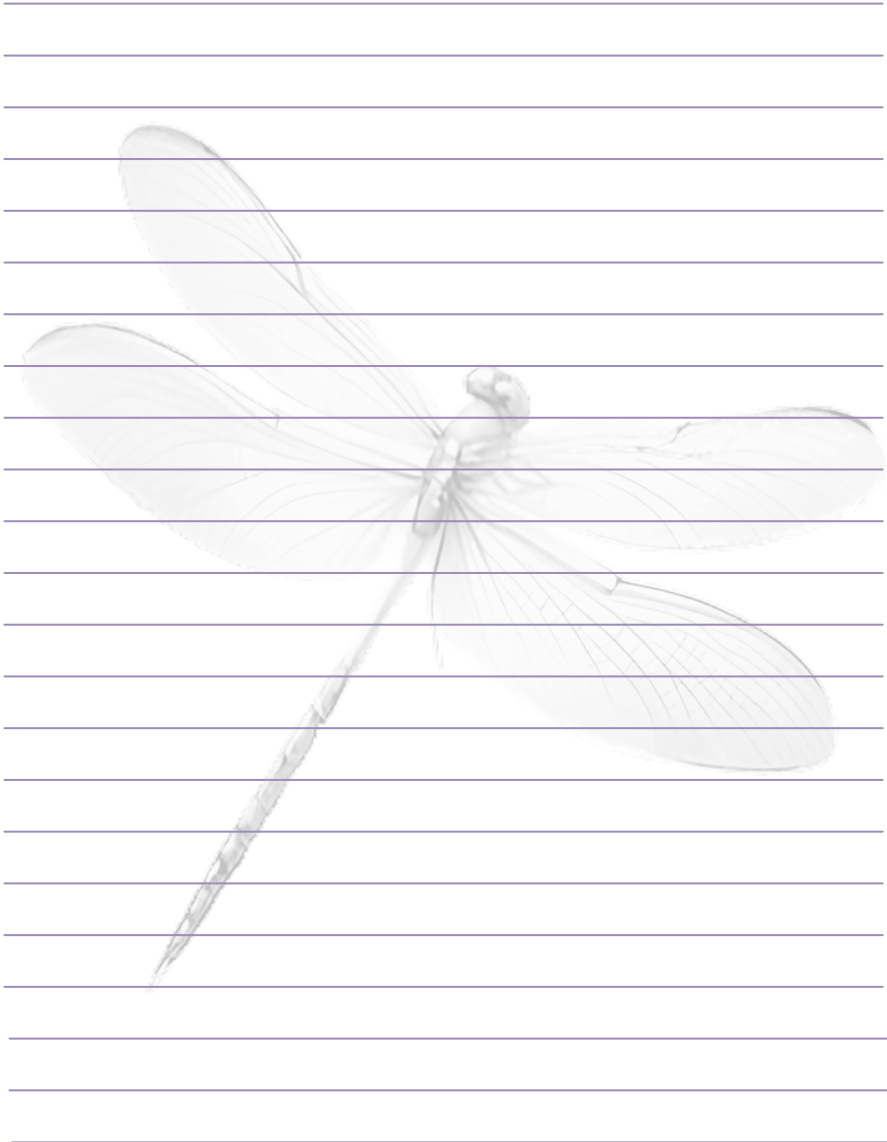


“Letting go of limiting beliefs is like unlocking a door; it opens up a world of possibilities you never knew existed.” - Brenda Hukel

Date _____

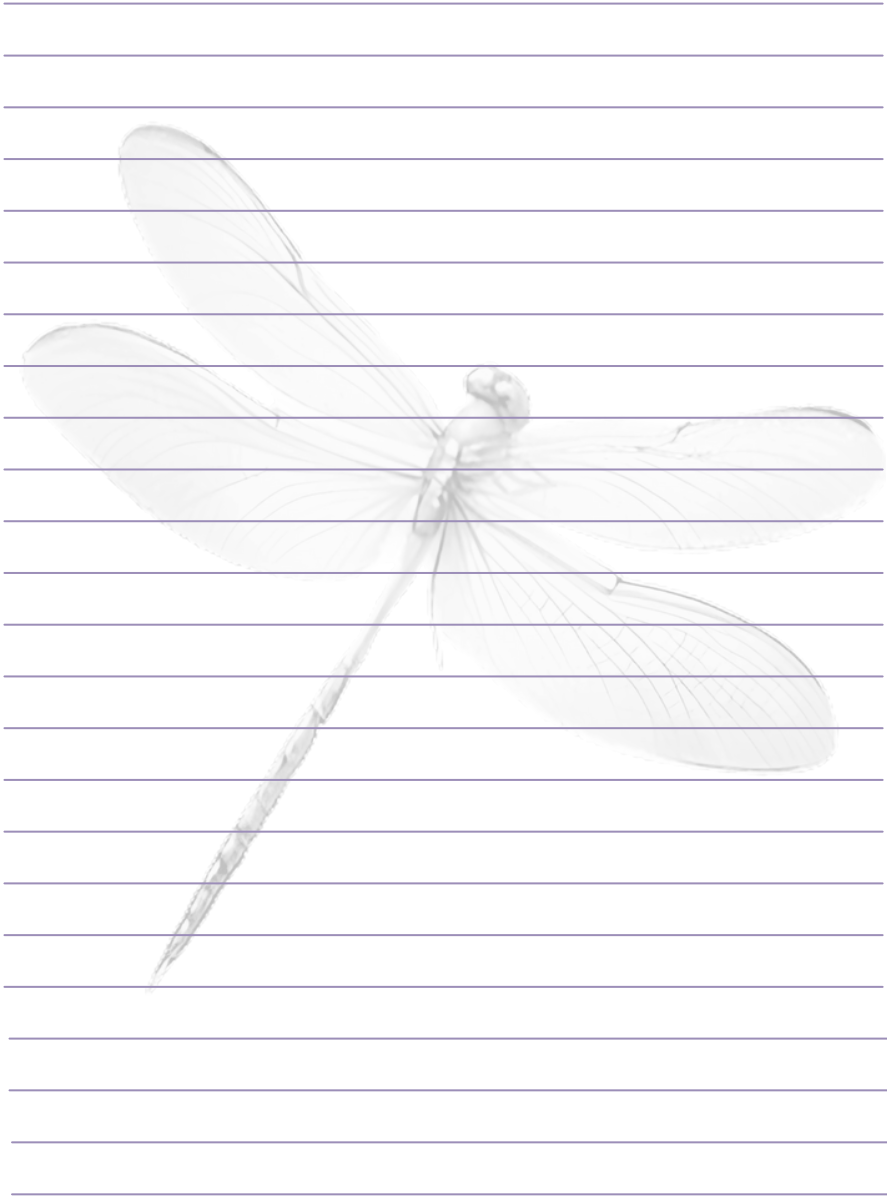


Date _____

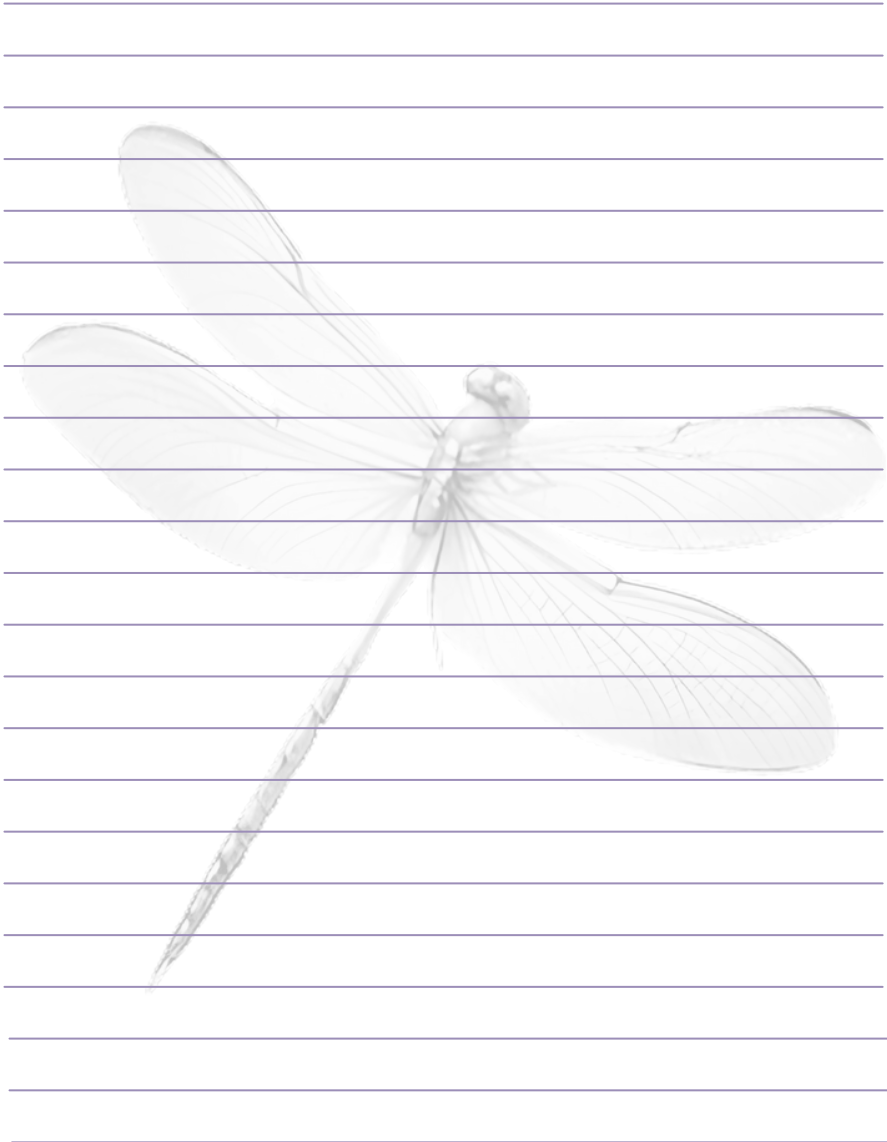


"Behind every ego mask is a person who longs to be seen and understood." - Anonymous.

Date _____

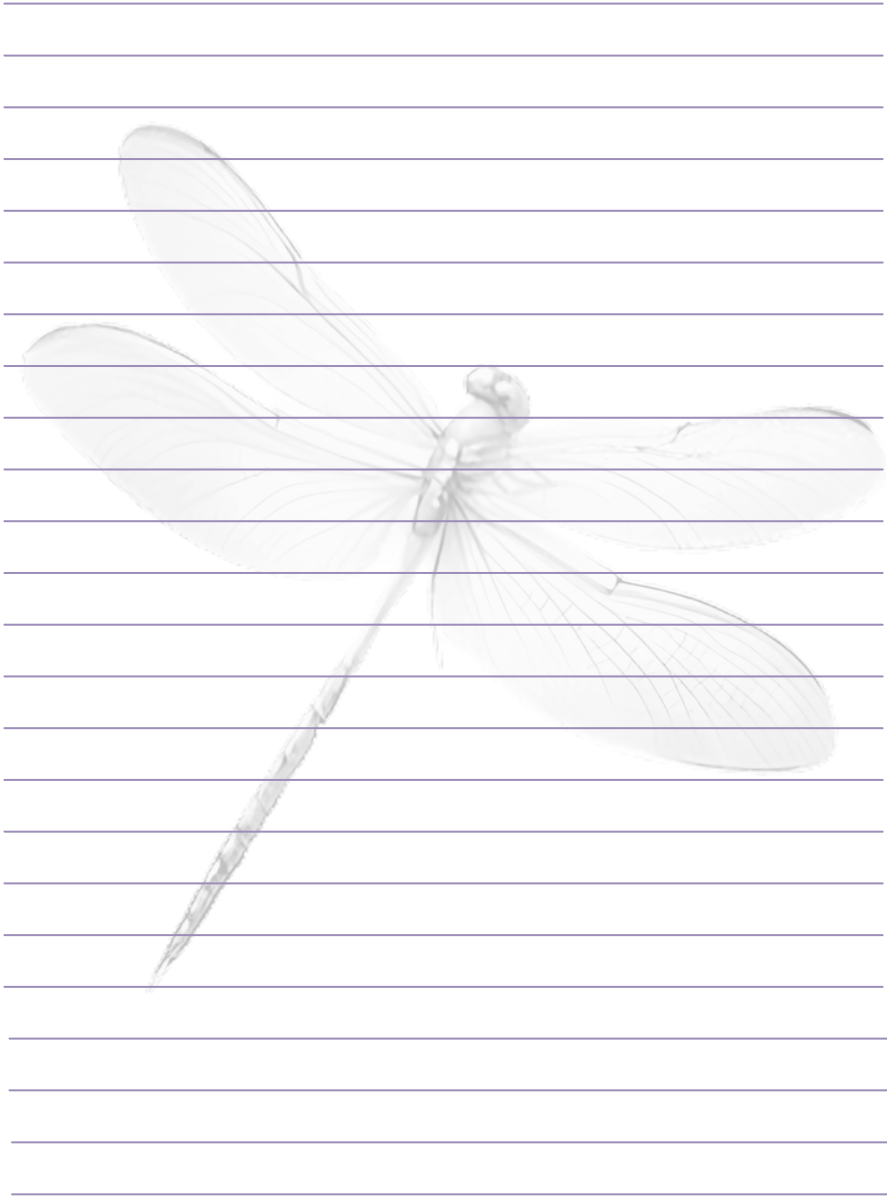


Date _____

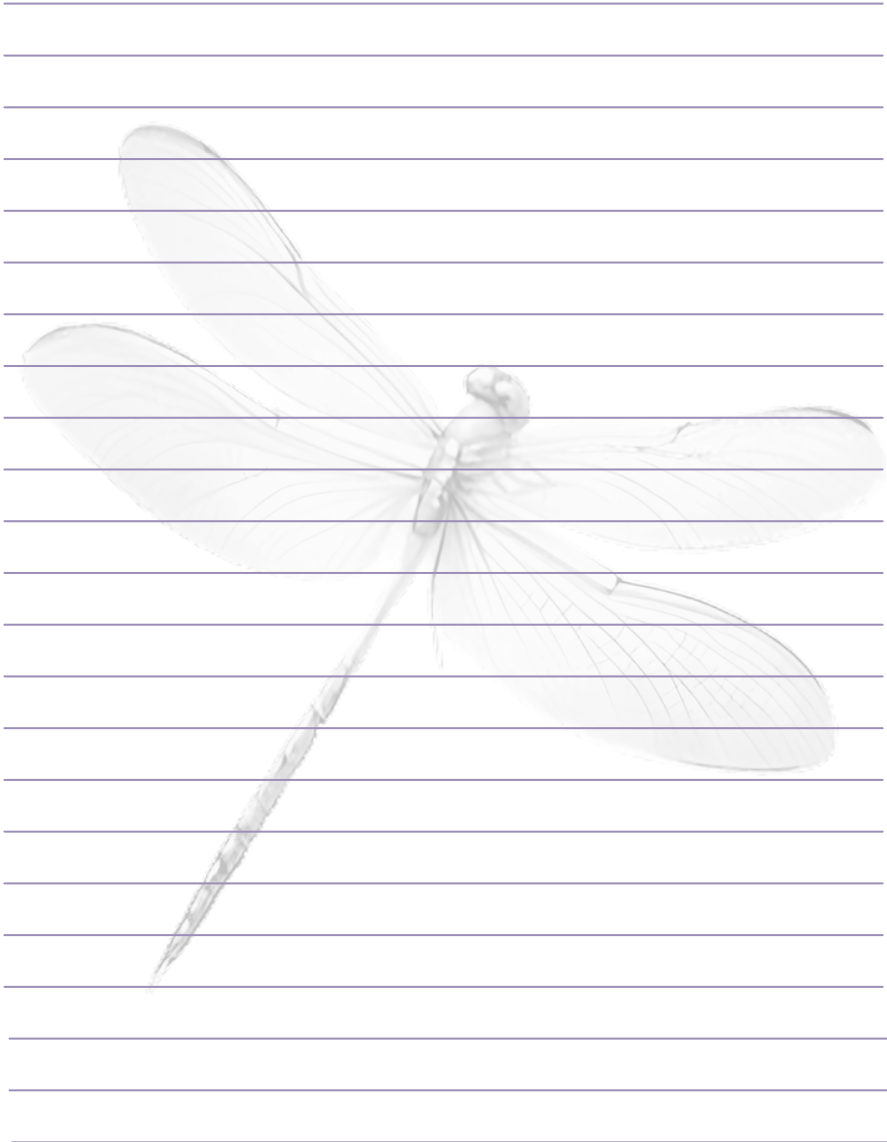


“The journey to healing isn’t about fixing what’s broken—it’s about rediscovering the power that’s always lived within you.” - Brenda Hukel

Date _____

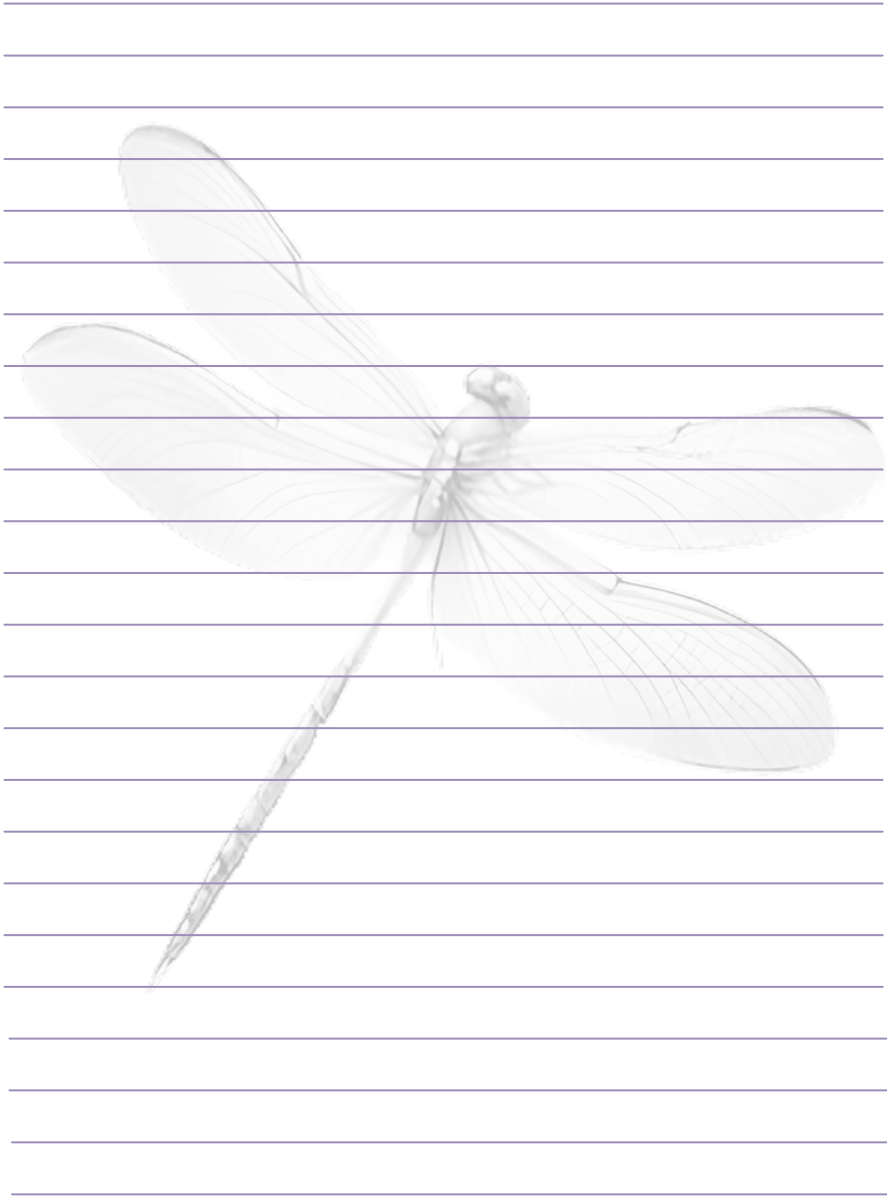


Date _____

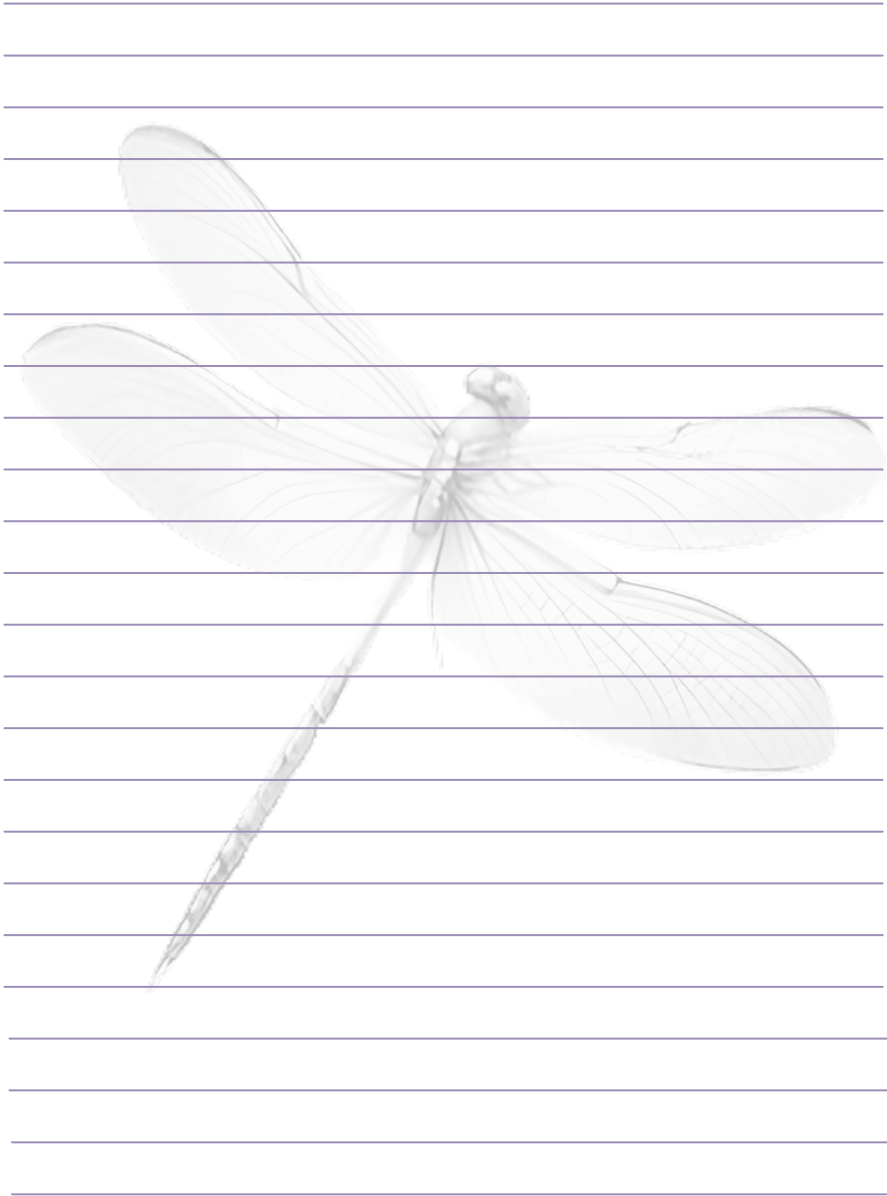


“Your healing is not a destination, it's the unfolding of your authentic self, layer by layer, until only your brilliance remains.” - Brenda Hukel

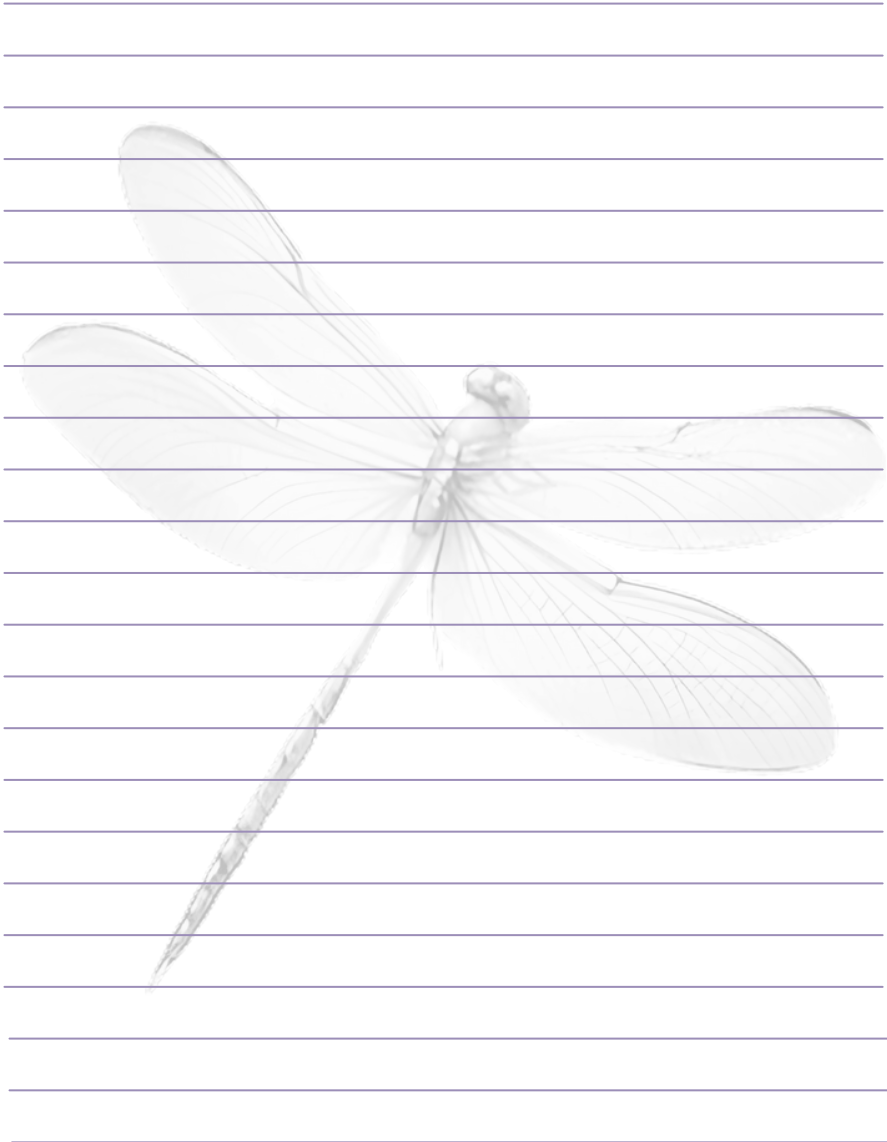
Date _____



Date _____

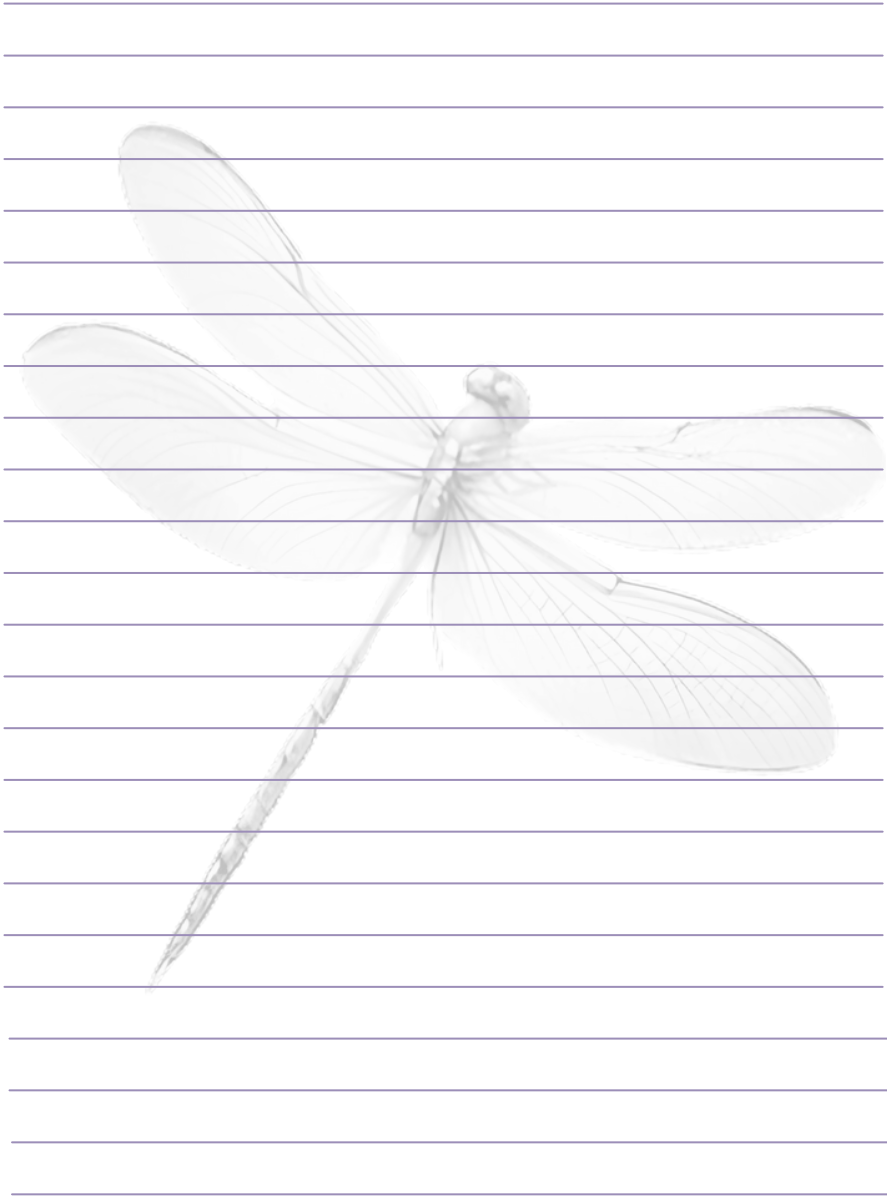


Date _____

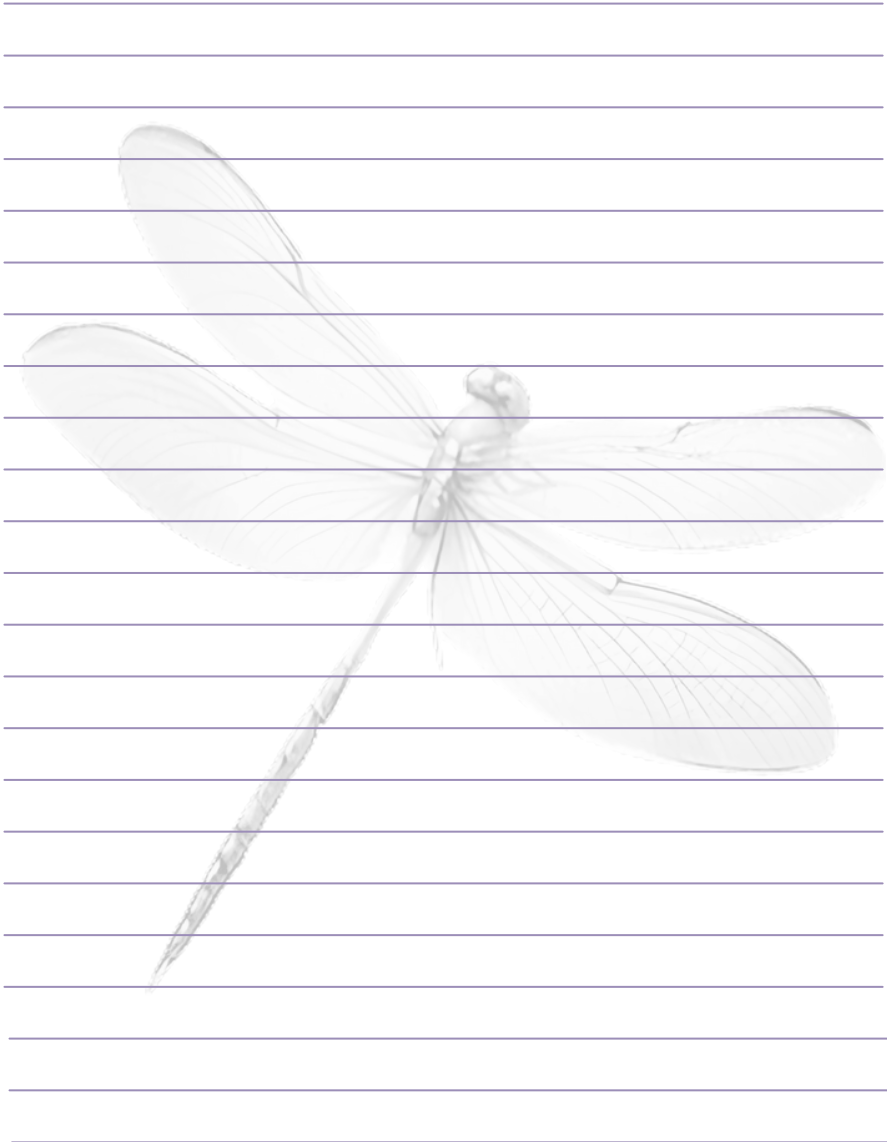


“True healing is reclaiming the woman your soul has been waiting for you to remember.” - Brenda Hukel

Date _____

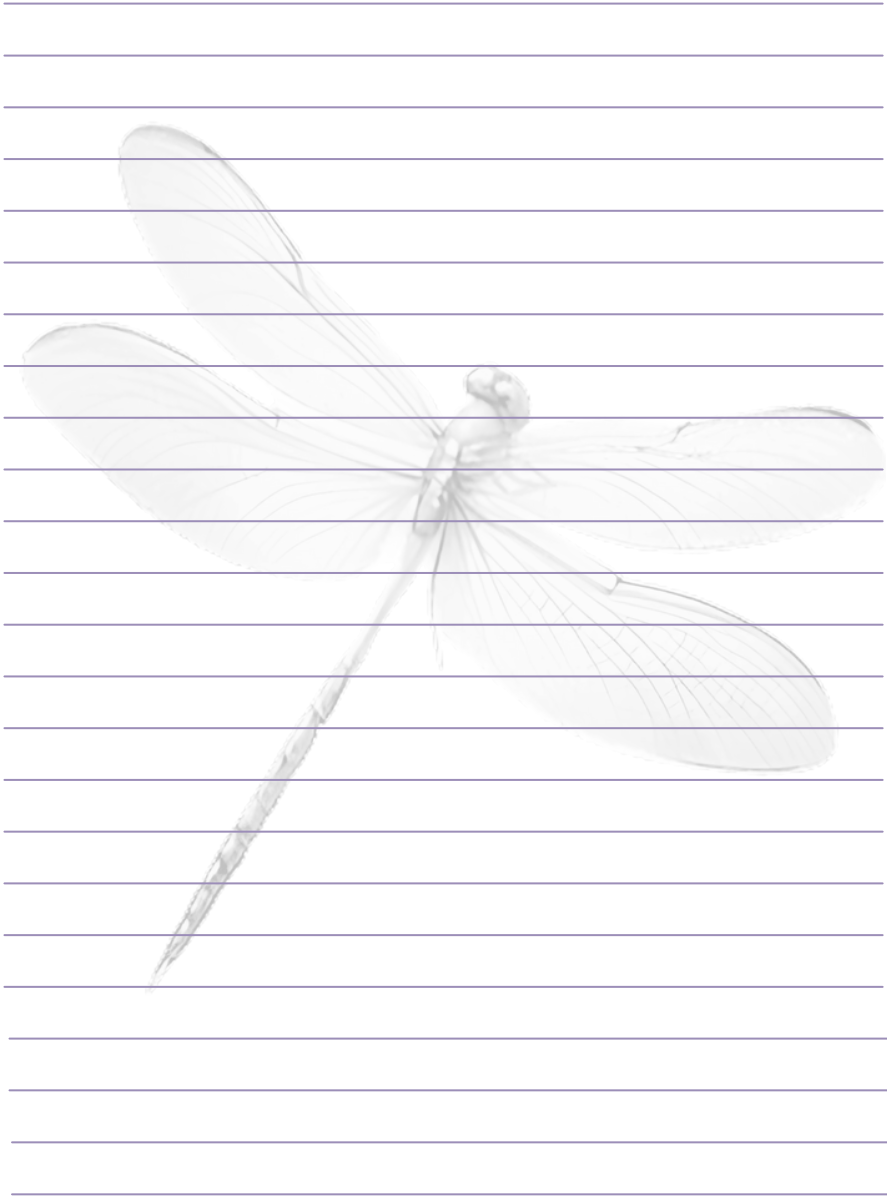


Date _____

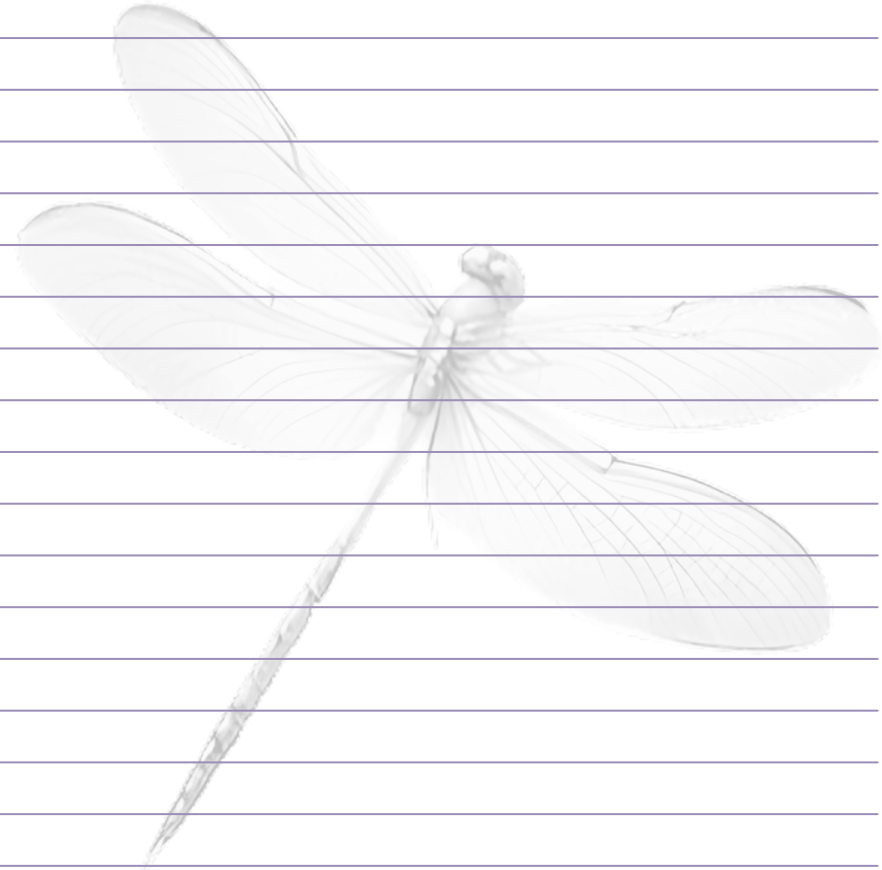


"Holding on to anger is like drinking poison and expecting your enemy to die." - Unknown Author

Date _____

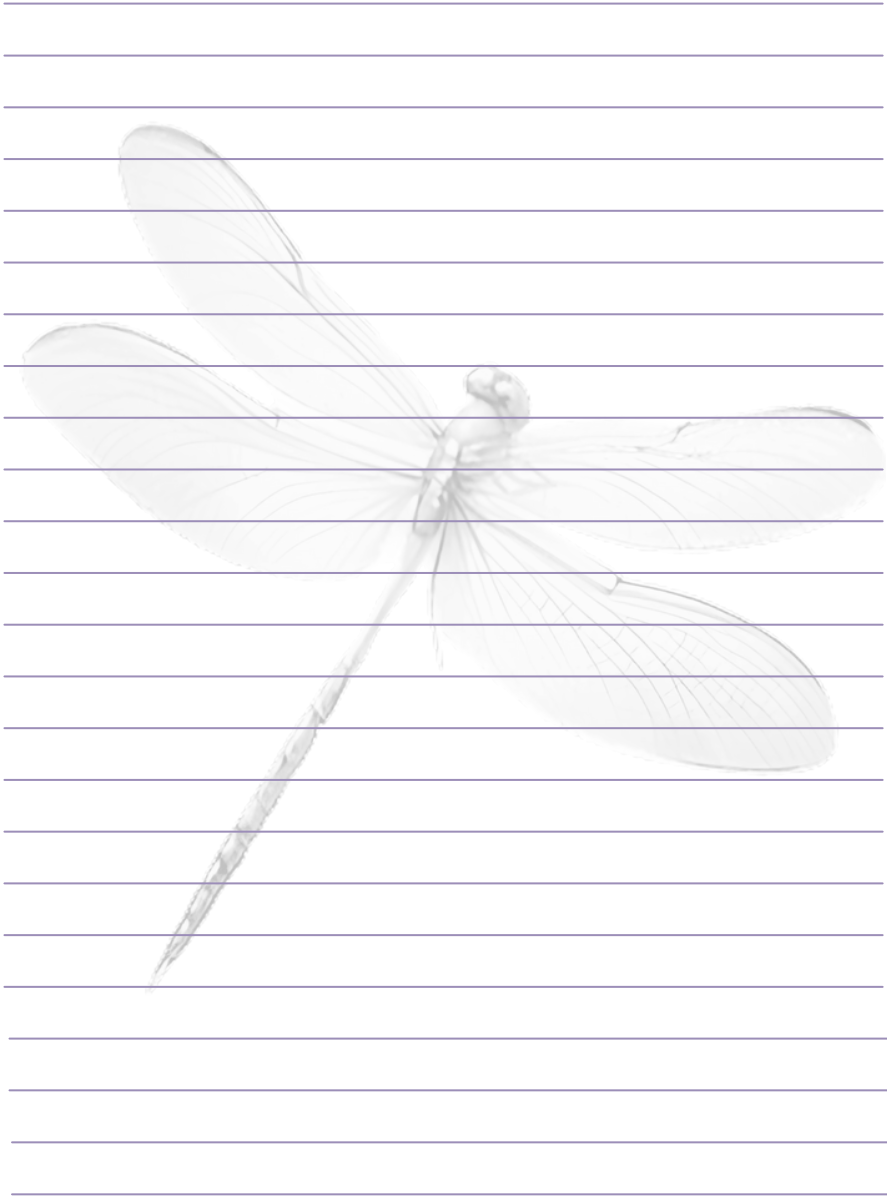


Date _____

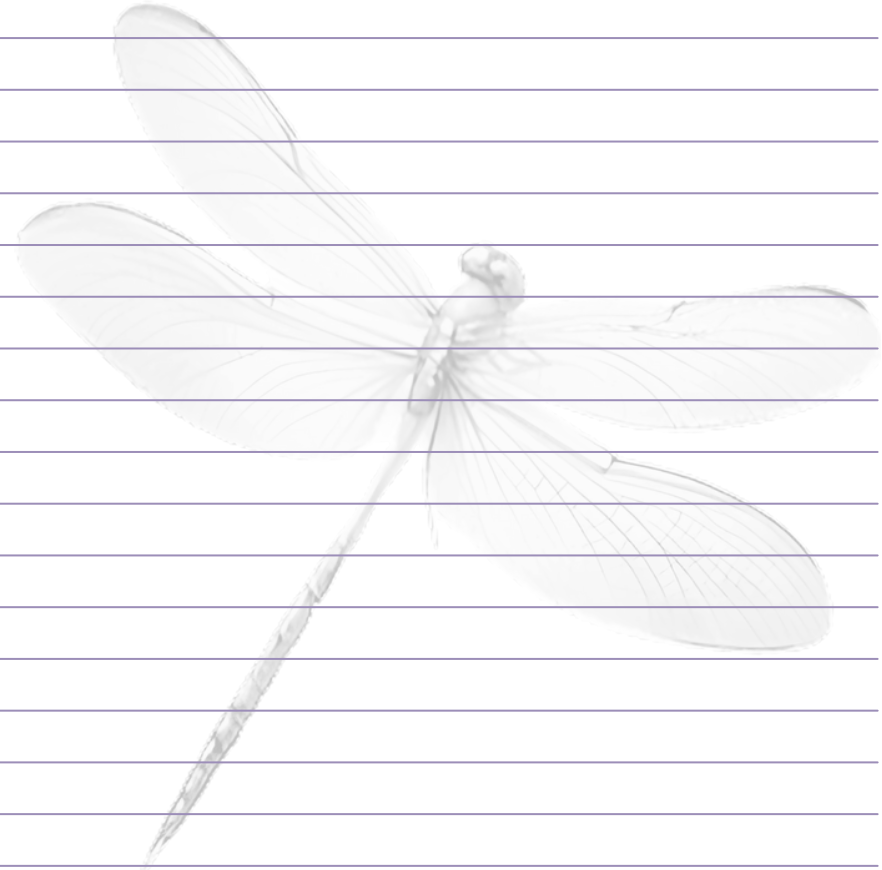


“Transformation begins the moment you choose to no longer be defined by what broke you, but by the courage it took to reclaim your truth.” - Brenda Hukel

Date _____

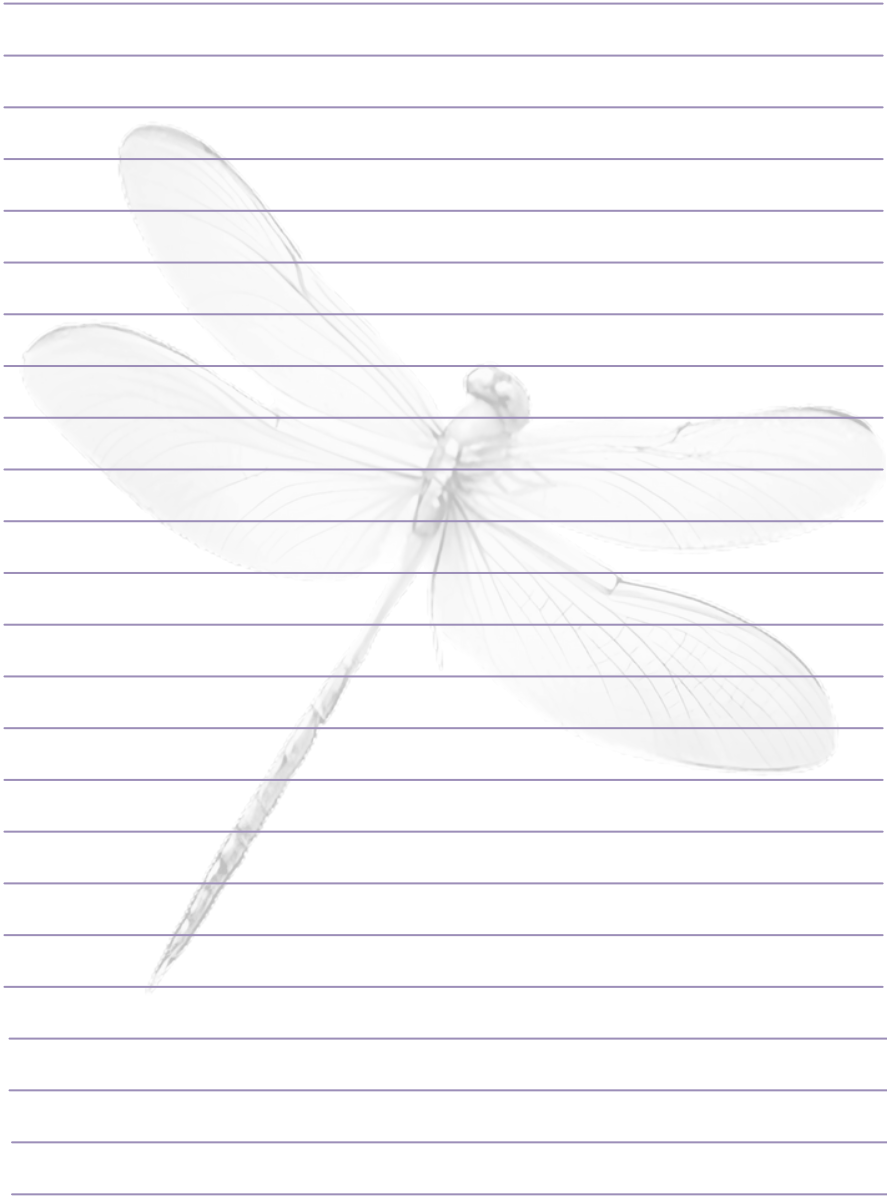


Date _____

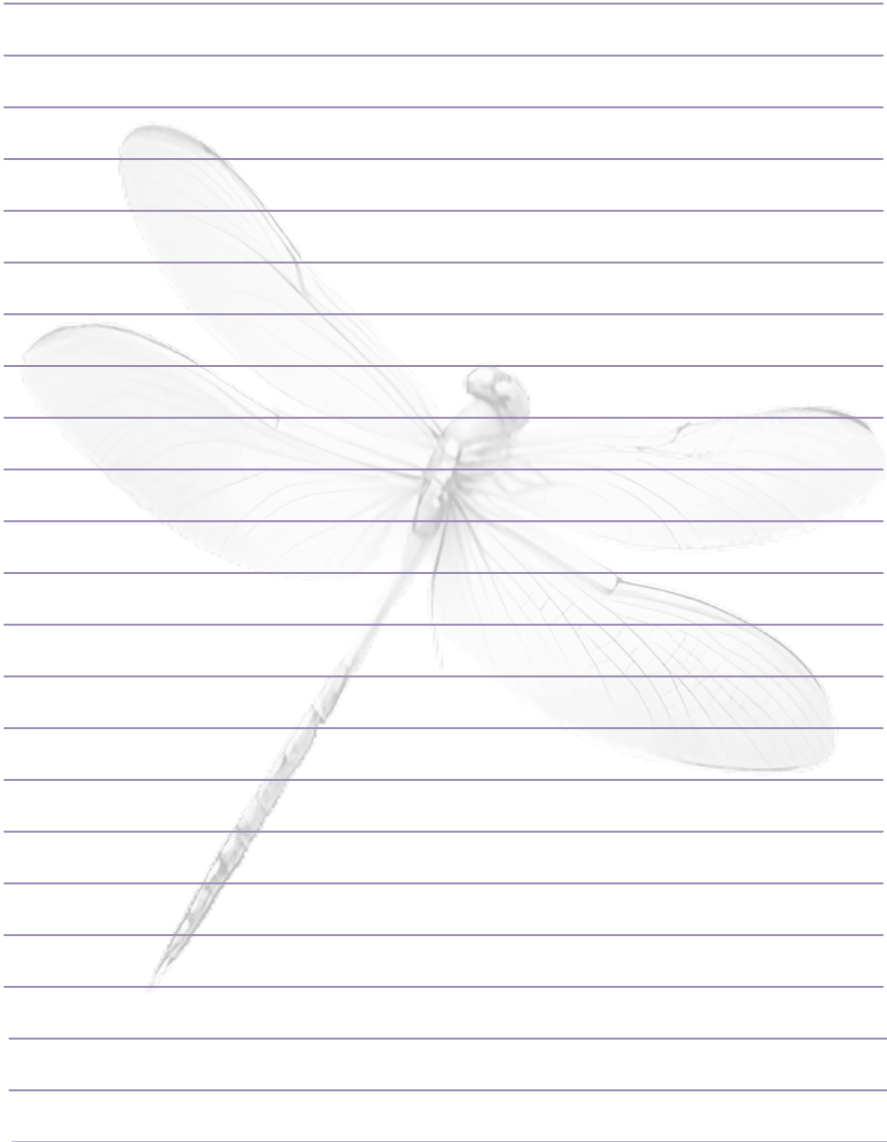


“Healing begins the moment you decide to be no longer defined by what broke you, but by how you had the courage to rise.” - Brenda Hukel

Date _____

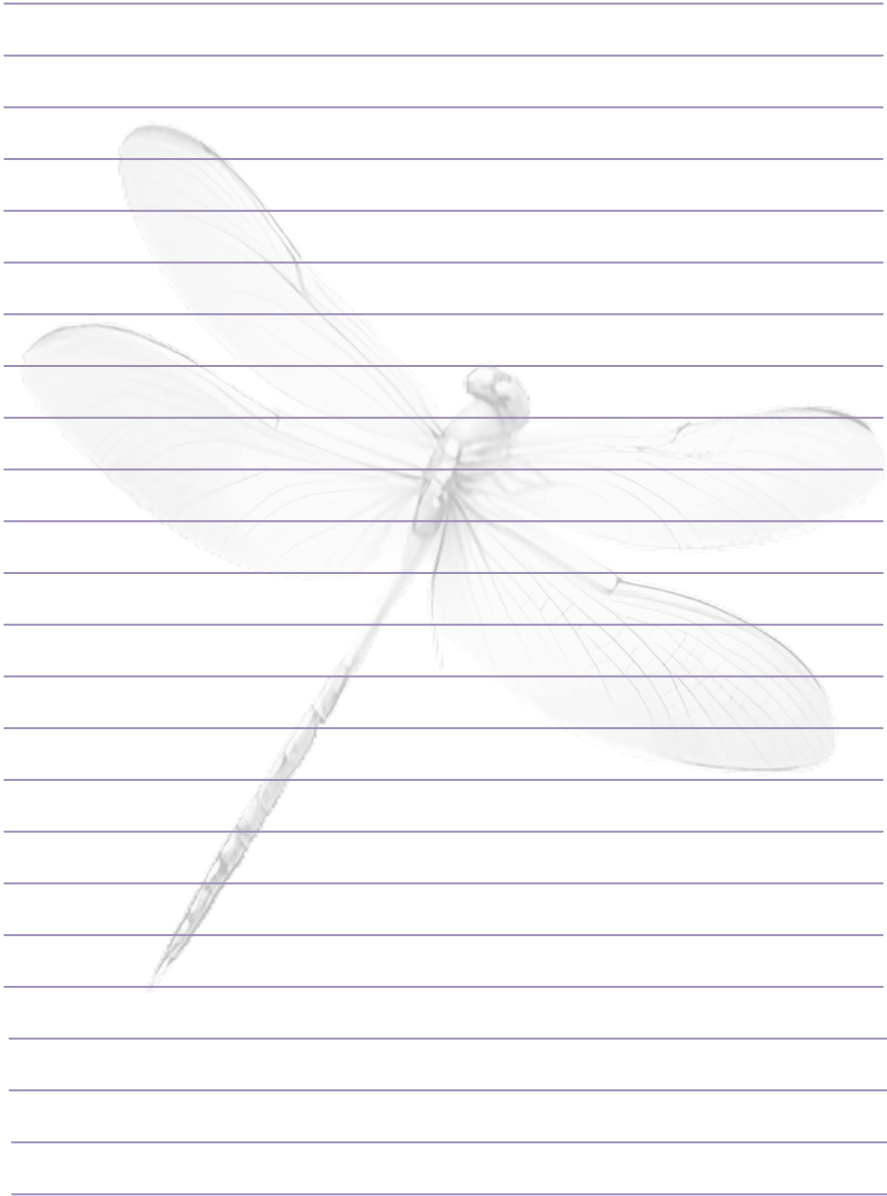


Date _____

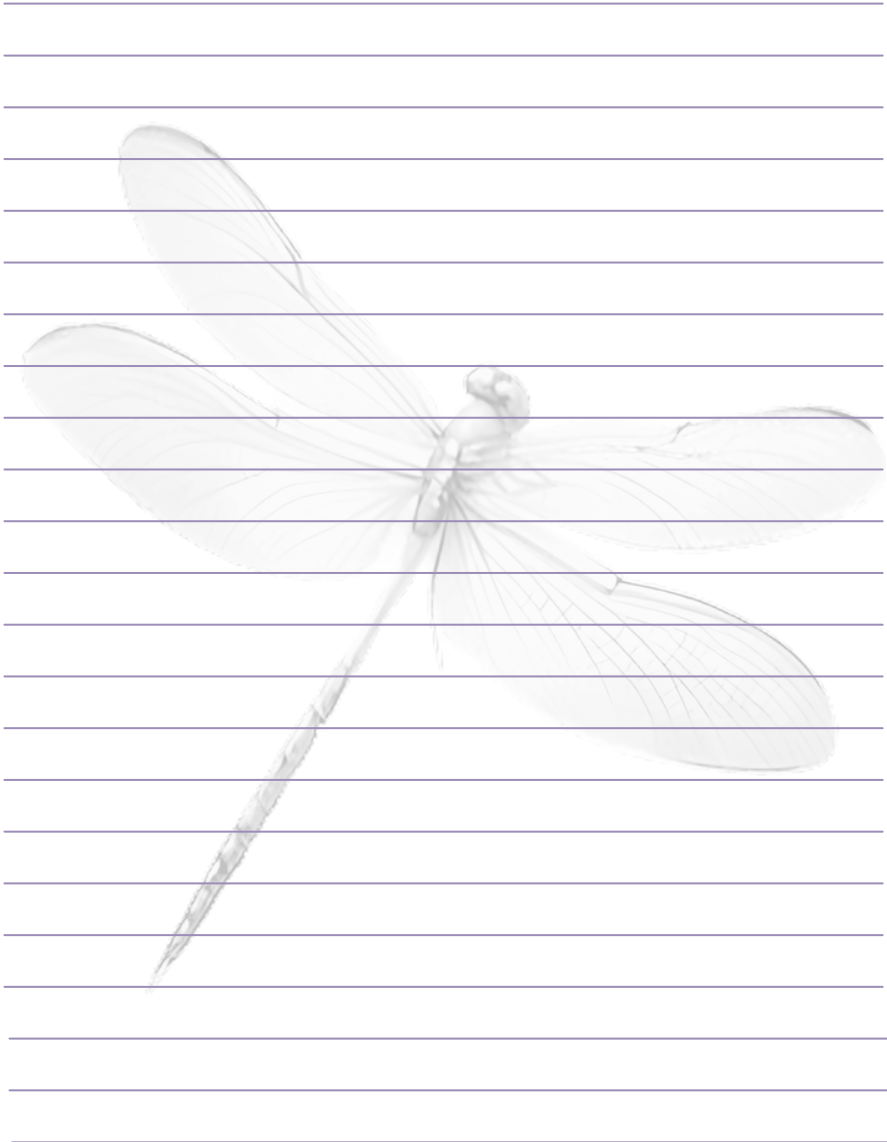


"Within every woman lies the power to turn her wounds into wisdom, her fears into courage, and her pain into power." - Brenda Hukel

Date _____



Date _____

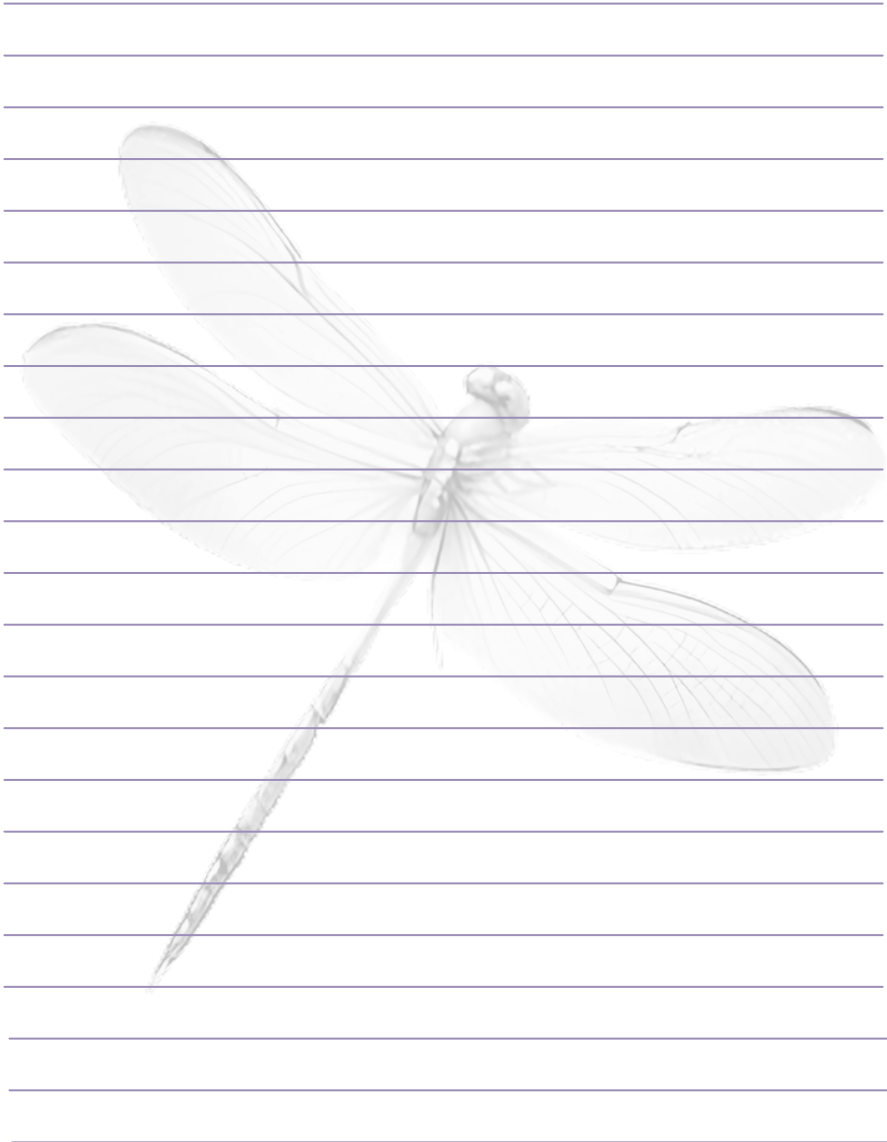


"You are the author of your story. Let each step of your healing journey be a chapter of strength, courage, and transformation." - Brenda Hukel

Date _____

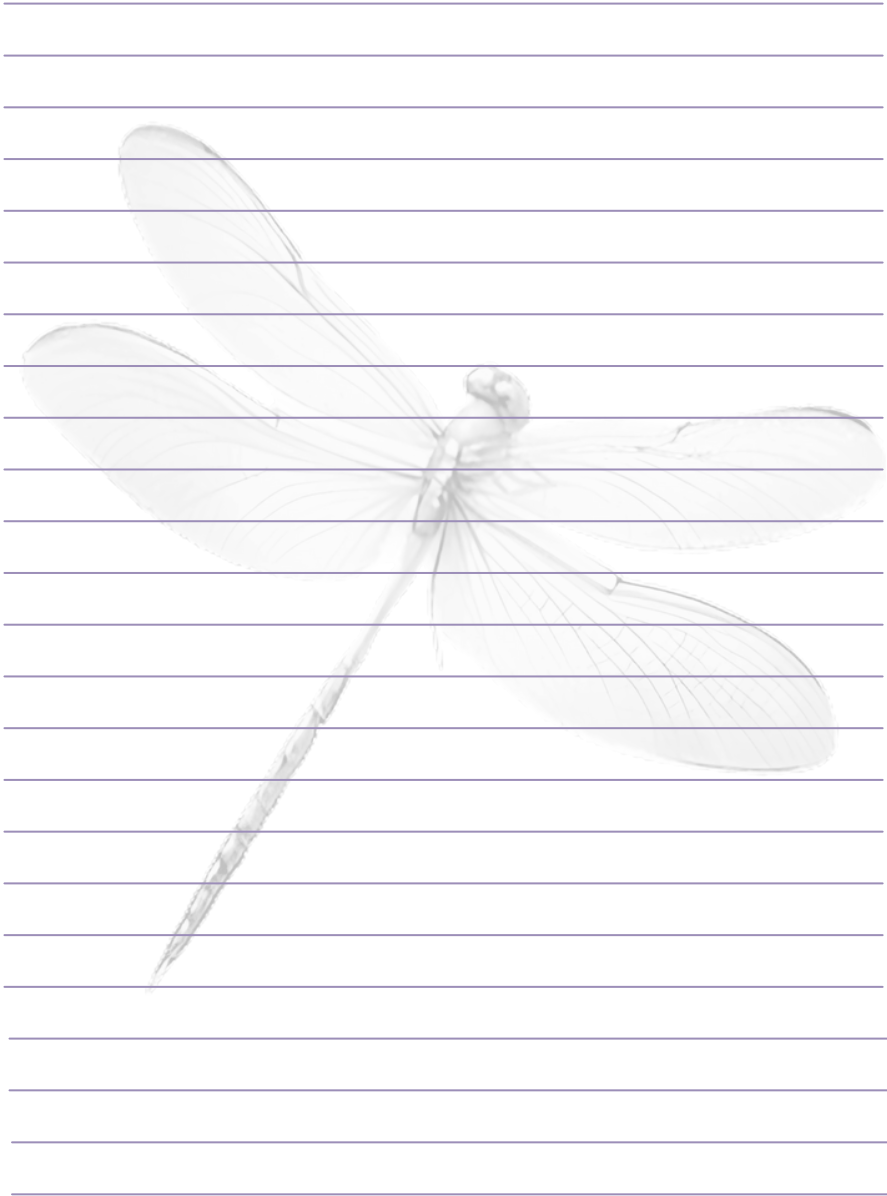


Date _____

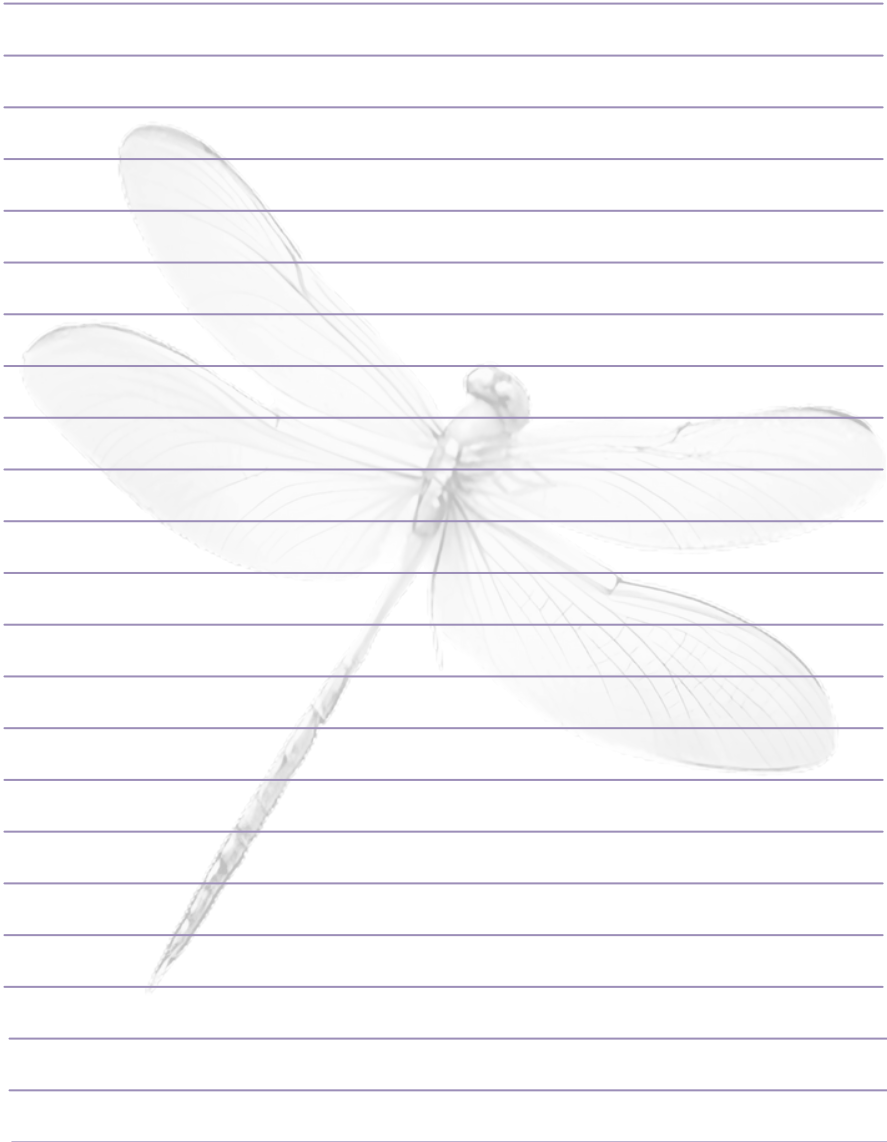


"The ego seeks validation, the soul seeks liberation."
- Unknown author

Date _____

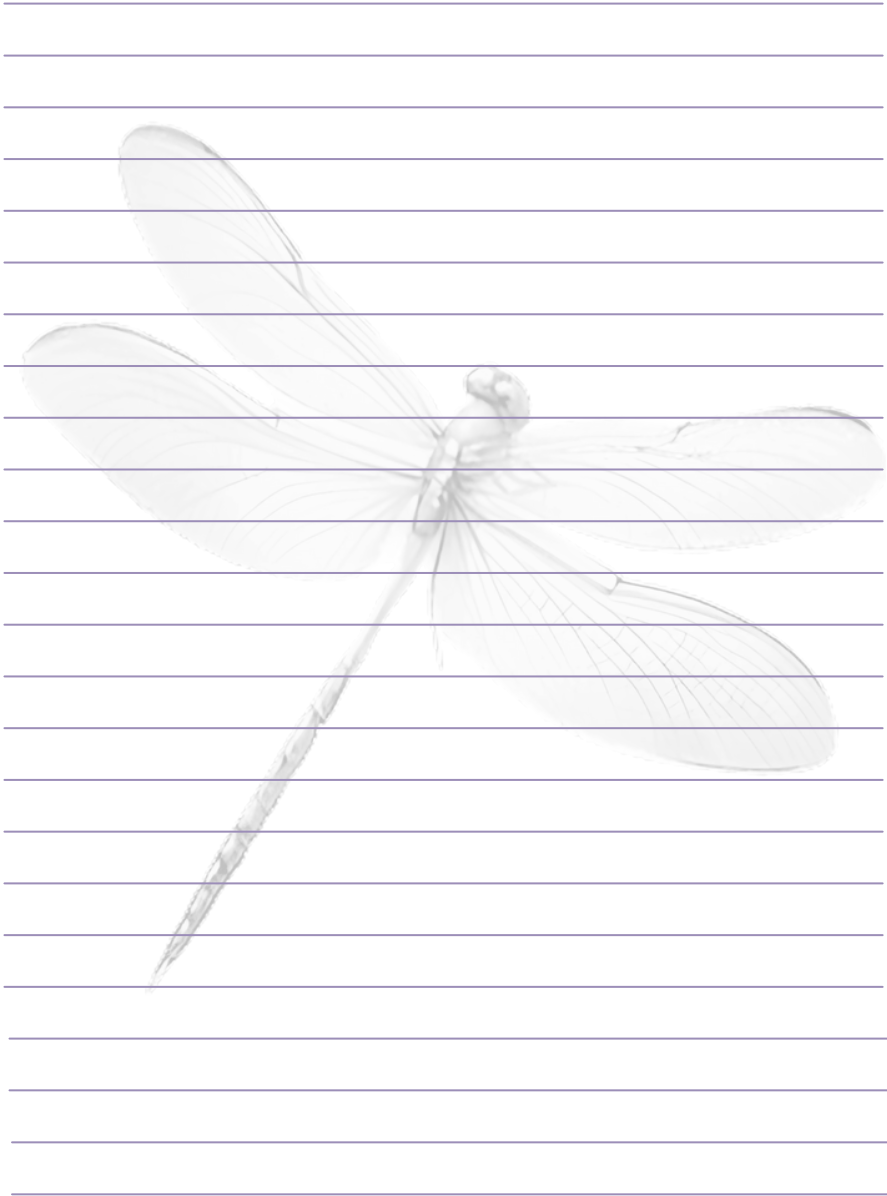


Date _____

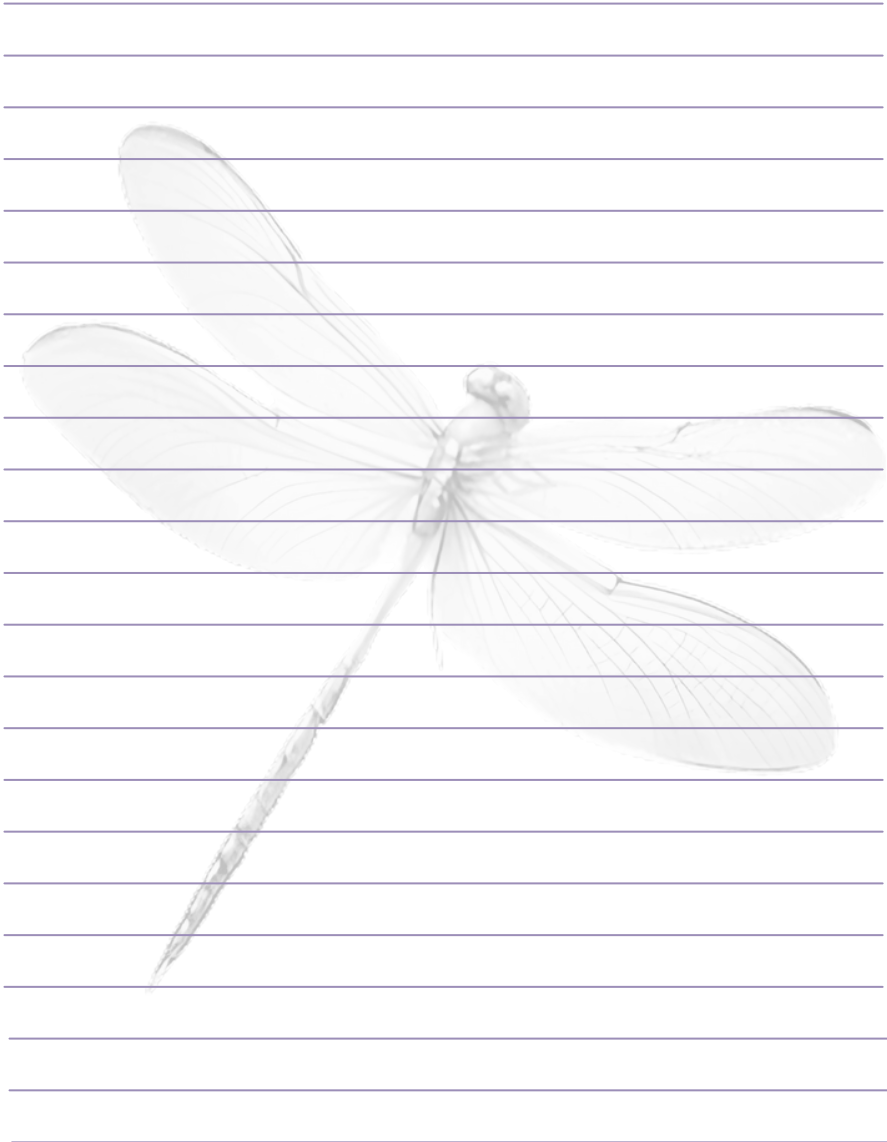


"Create the life you desire and deserve." - Brenda Hukel

Date _____

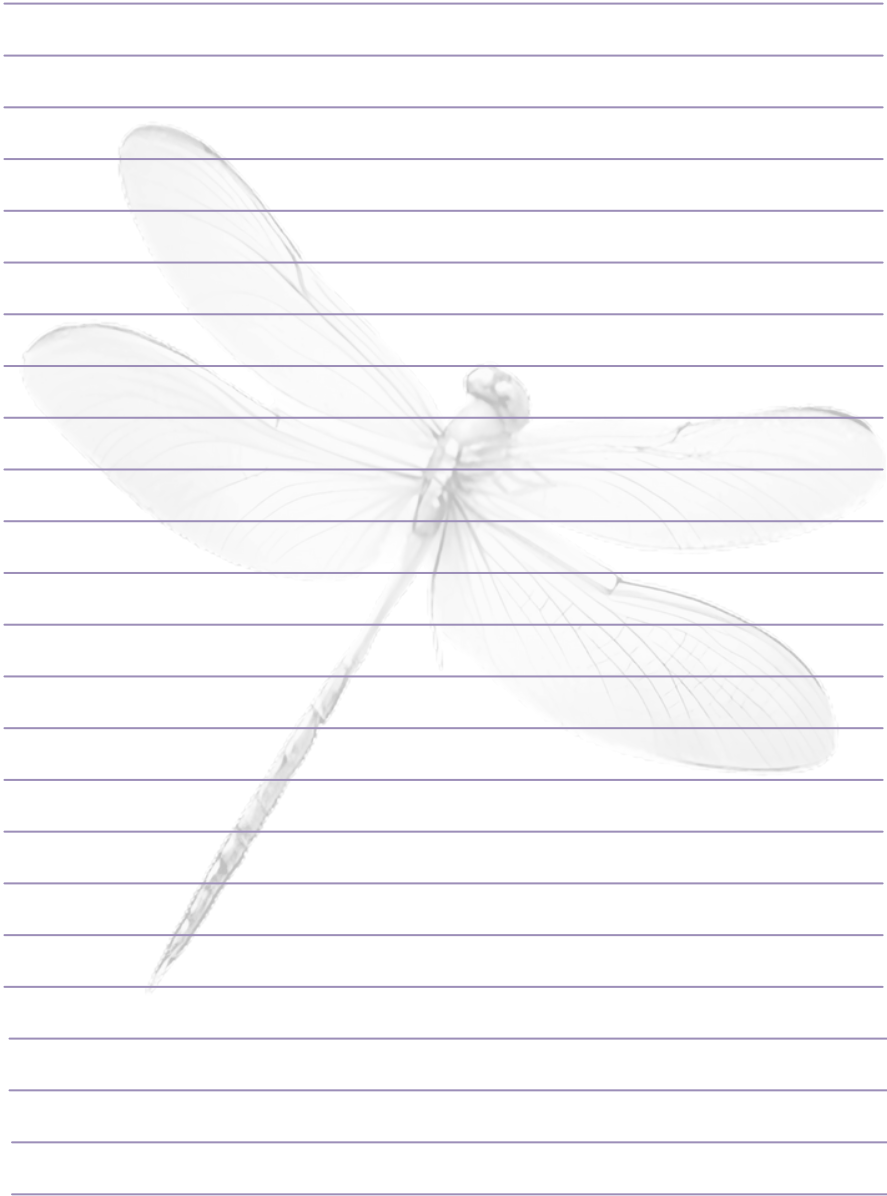


Date _____

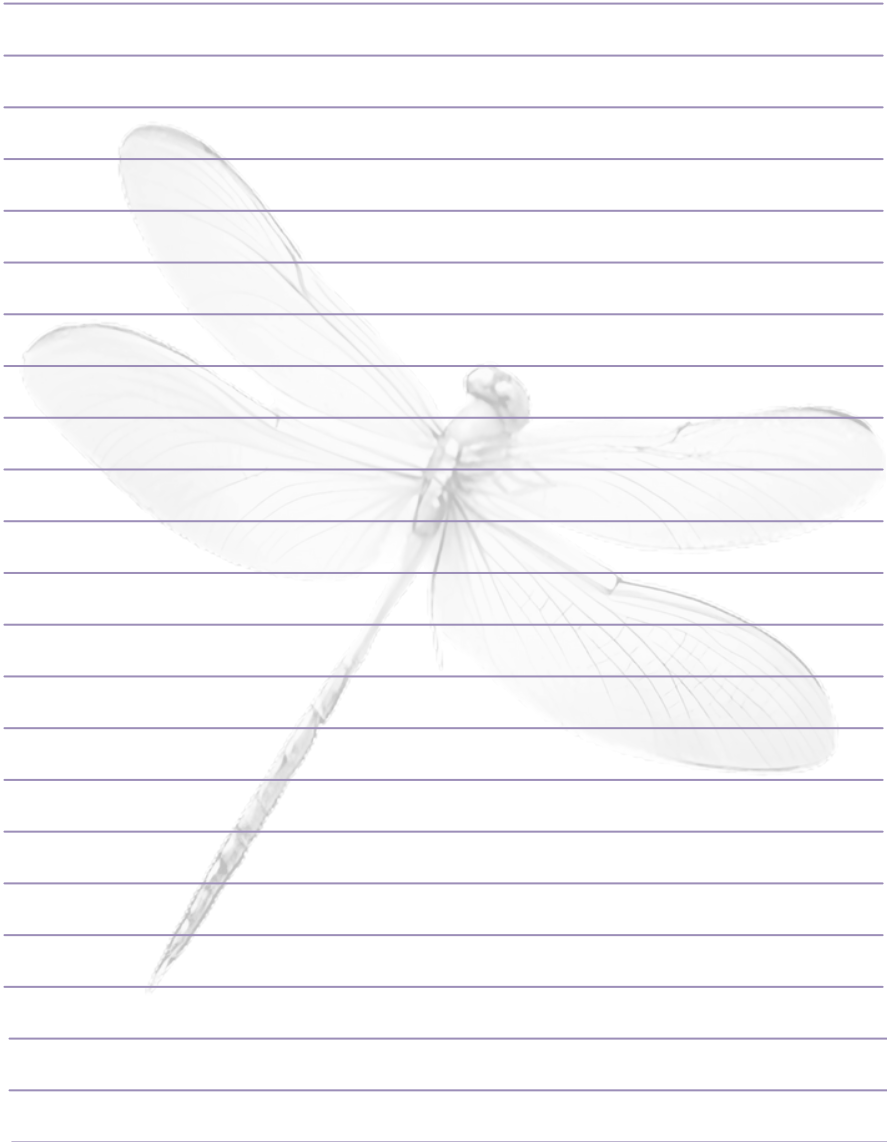


Be the warrior of your becoming—brave enough to embrace the unknown, and free enough to soar.” -
Brenda Hukel

Date _____

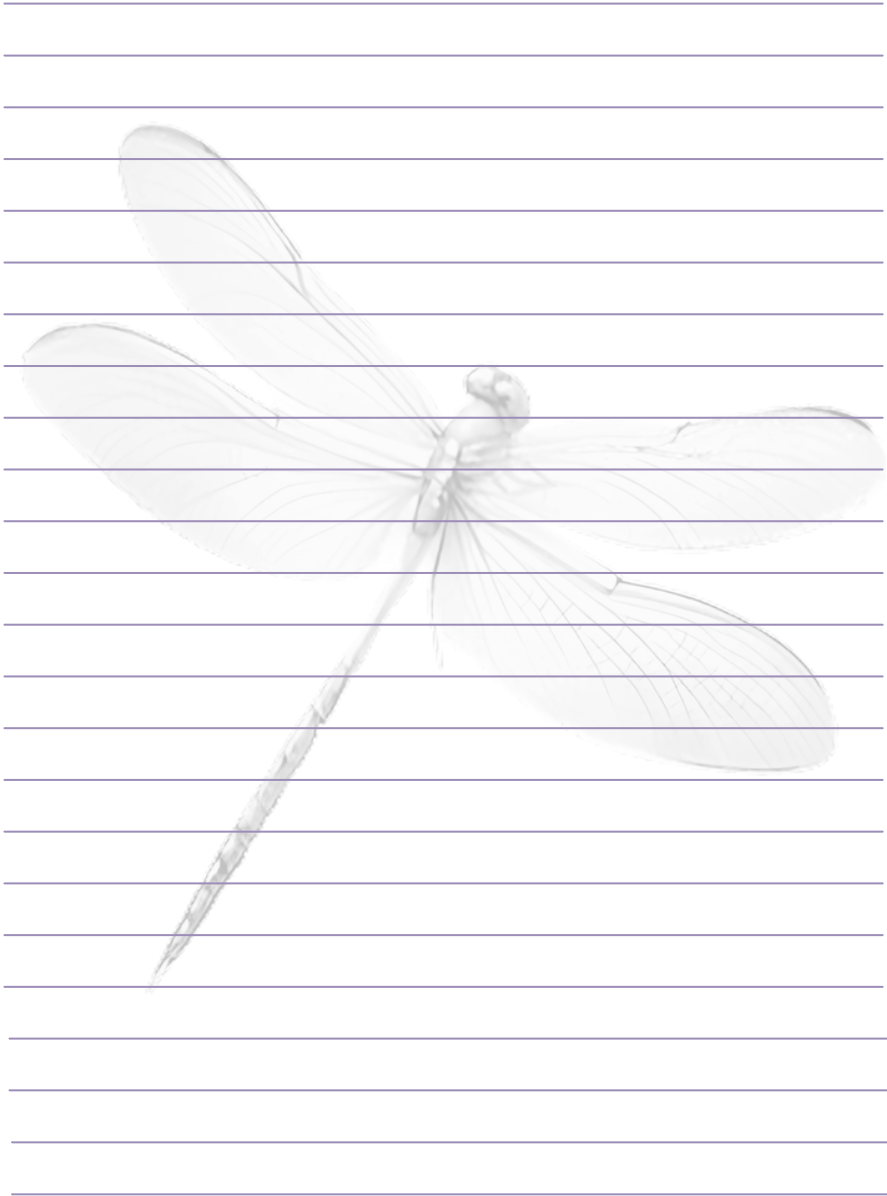


Date _____

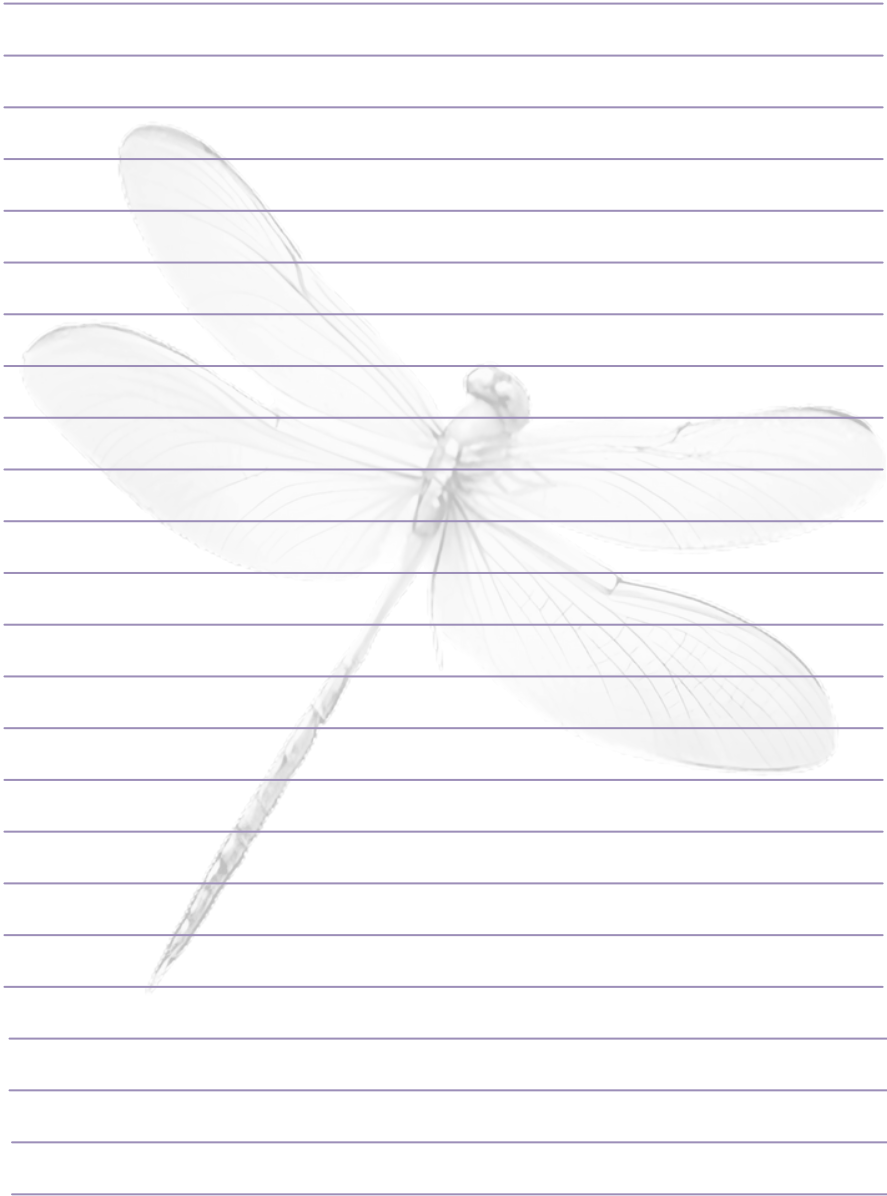


"Transformation begins the moment you believe in yourself." - Brenda Hukel

Date _____



Date _____

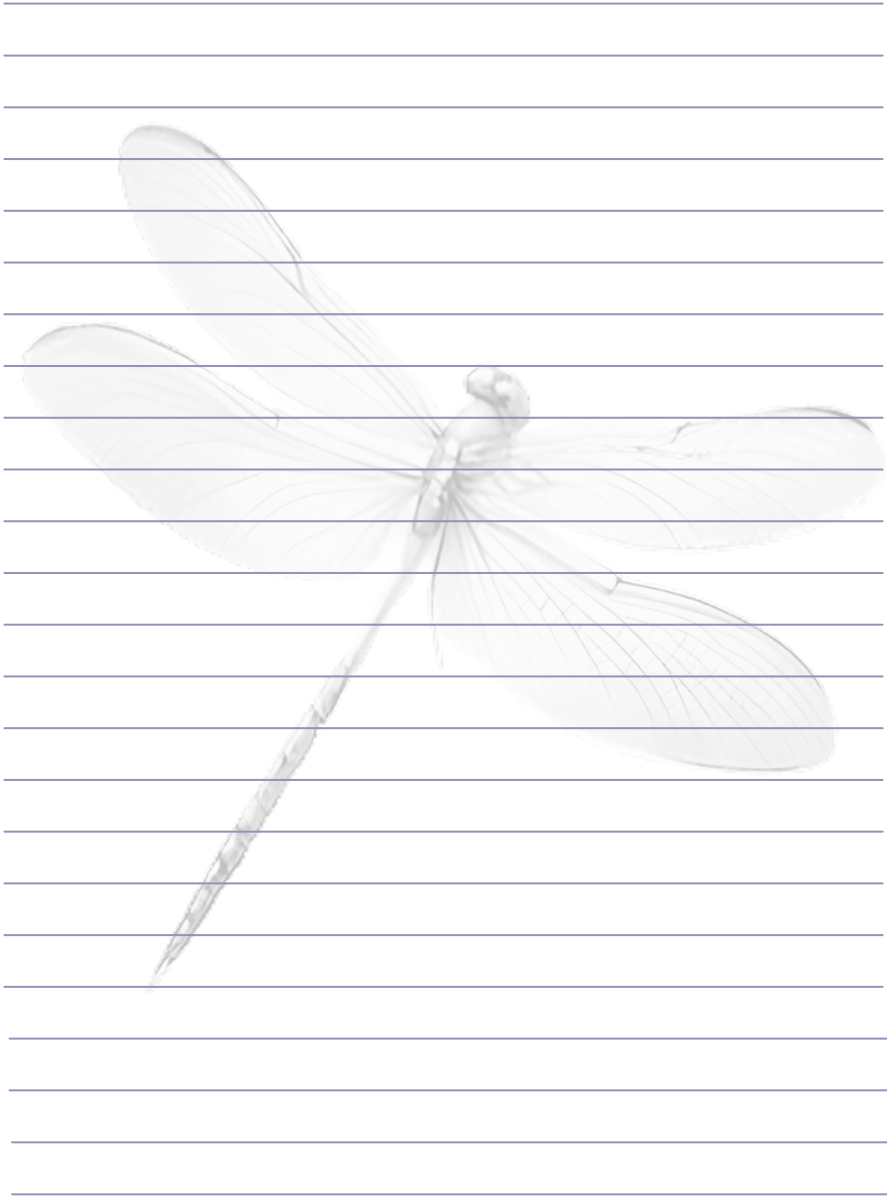


Date _____



"It's not the years in your life that count. It's the life
in your years." - Abraham Lincoln

Date _____

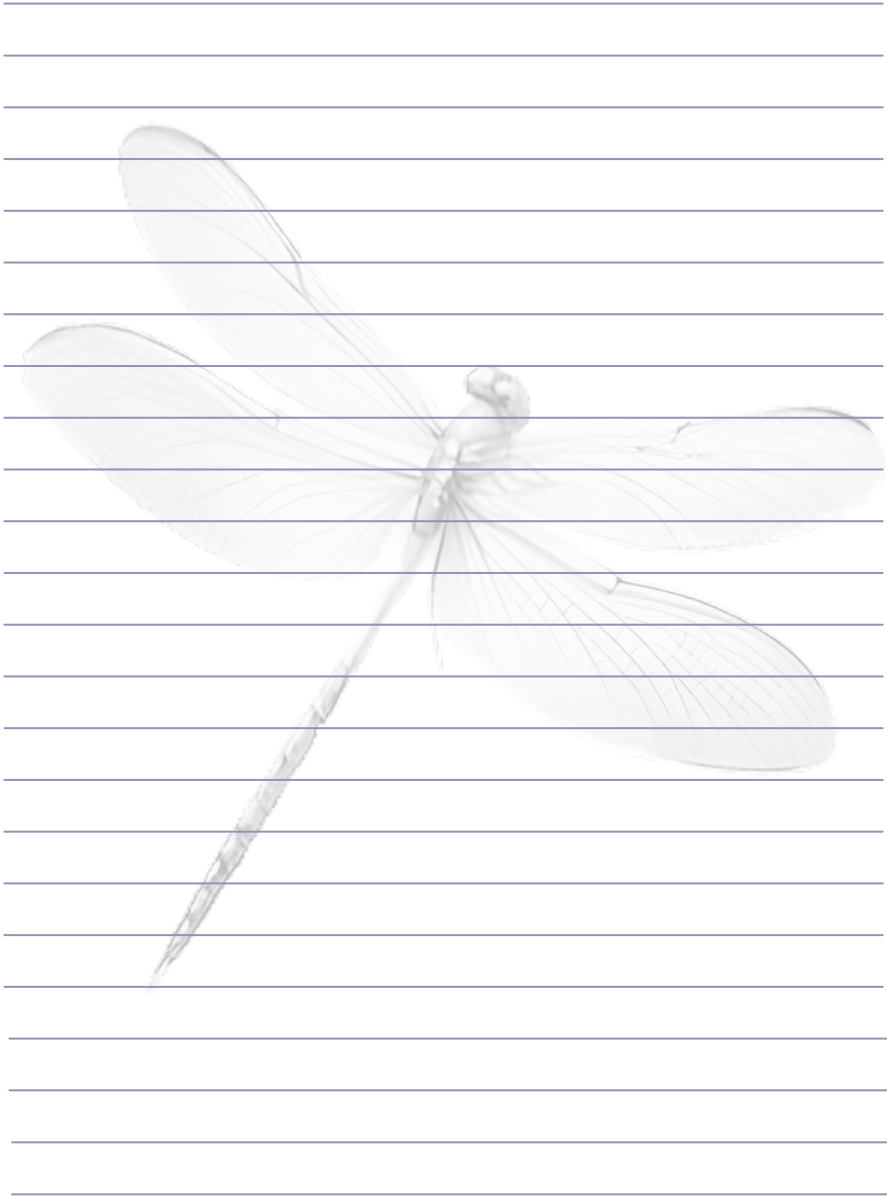


Date _____



"When you truly love yourself, the world's approval
loses its hold." - Brenda Hukel

Date _____

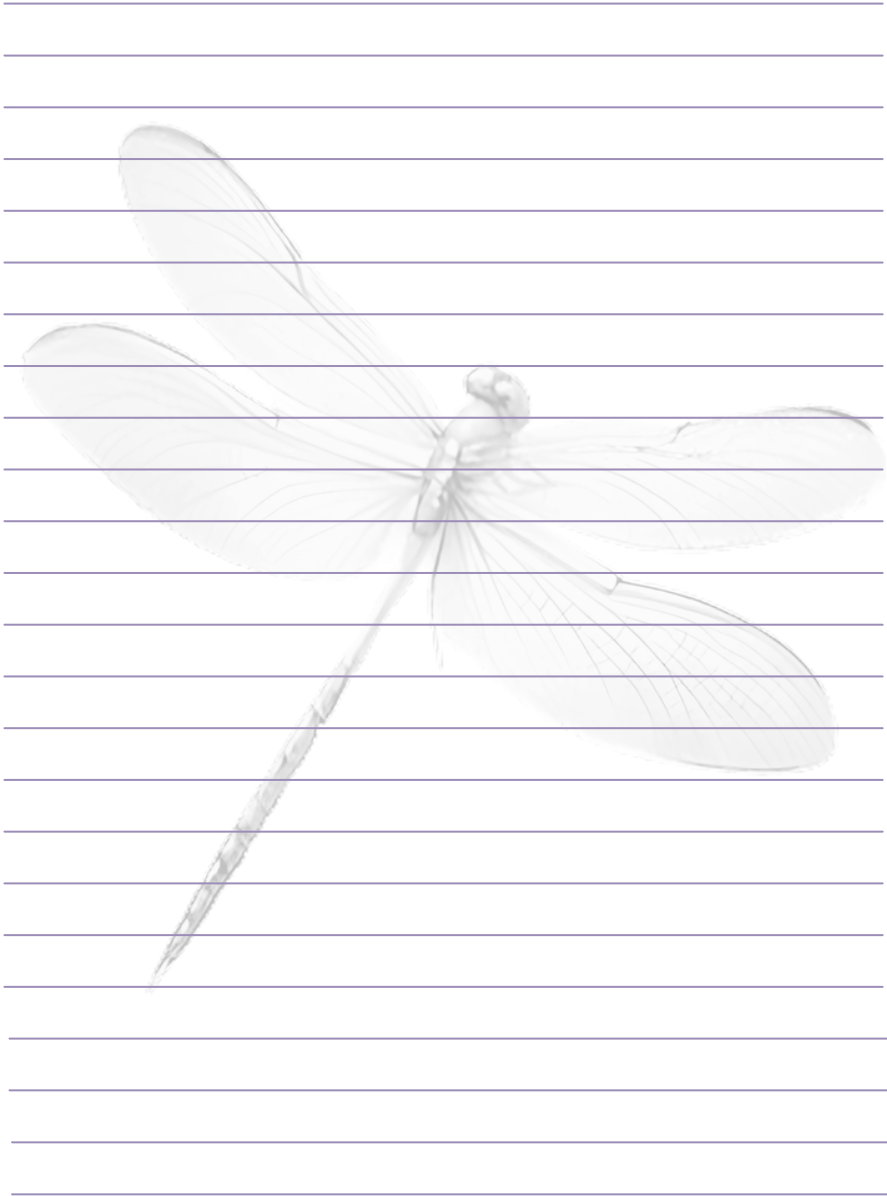


Date _____

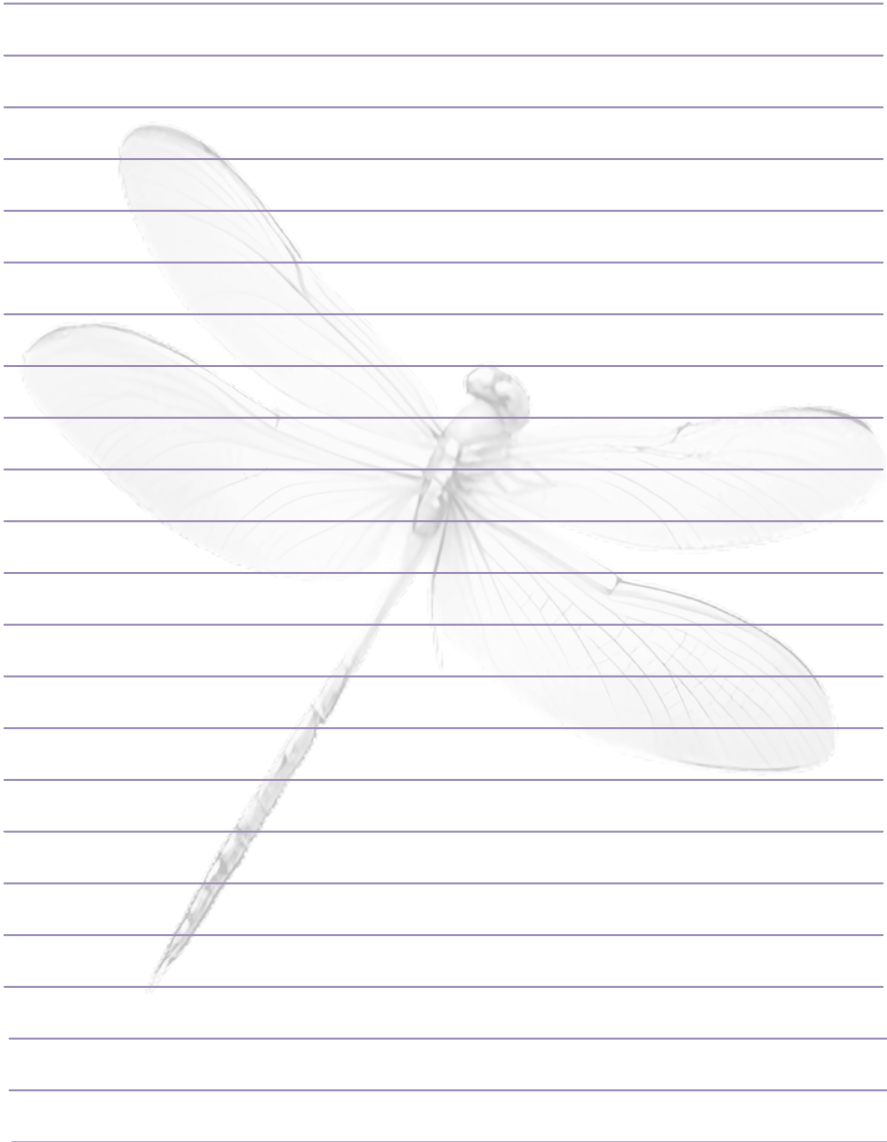


"The power to change your world begins with the belief that you can." - Brenda Hukel

Date _____

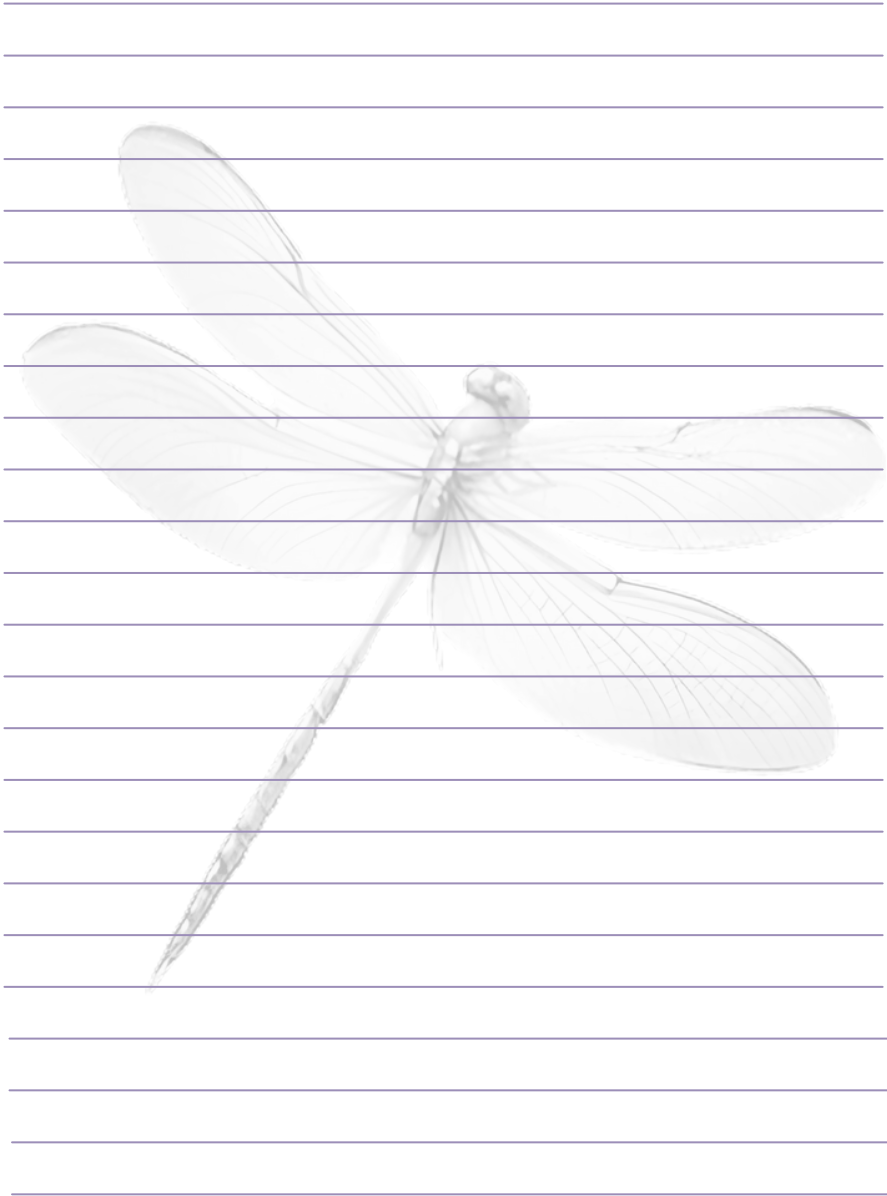


Date _____

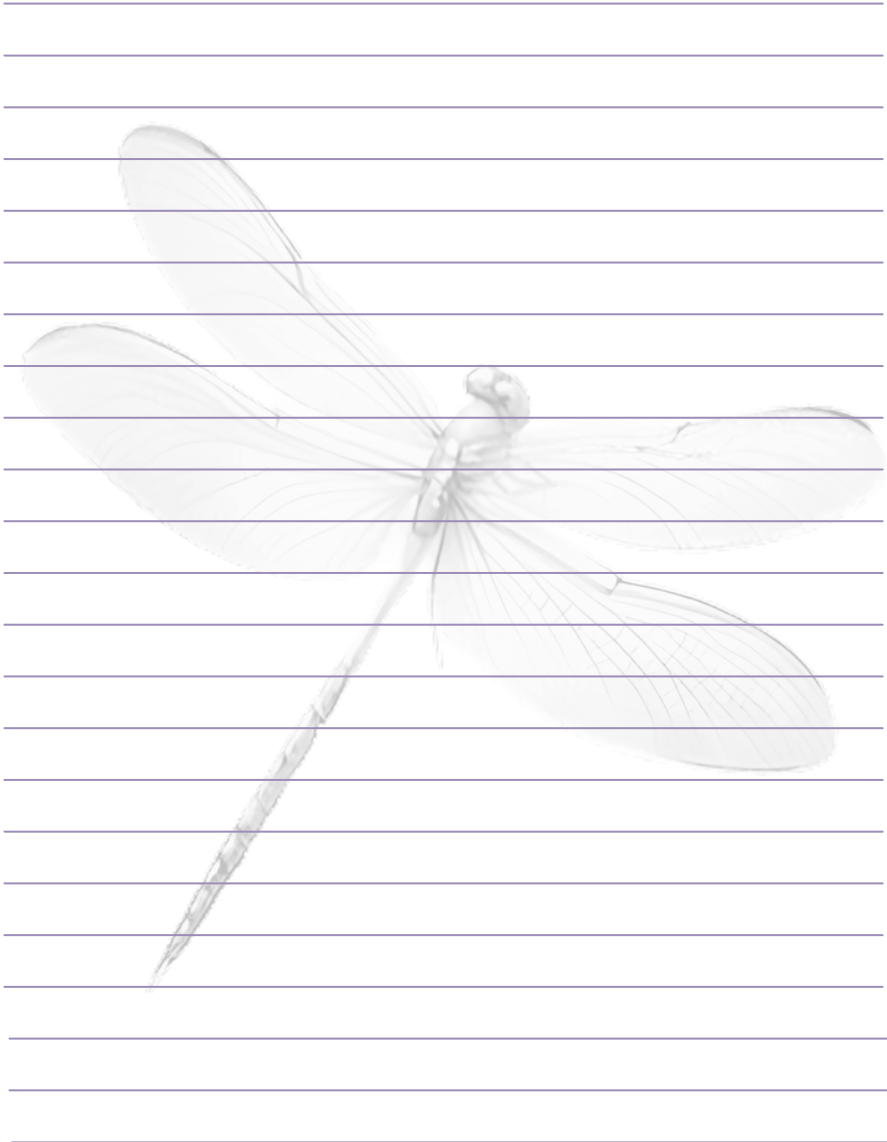


"What you believe is not just a thought, it's a blueprint for the life you are destined to create." -
Brenda Hukel

Date _____

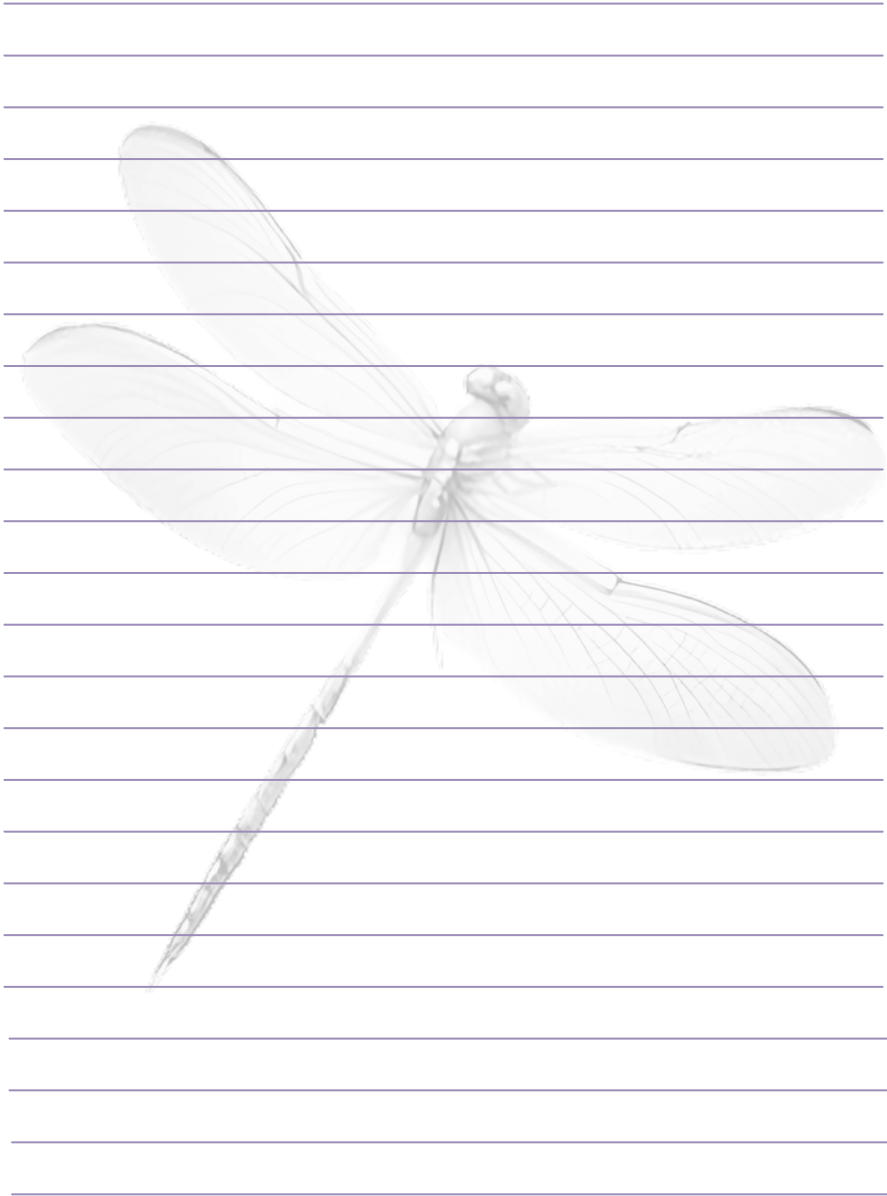


Date _____

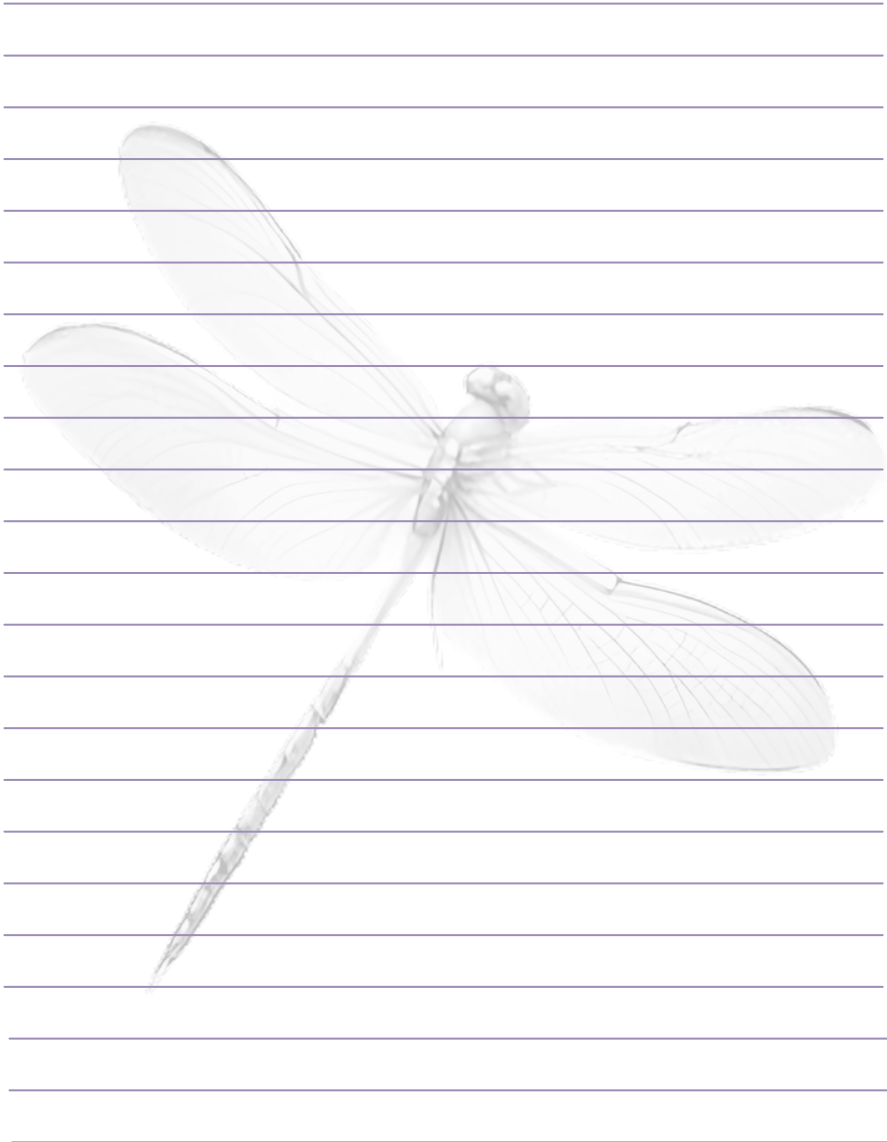


"Your journey of self-discovery is the greatest gift you can give to yourself and the world." - Brenda Hukel

Date _____

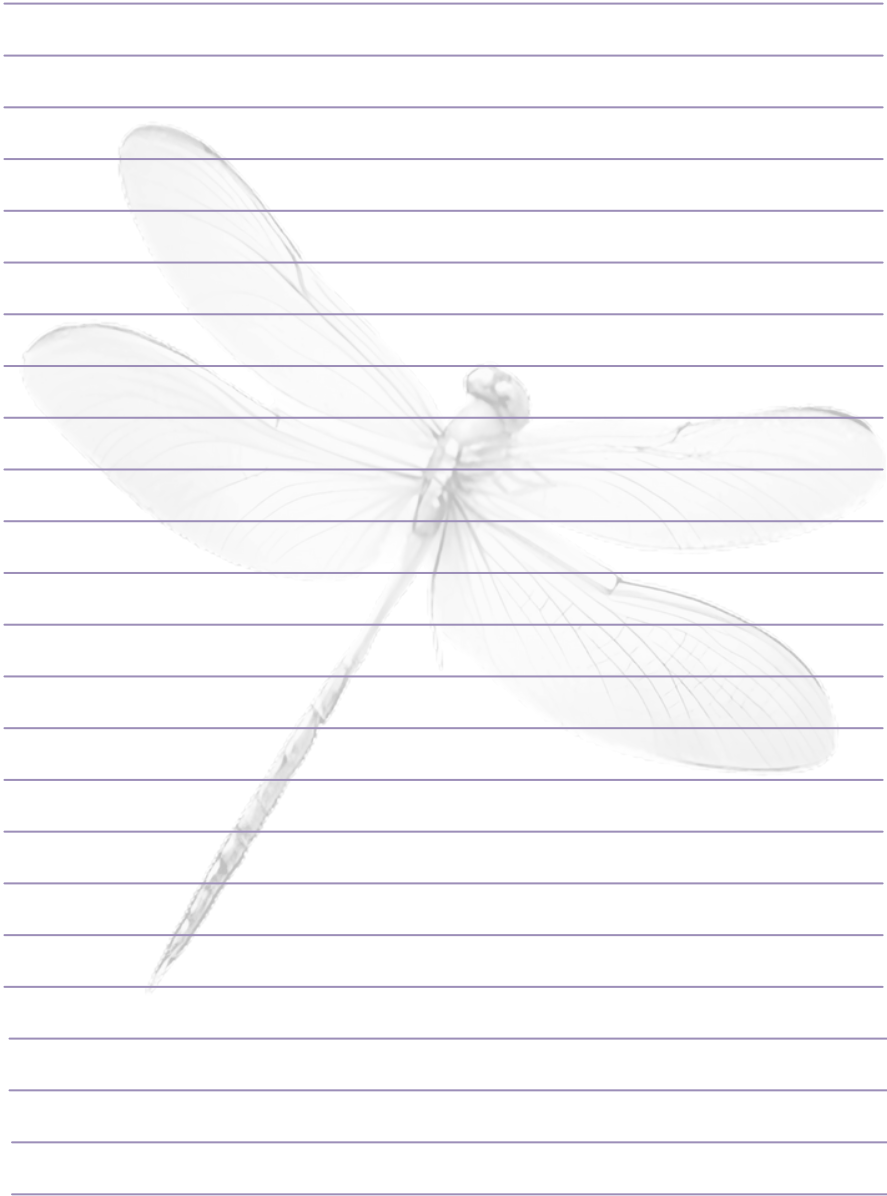


Date _____

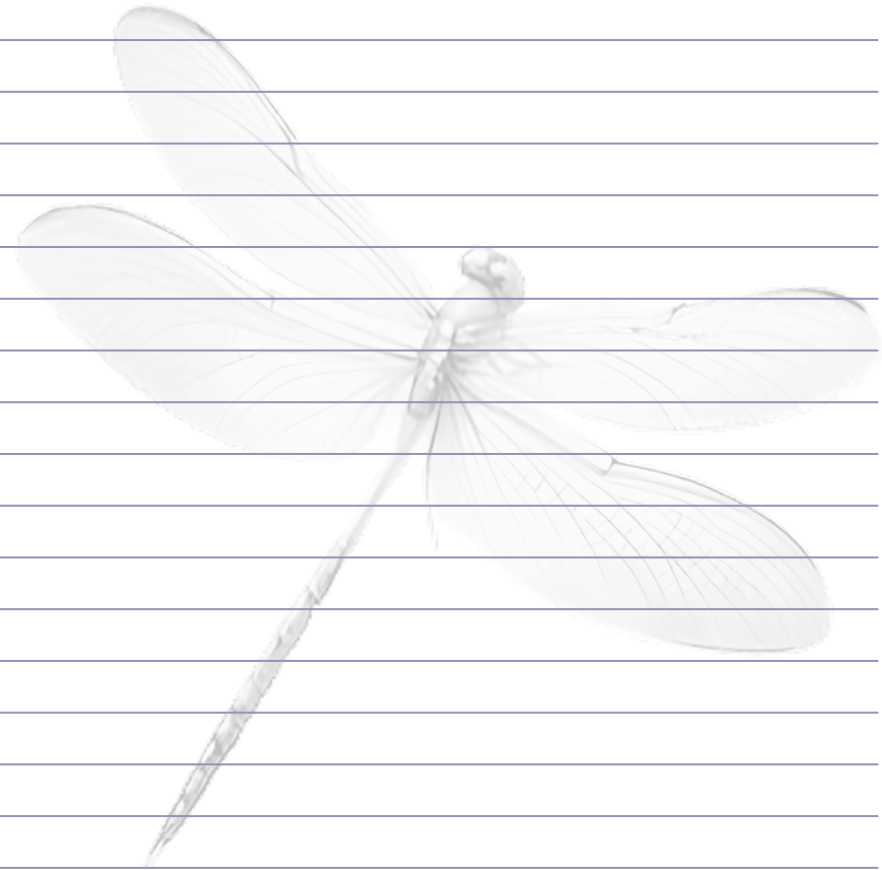


“Your worth isn’t measured by the opinions of others, but by the quiet strength that lives within you.” - Brenda Hukel

Date _____



Date _____

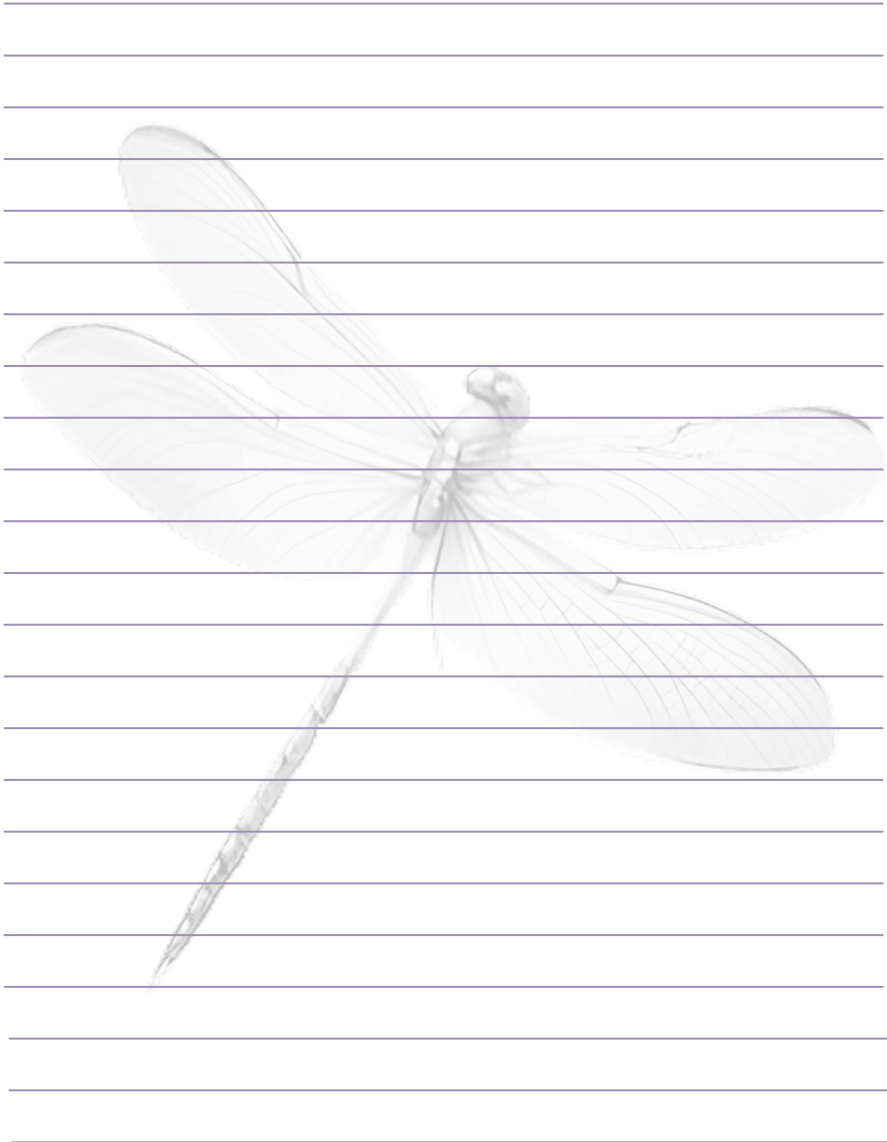


“There is nothing more powerful than a woman who finally believes she belongs in the space she used to question.” - Brenda Hukel

Date _____

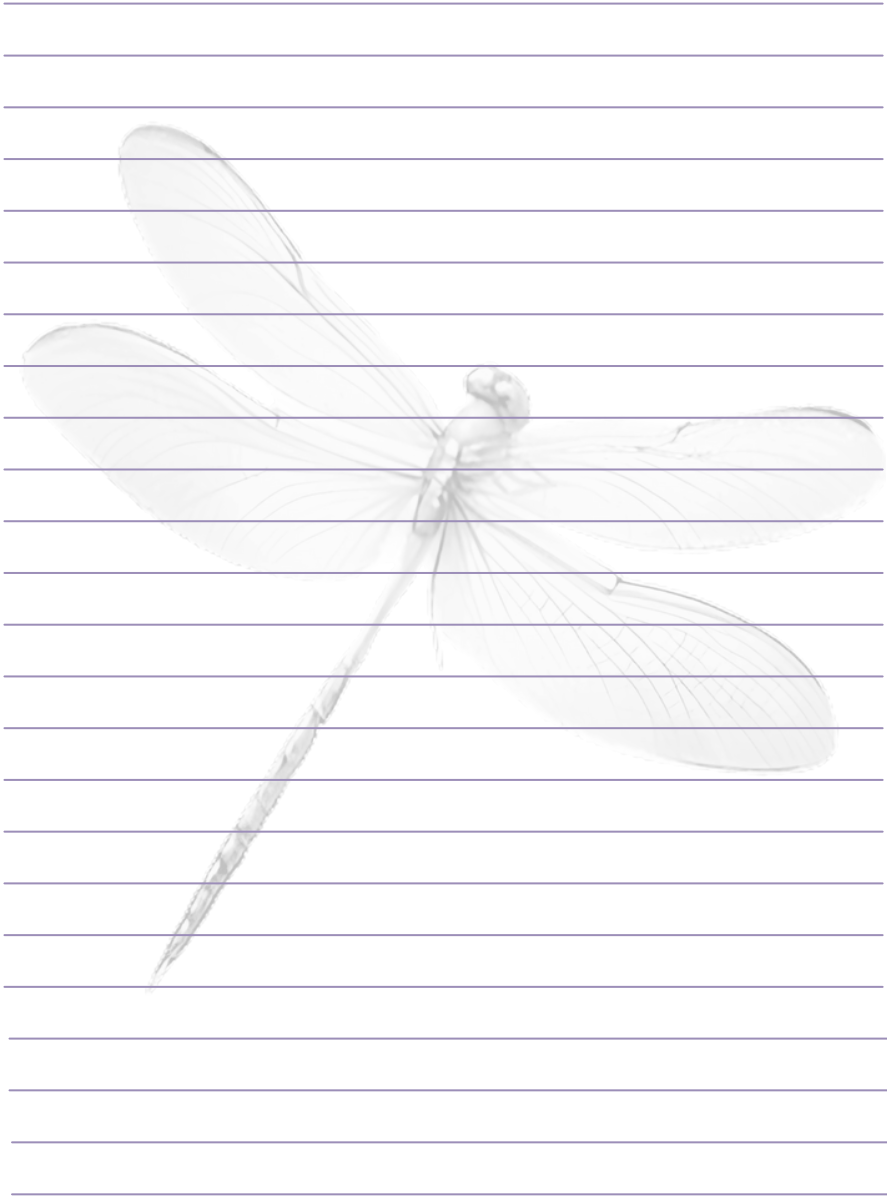


Date _____

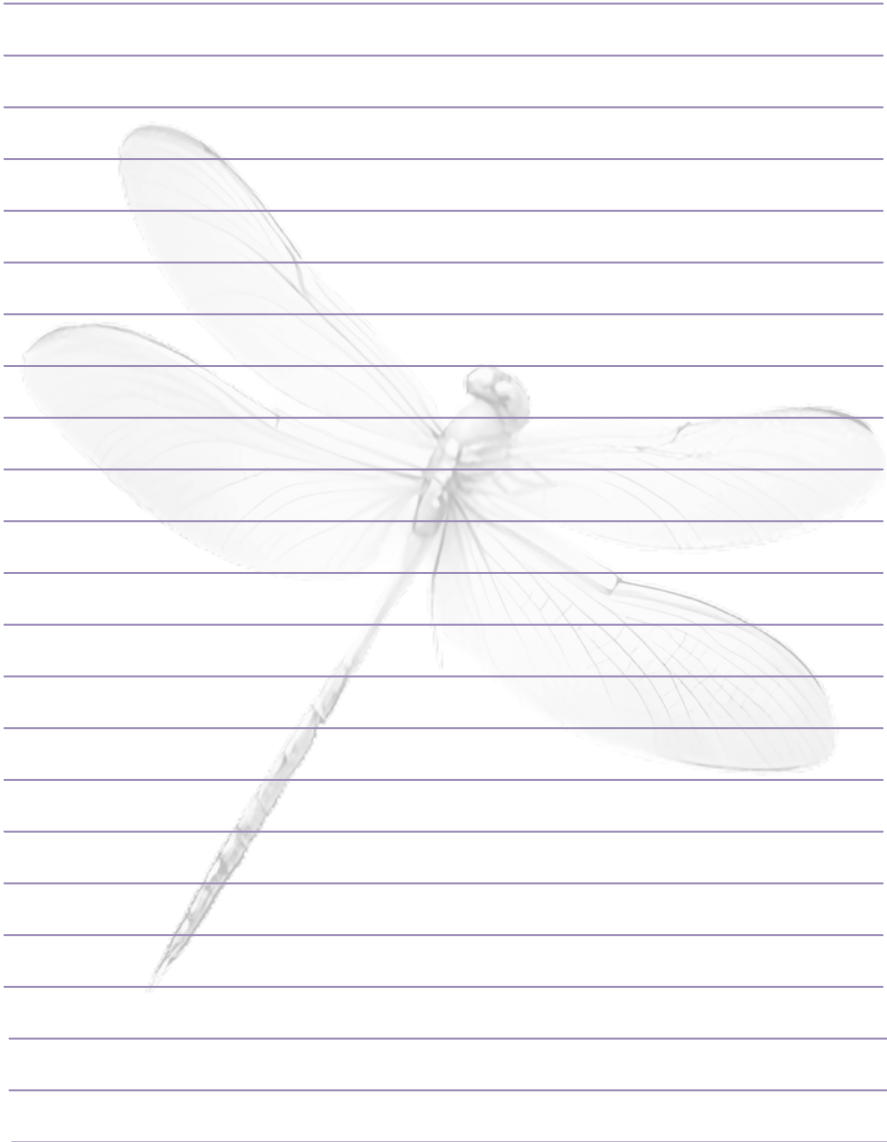


"In surrender, you discover the beauty of vulnerability and the power of resilience to be your true, authentic self." - Brenda Hukel

Date _____

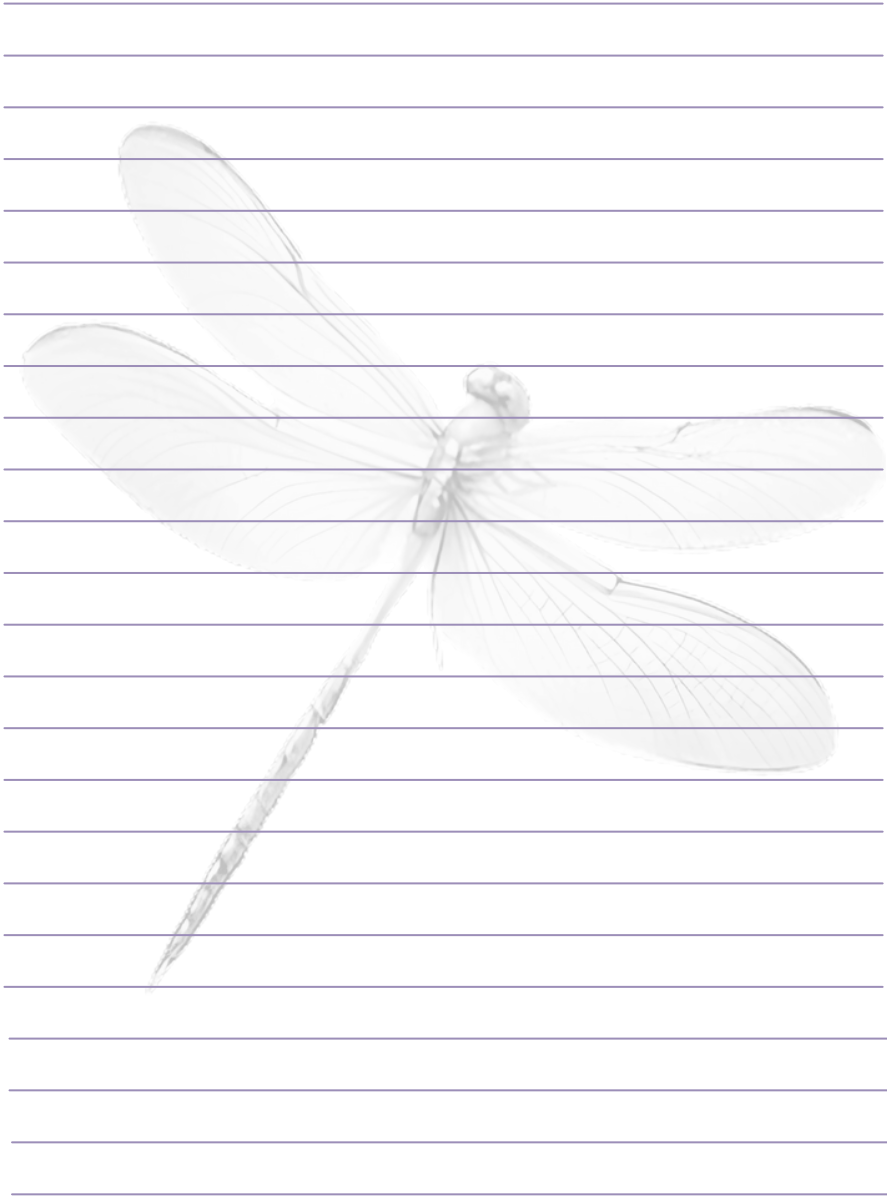


Date _____

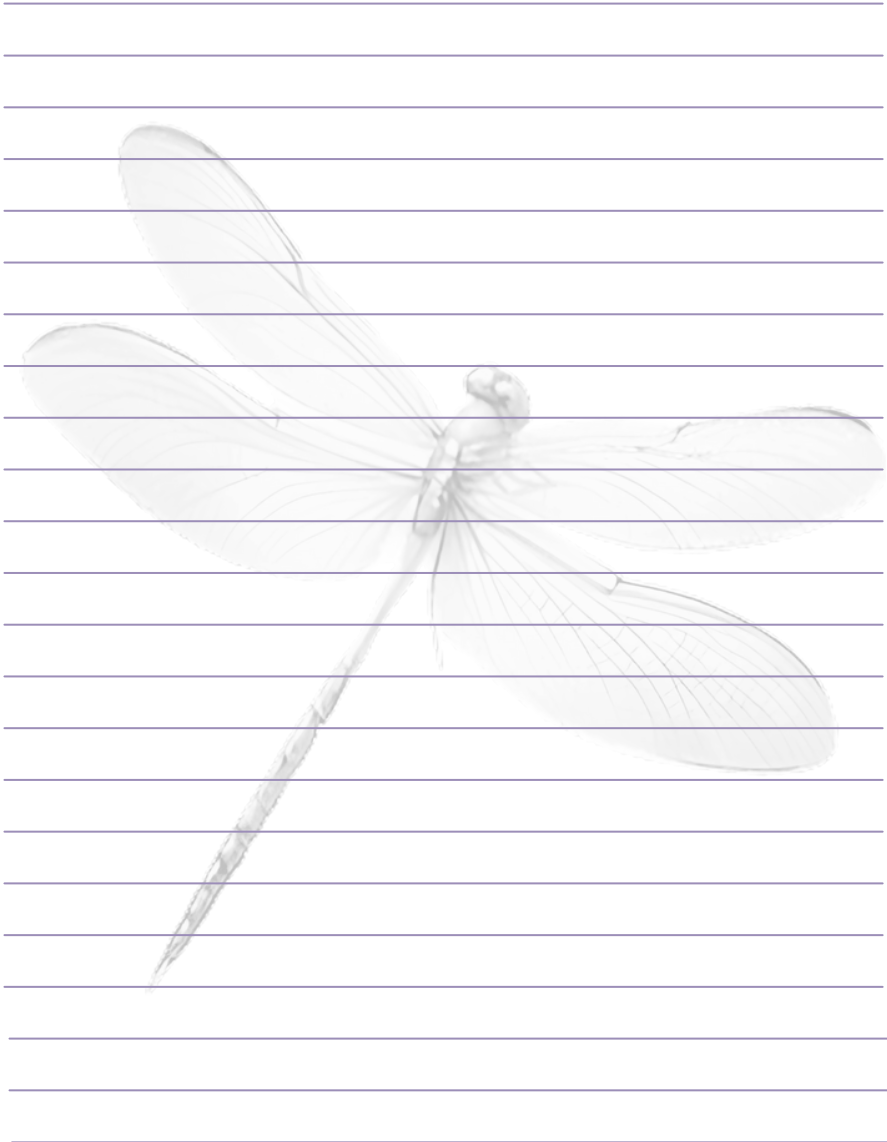


"The ego may strive for perfection, but it's in our imperfections that we find our most inspiring stories." - Brenda Hukel

Date _____

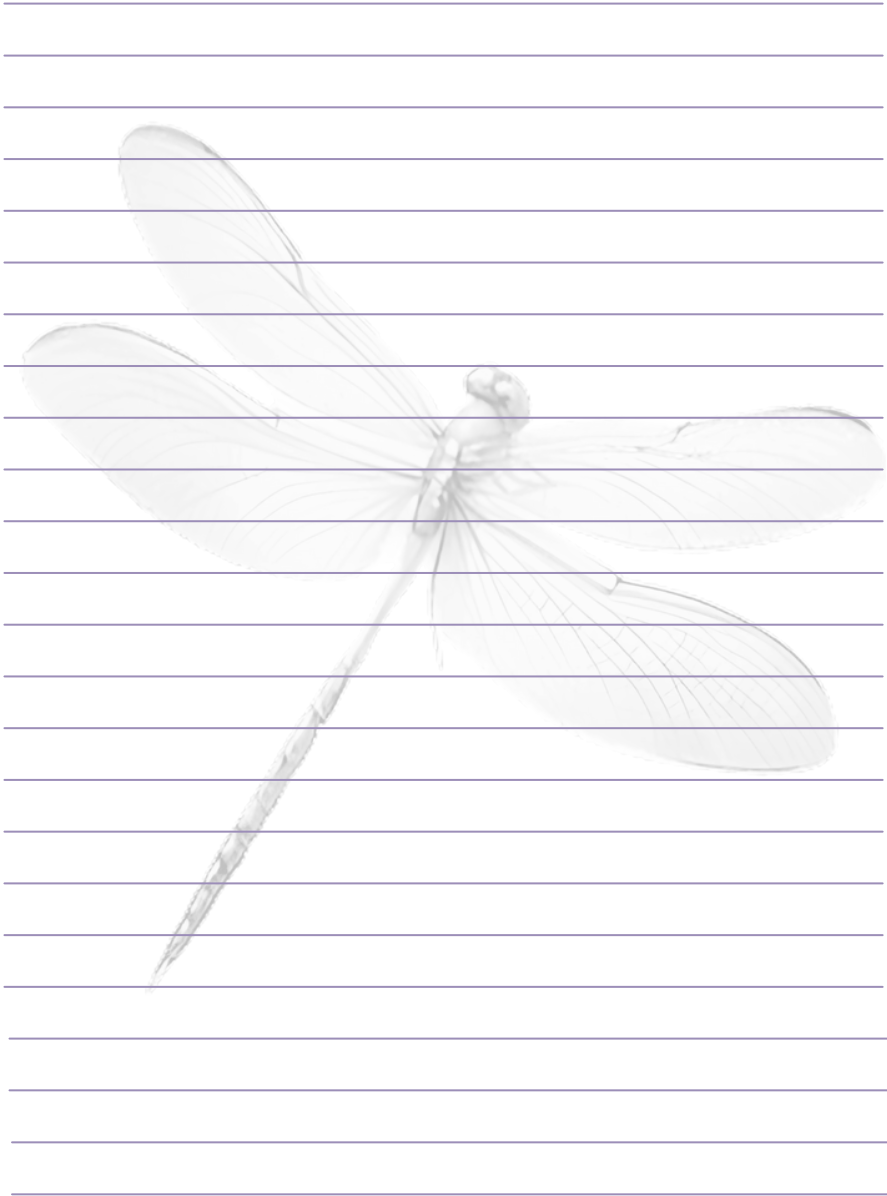


Date _____

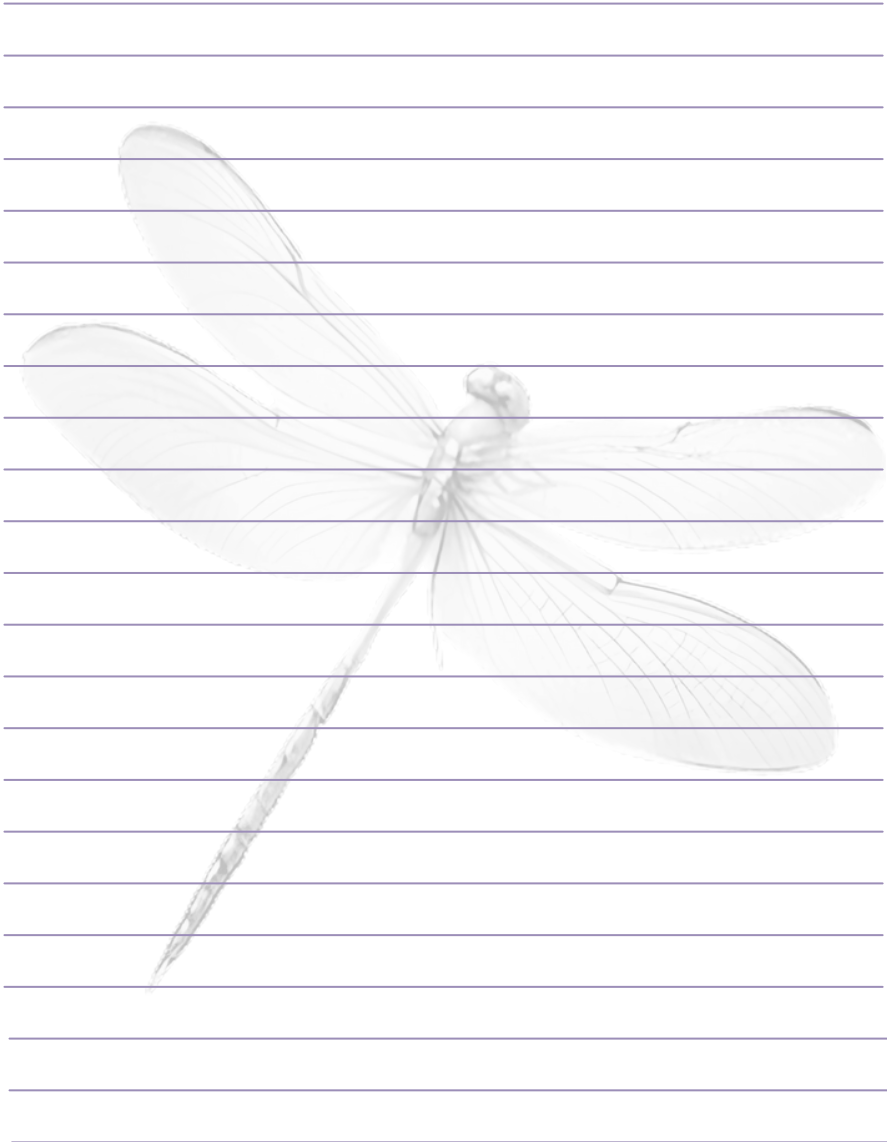


"When passion meets purpose, it becomes a powerful force that can change the world." - Brenda Hukel

Date _____

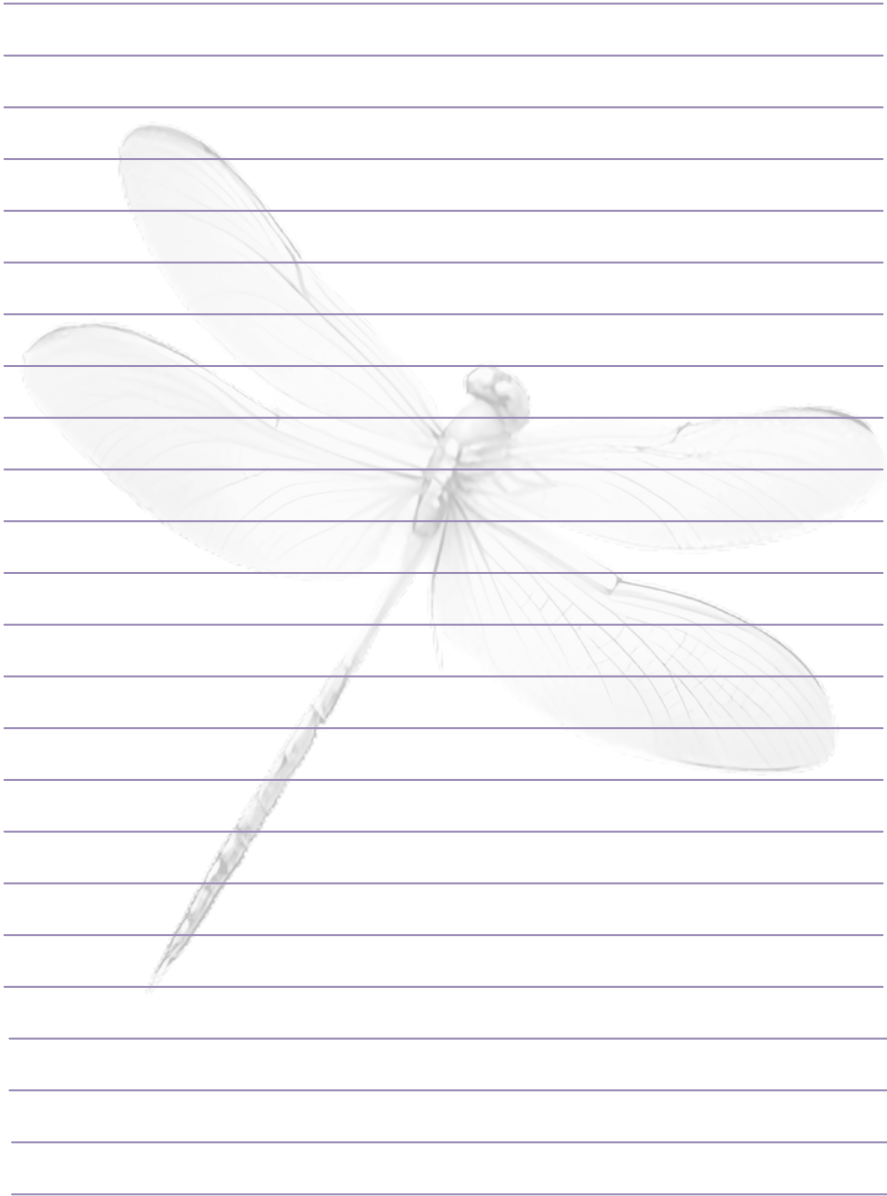


Date _____

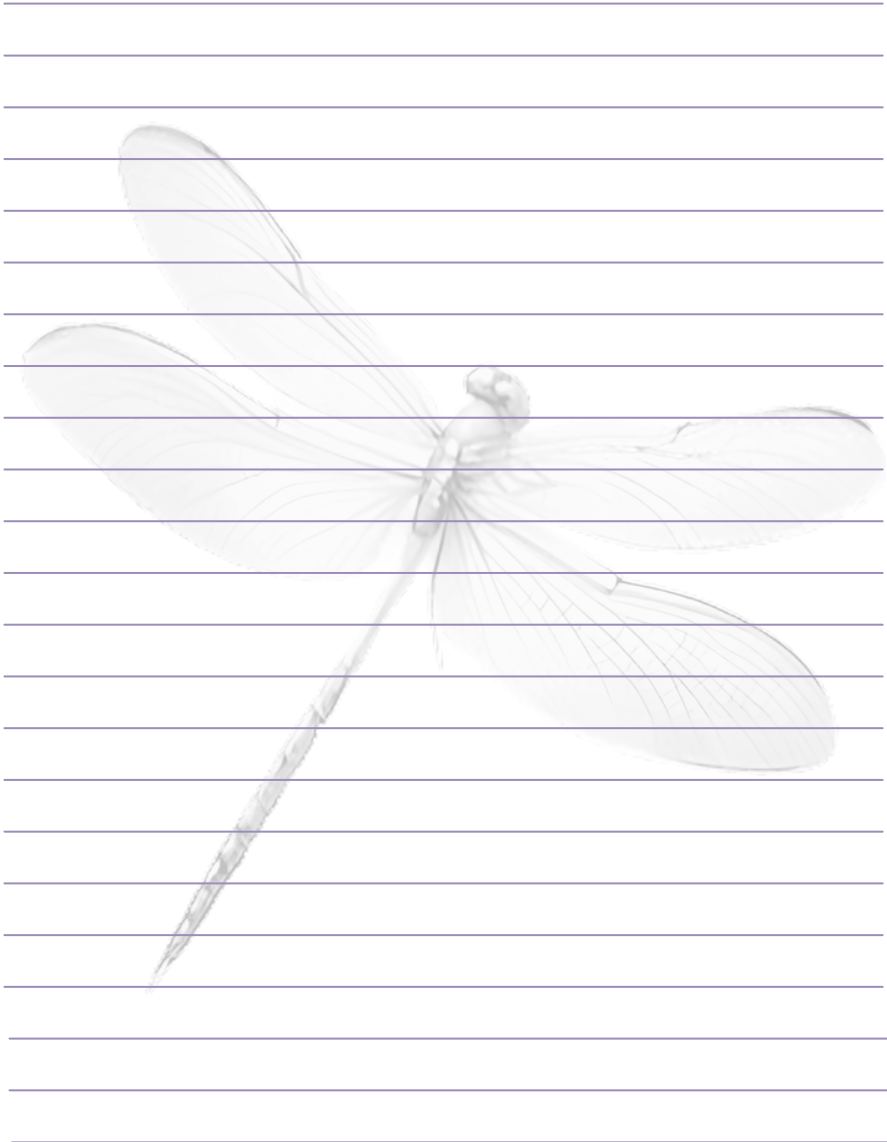


"The journey of awakening begins with a single thought followed by a conscious choice." - Unknown author.

Date _____

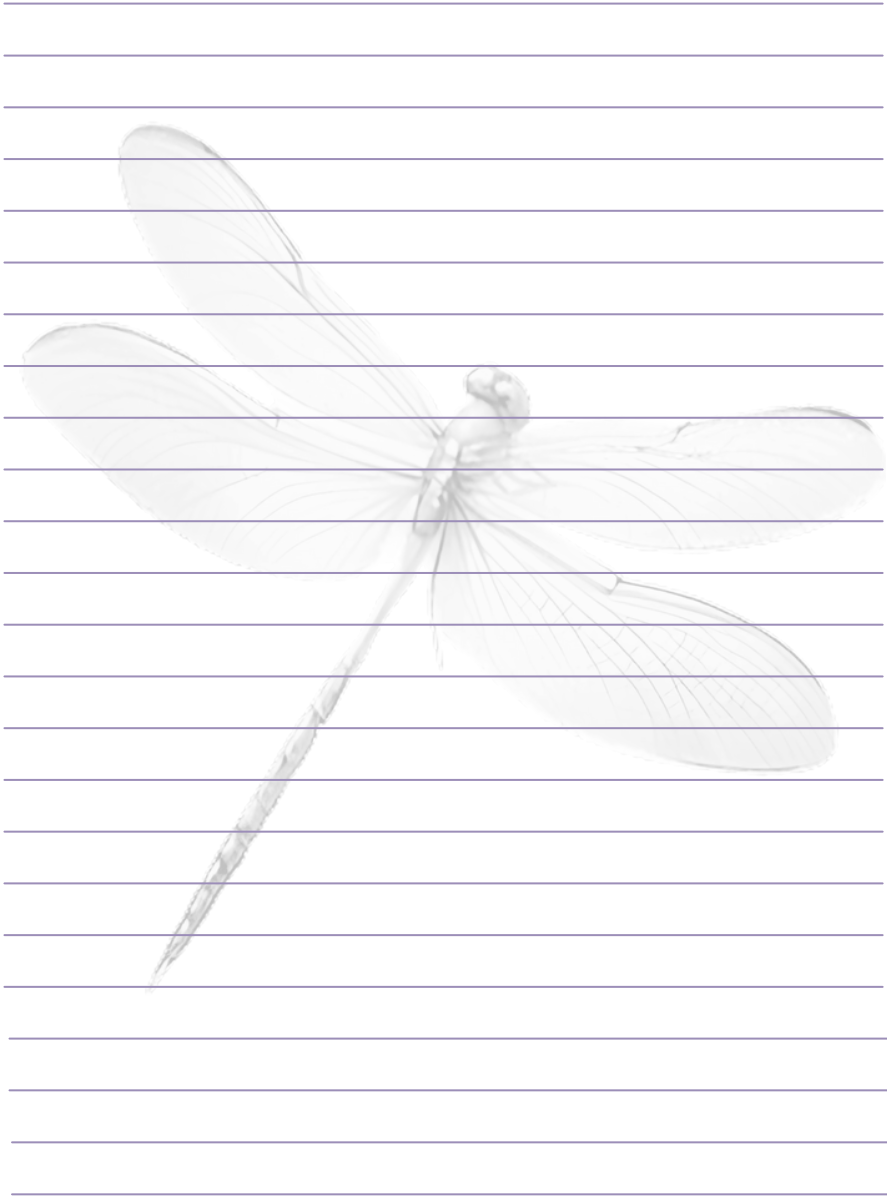


Date _____



"The path to a higher consciousness begins with the courage to question everything you think you know." - Unknown author.

Date _____

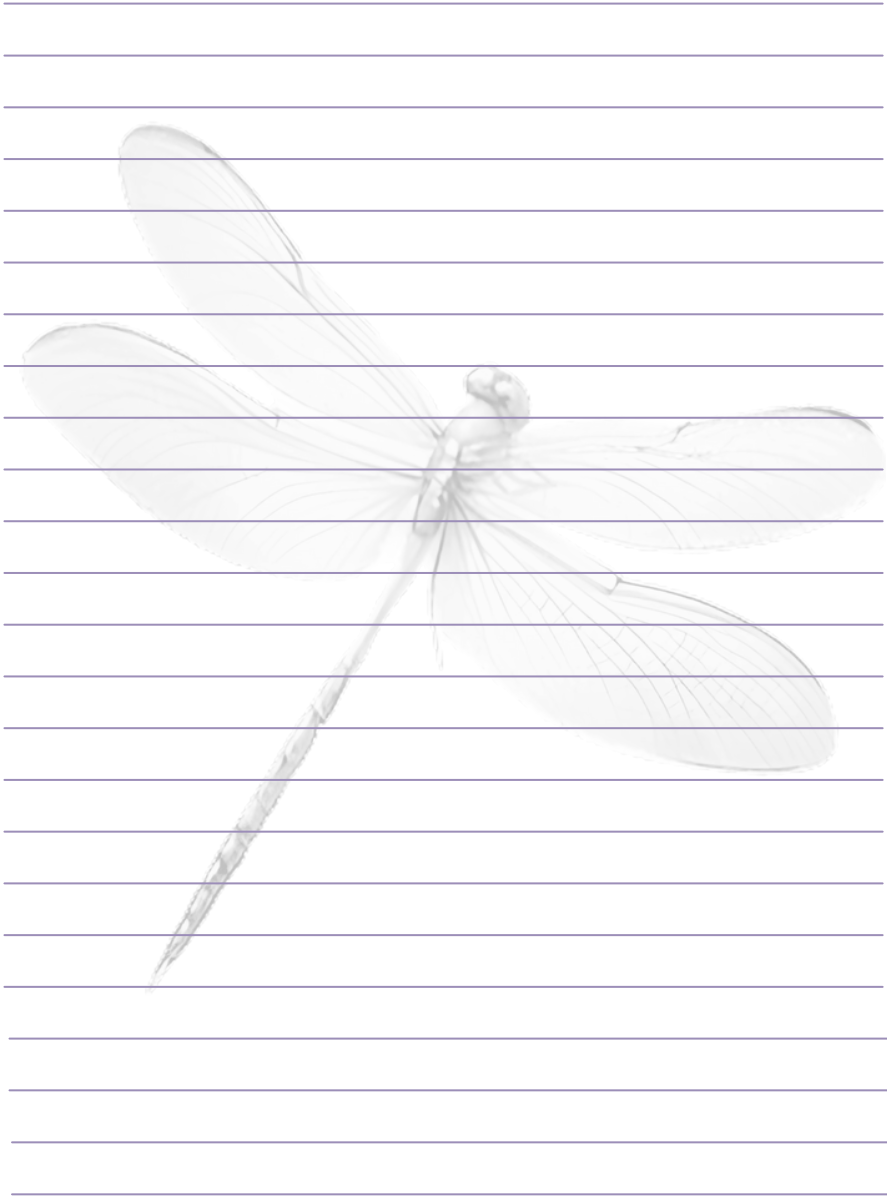


Date _____

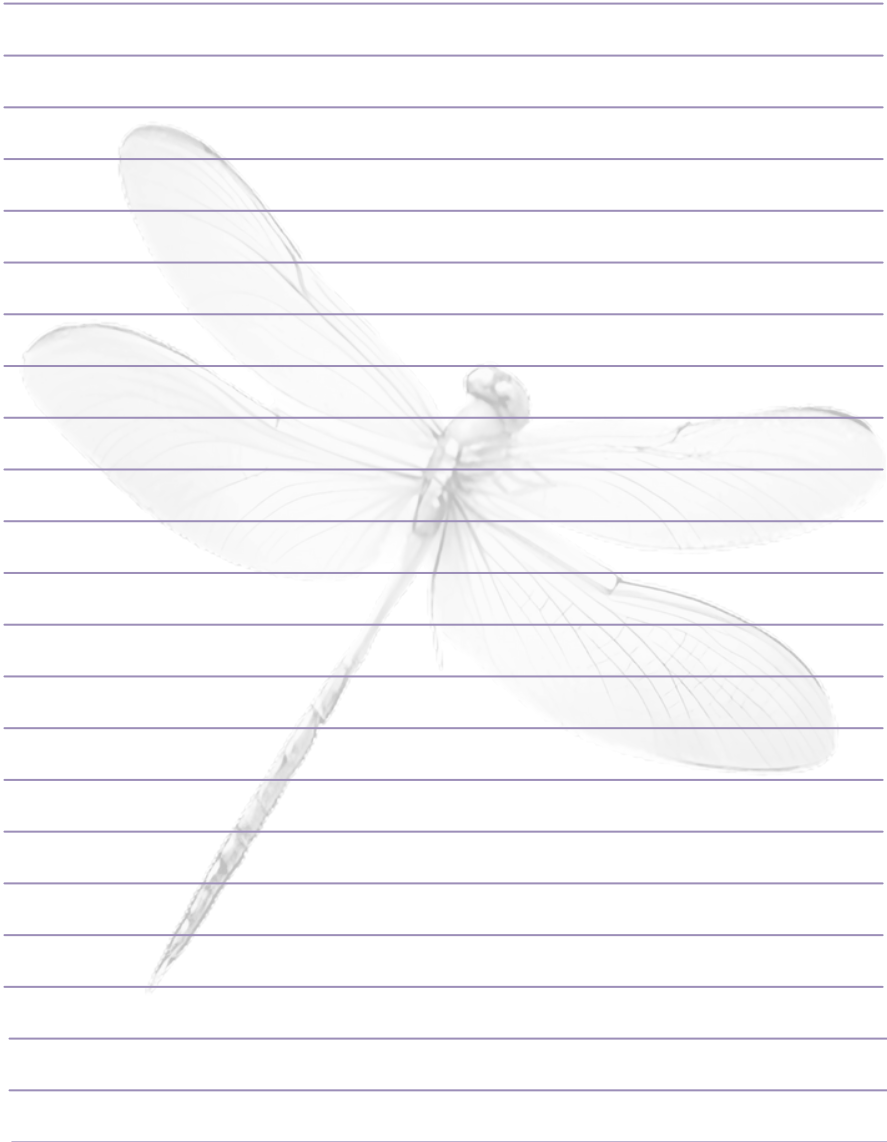


"Self-worth is the quiet confidence that whispers you are enough just as you are." - Brenda Hukel

Date _____

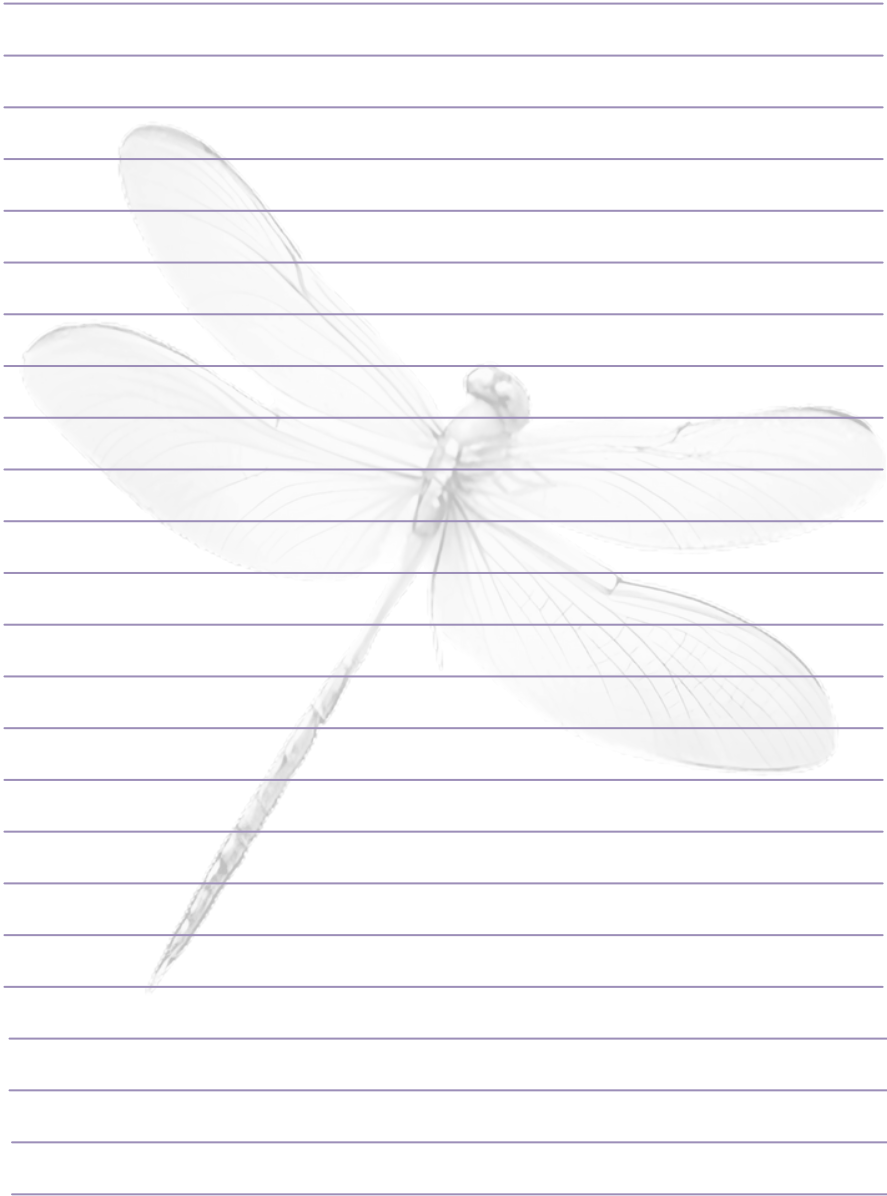


Date _____

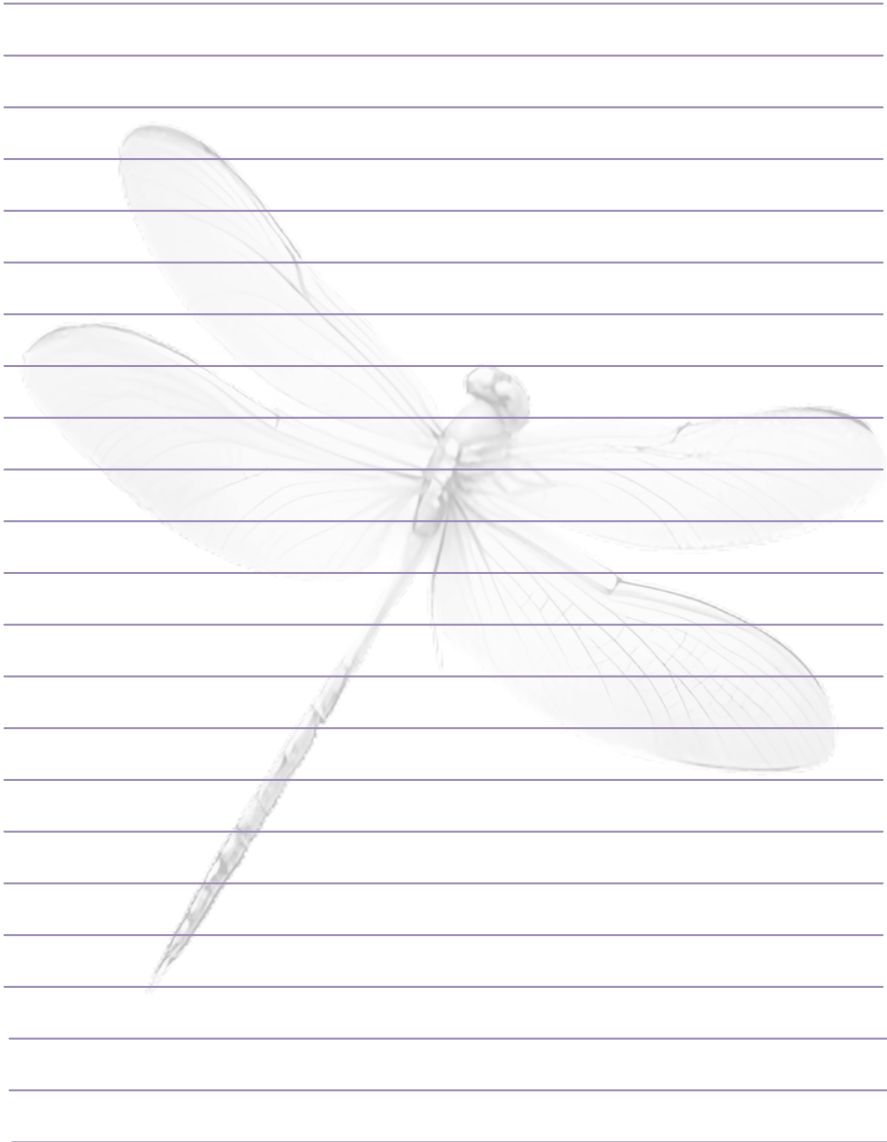


“To be truly free is to live authentically, guided by your passions rather than your fears.” - Brenda Hukel

Date _____



Date _____

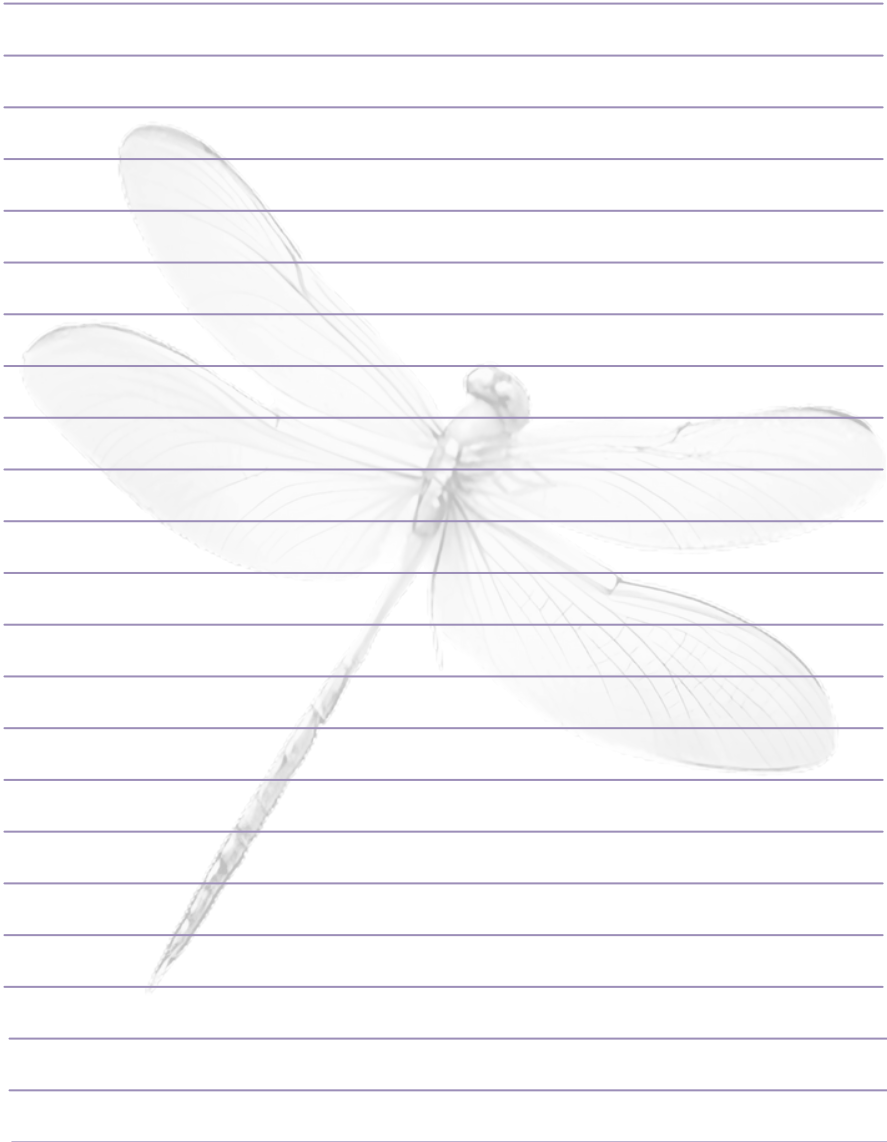


"The moment you stop chasing perfection and embrace your authenticity, you'll find the freedom to be your most powerful self." - Brenda Hukel

Date _____

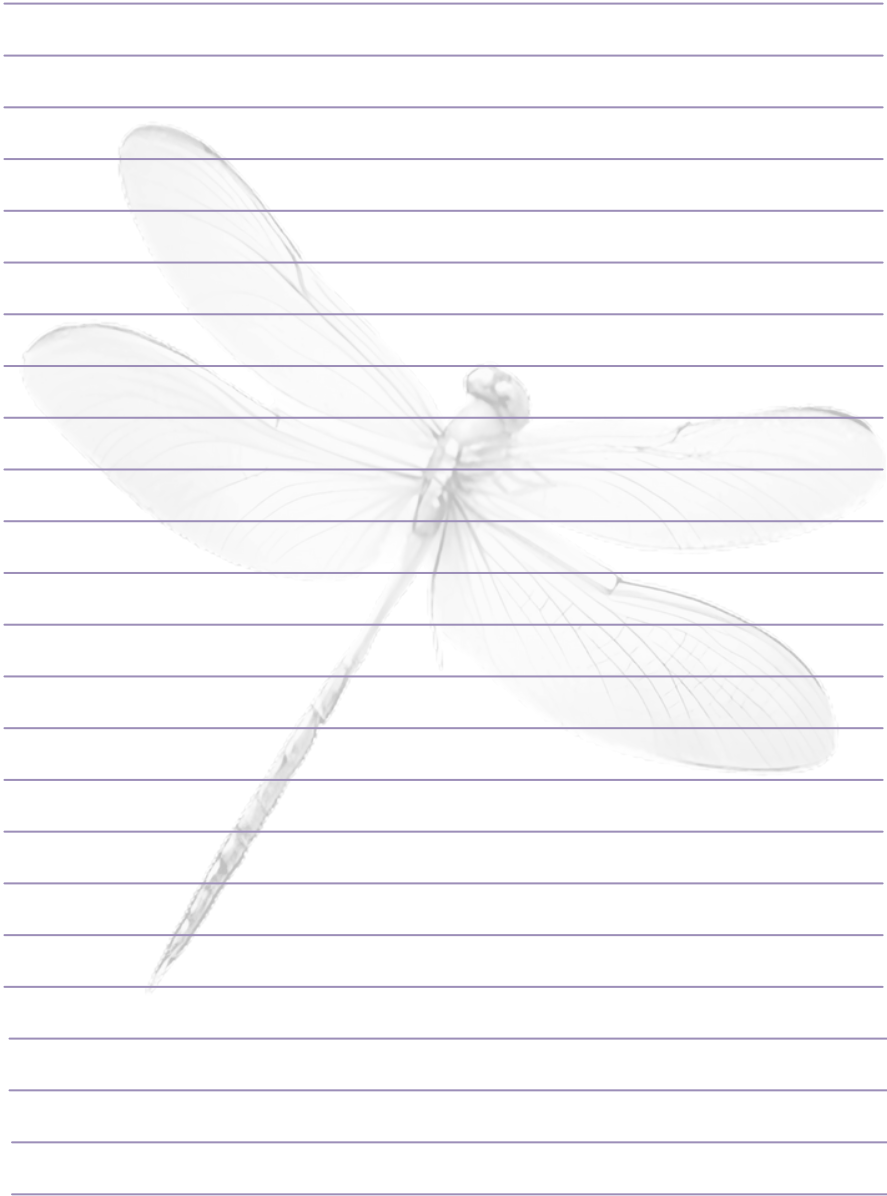


Date _____

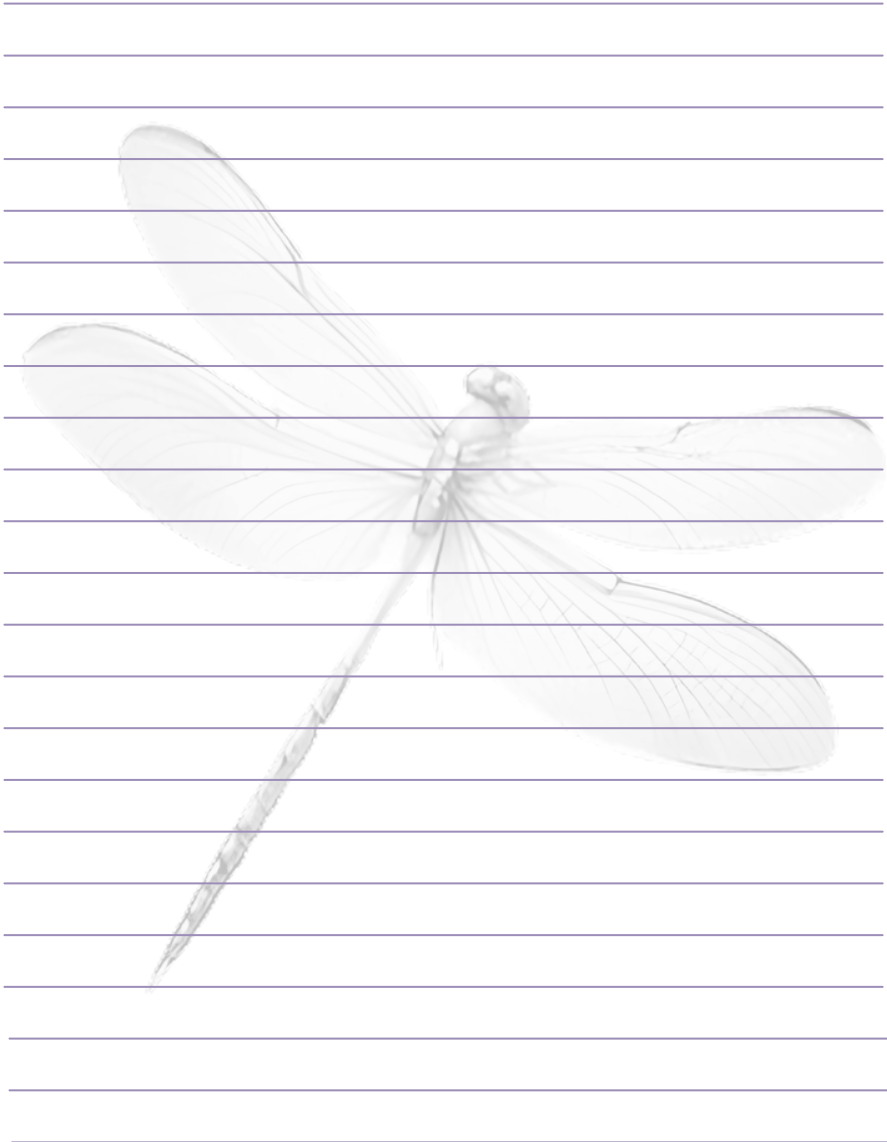


“When you surrender, you find the strength to let go and the courage to embrace the unknown.” -
Brenda Hukel

Date _____

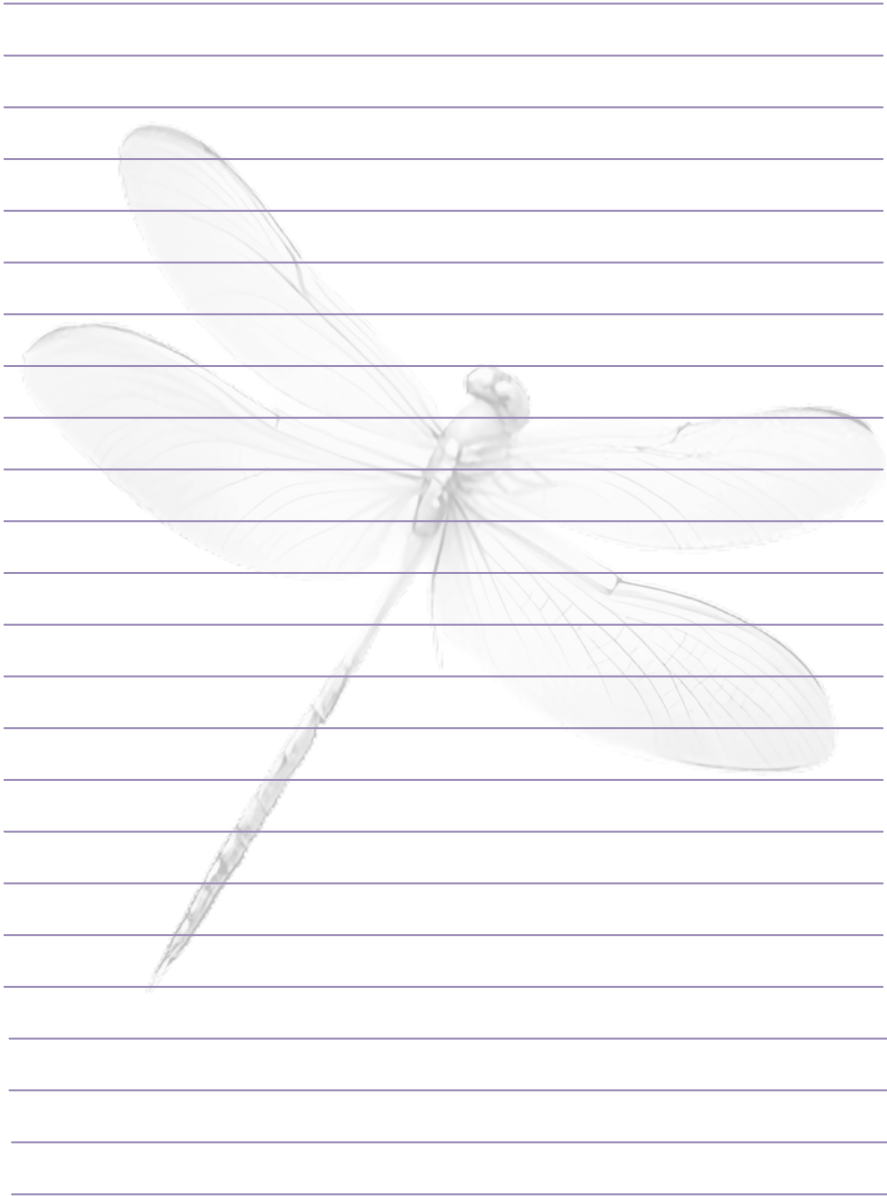


Date _____

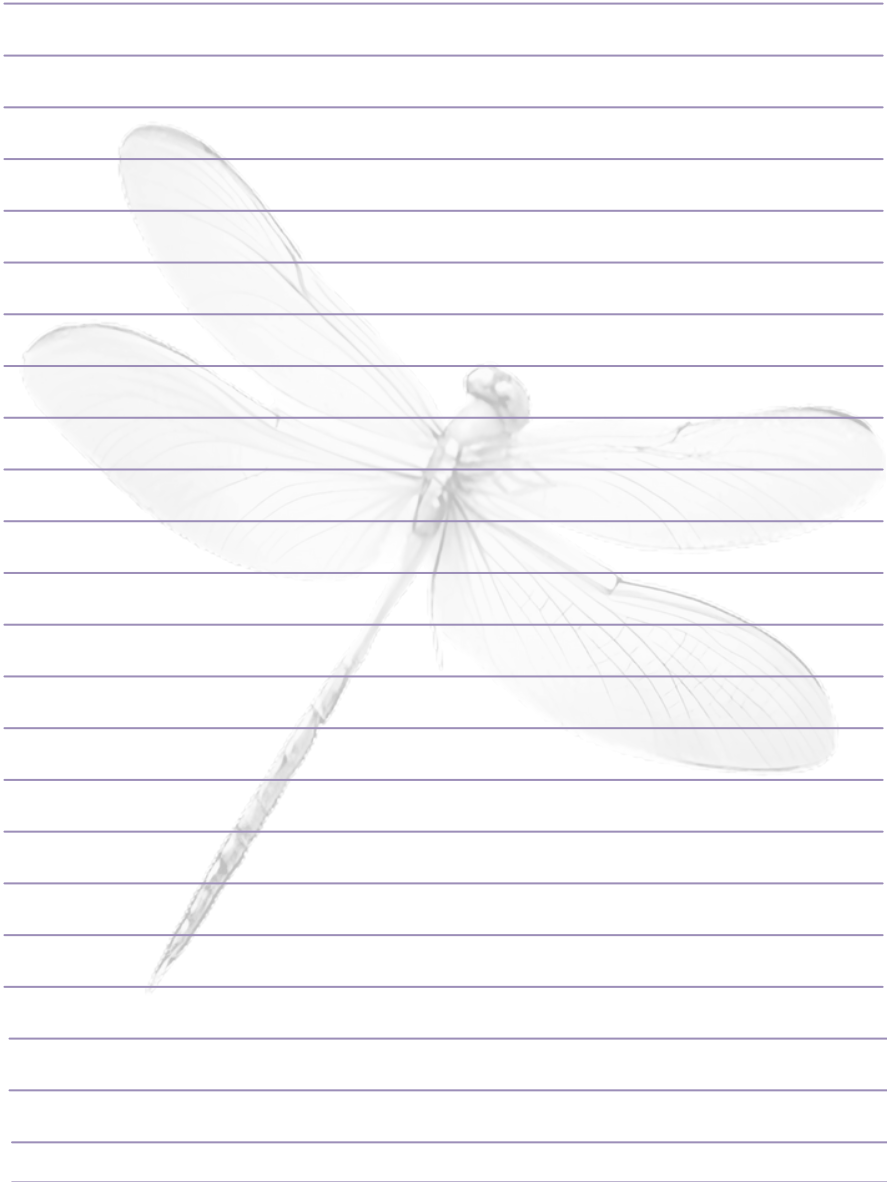


"True strength lies in the willingness to be vulnerable. It is there that you find your deepest courage." - Brenda Hukel

Date _____

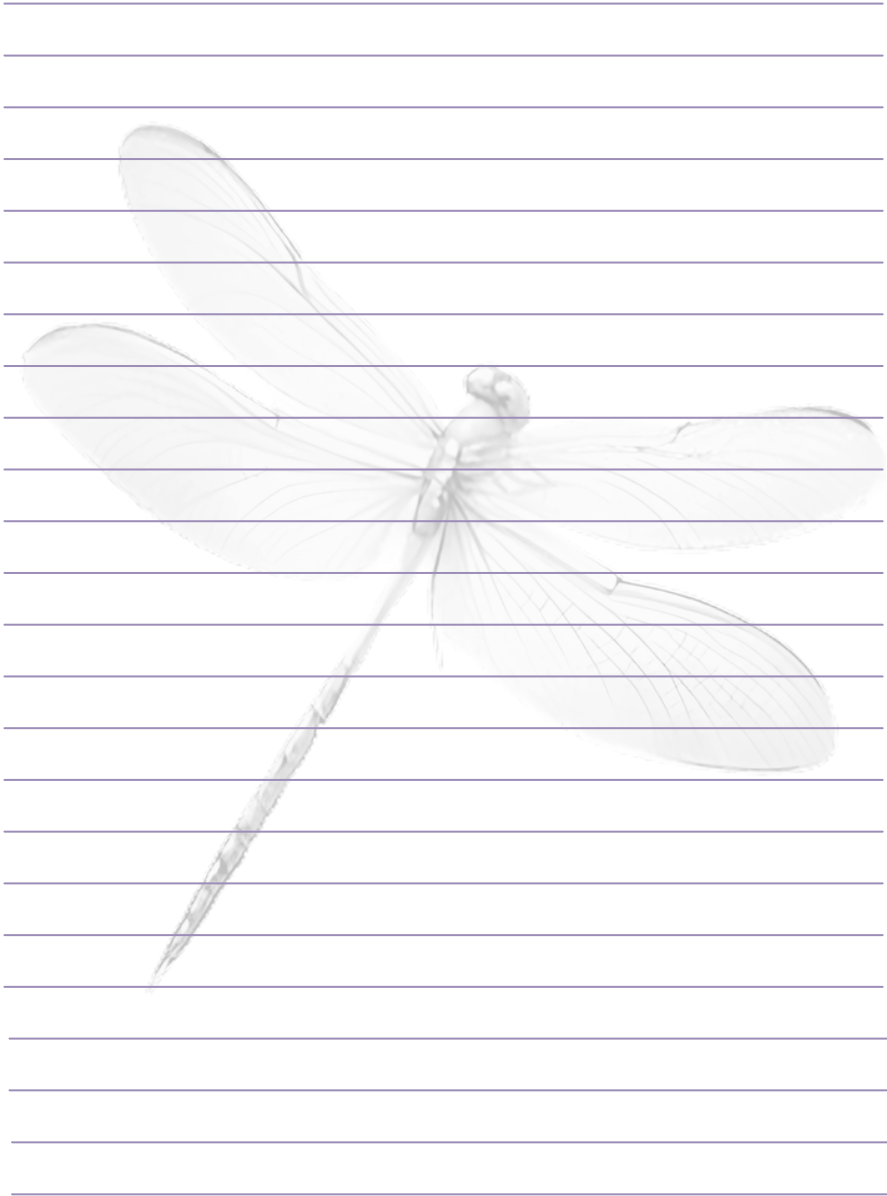


Date _____

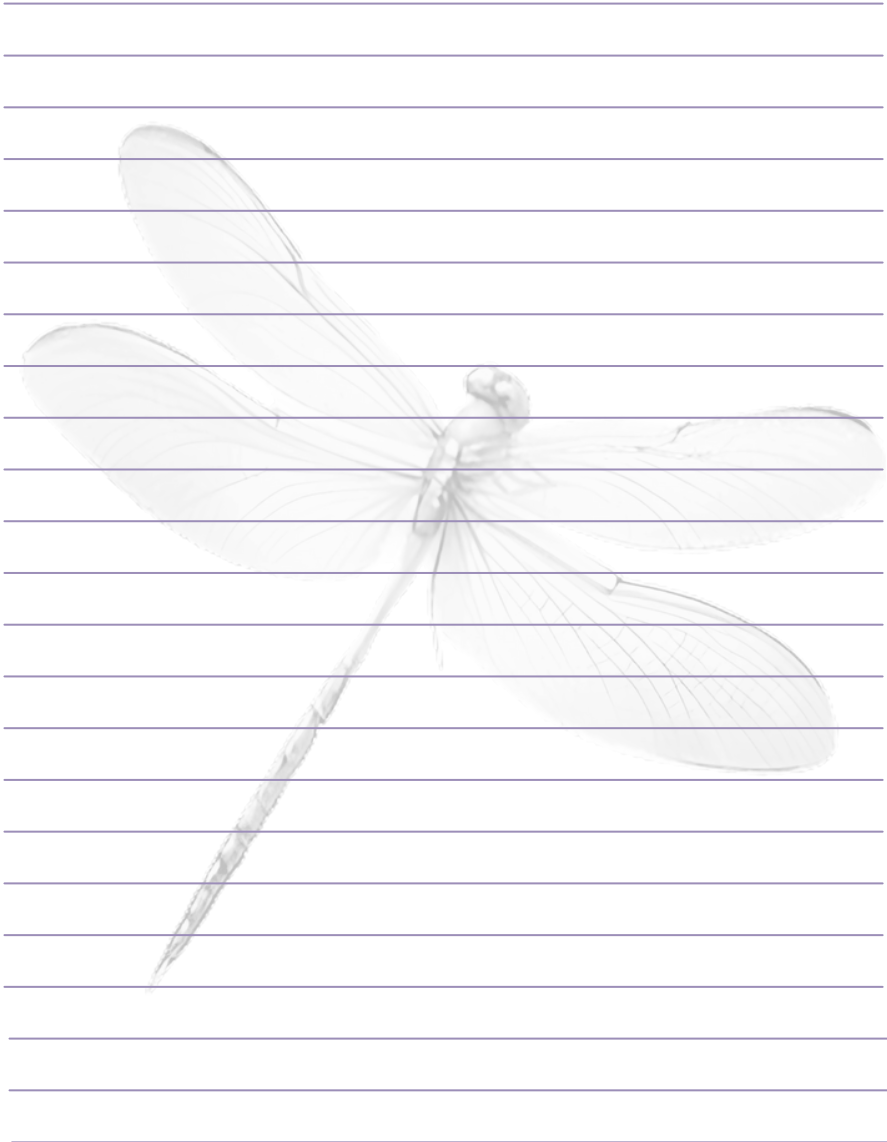


"Transformation begins the moment you commit to believing in yourself."- Brenda Hukel

Date _____

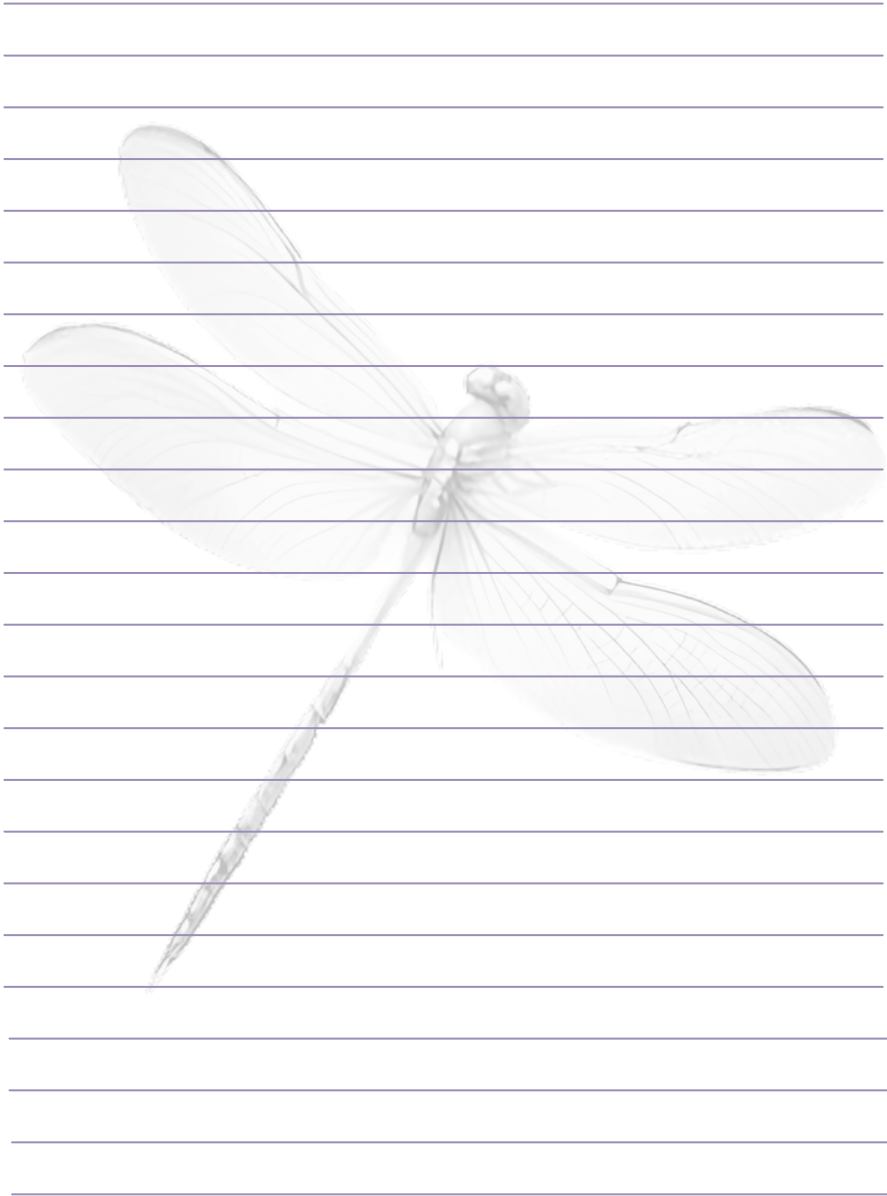


Date _____

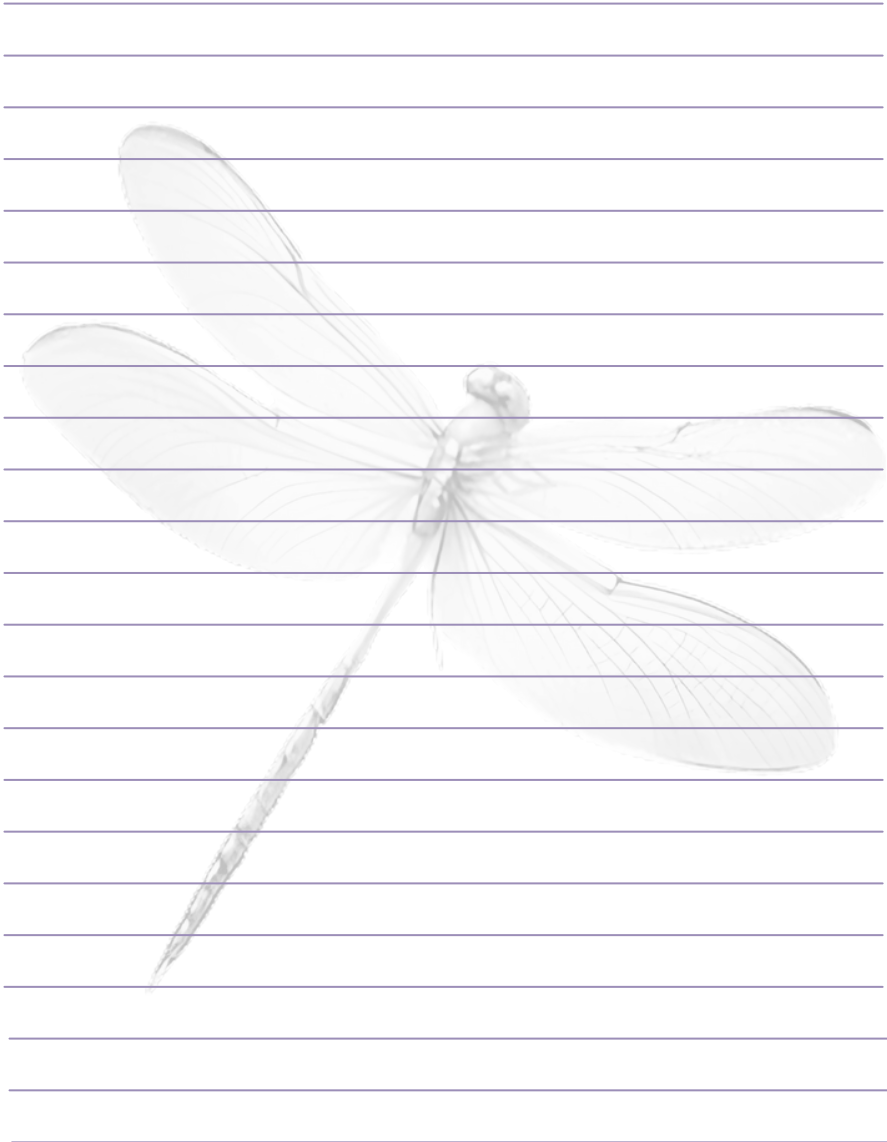


"The journey of self-discovery often reveals that the chains of the past are only as strong as you allow them to be." - Brenda Hukel

Date _____

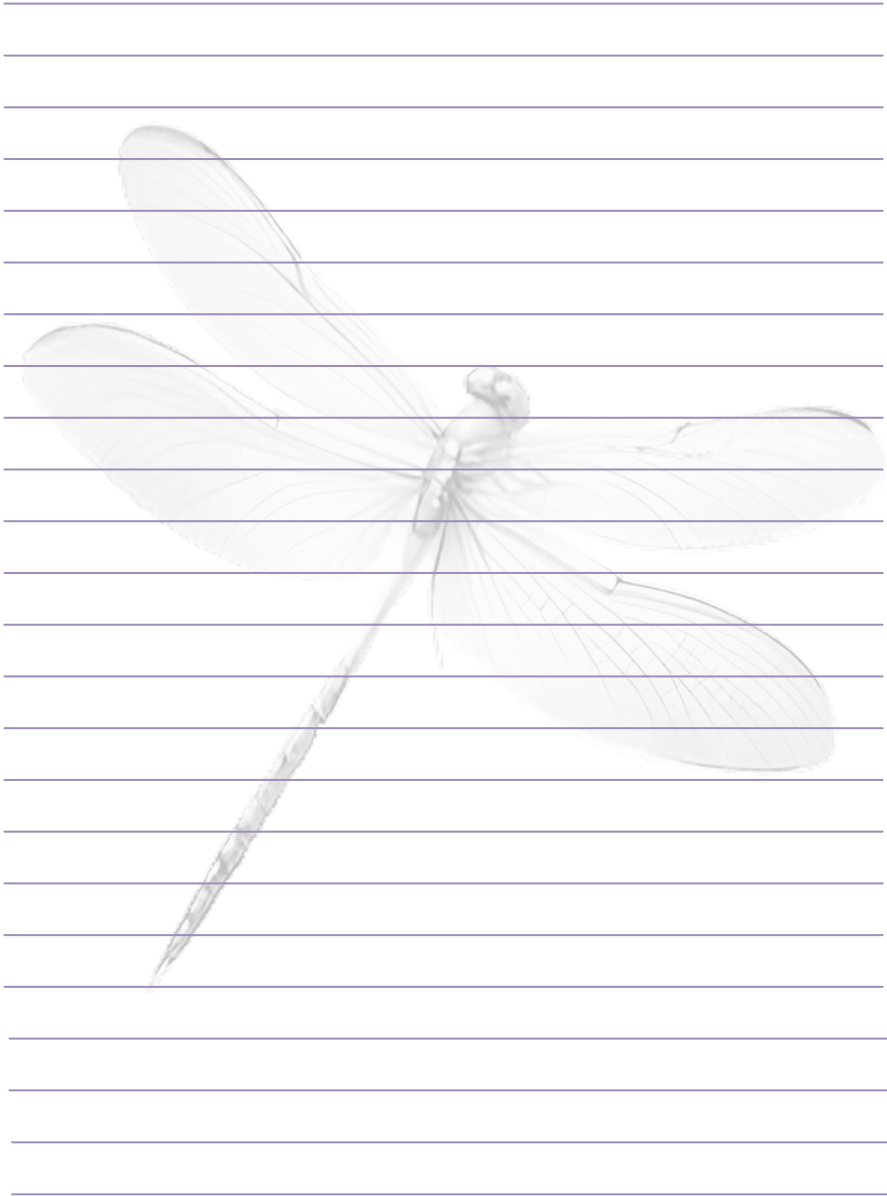


Date _____

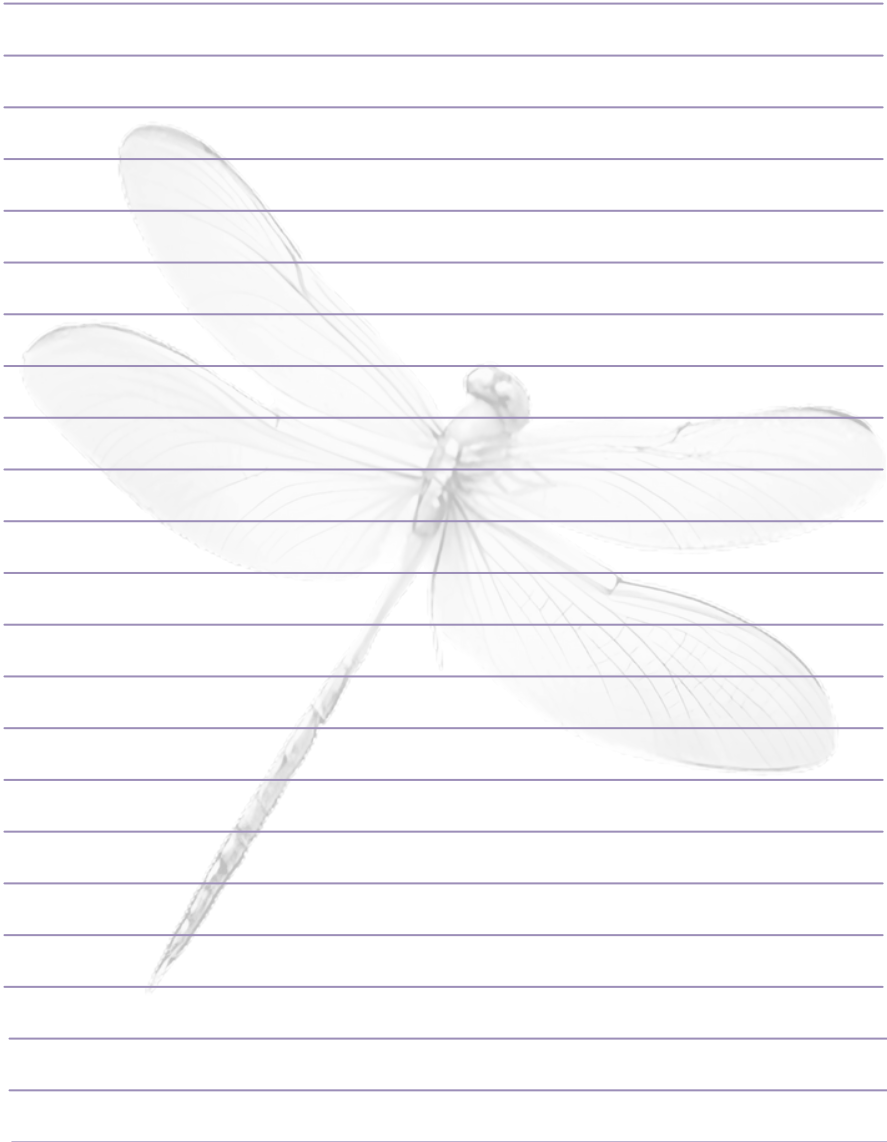


"To awaken is to recognize that many of your beliefs were never truly yours, but borrowed from the past." - Brenda Hukel

Date _____

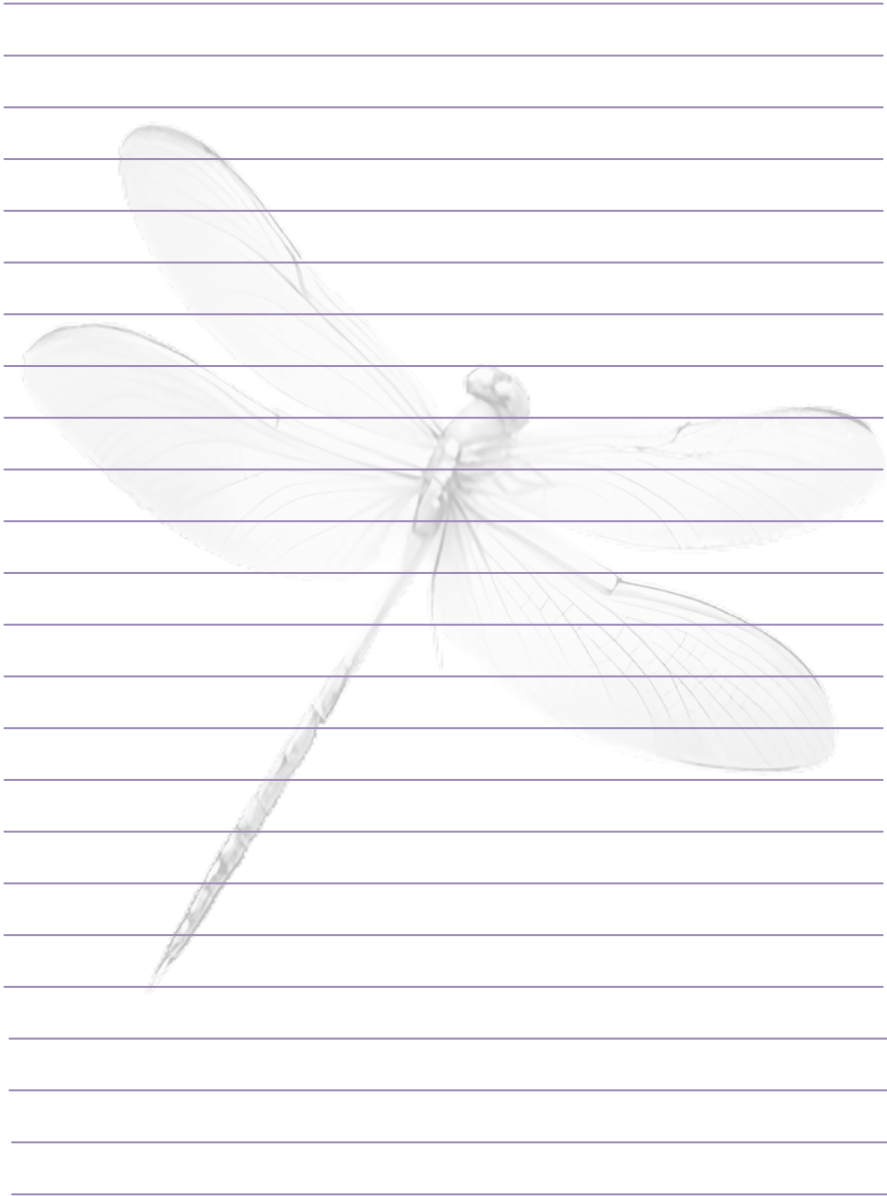


Date _____

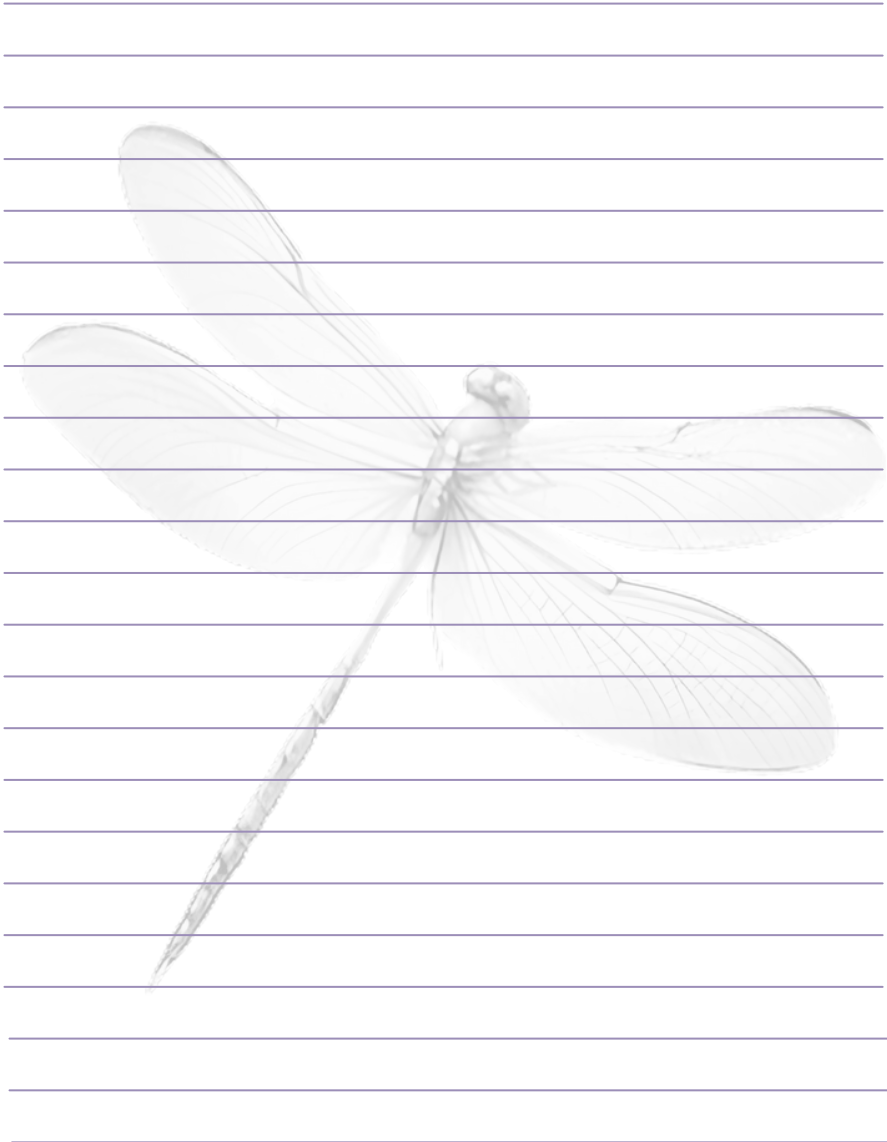


"The moment you grant yourself permission to fly is
the moment you discover your true wings." -
Brenda Hukel

Date _____

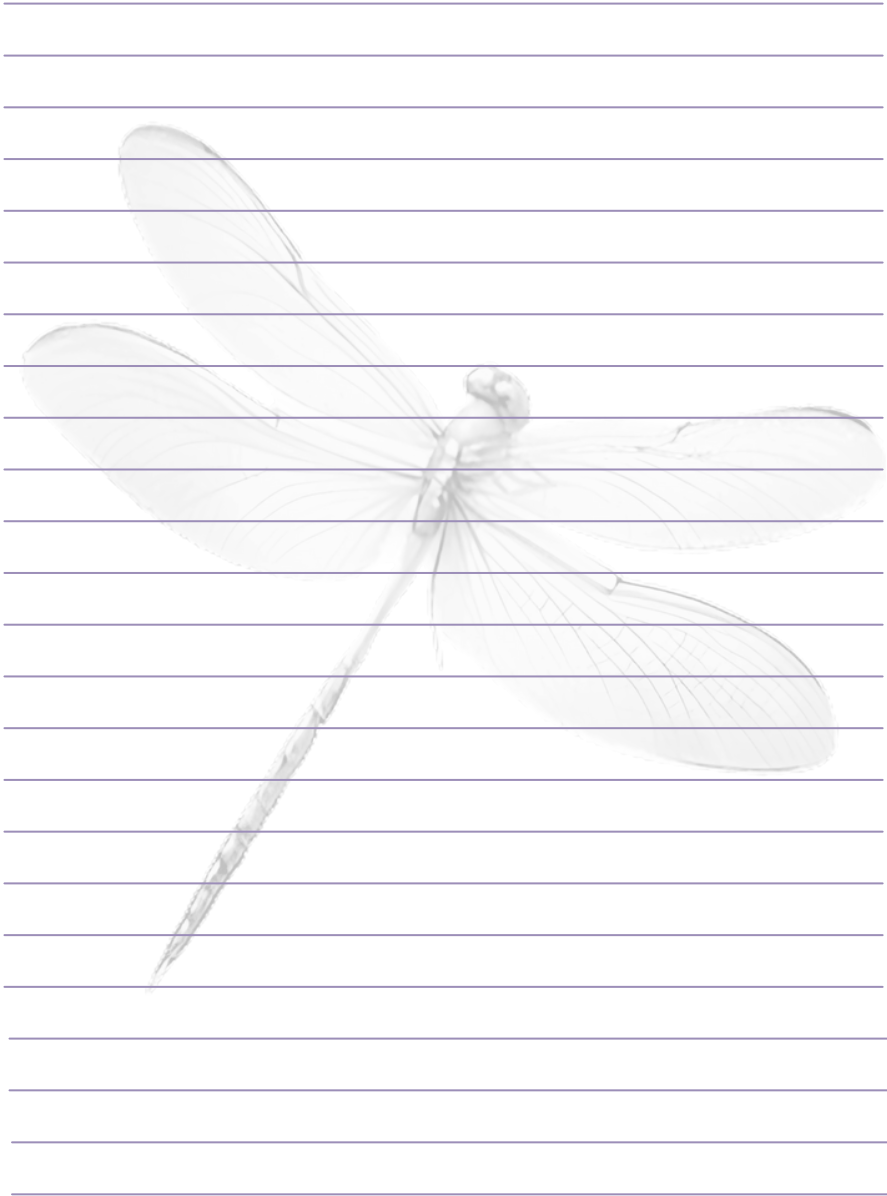


Date _____

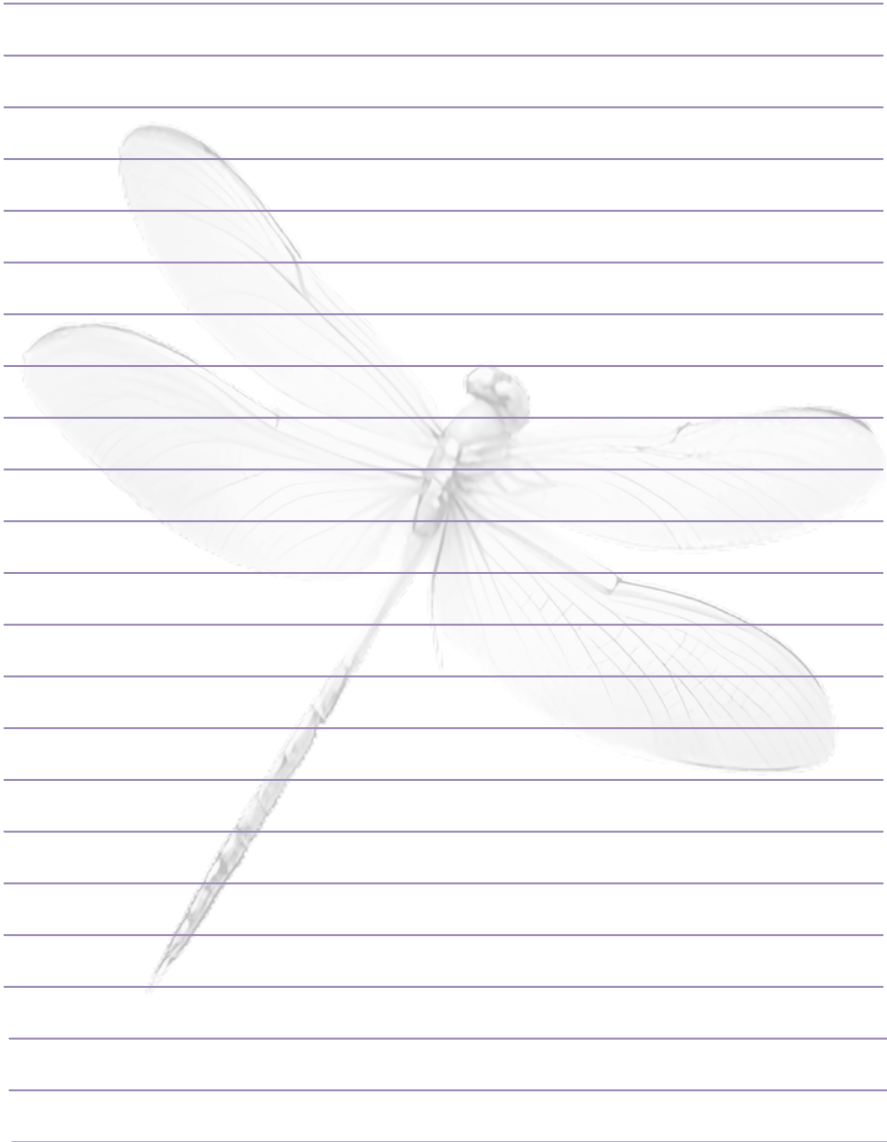


“To give yourself permission to soar is to embrace the beauty of becoming who you were born to be.”
- Brenda Hukel

Date _____

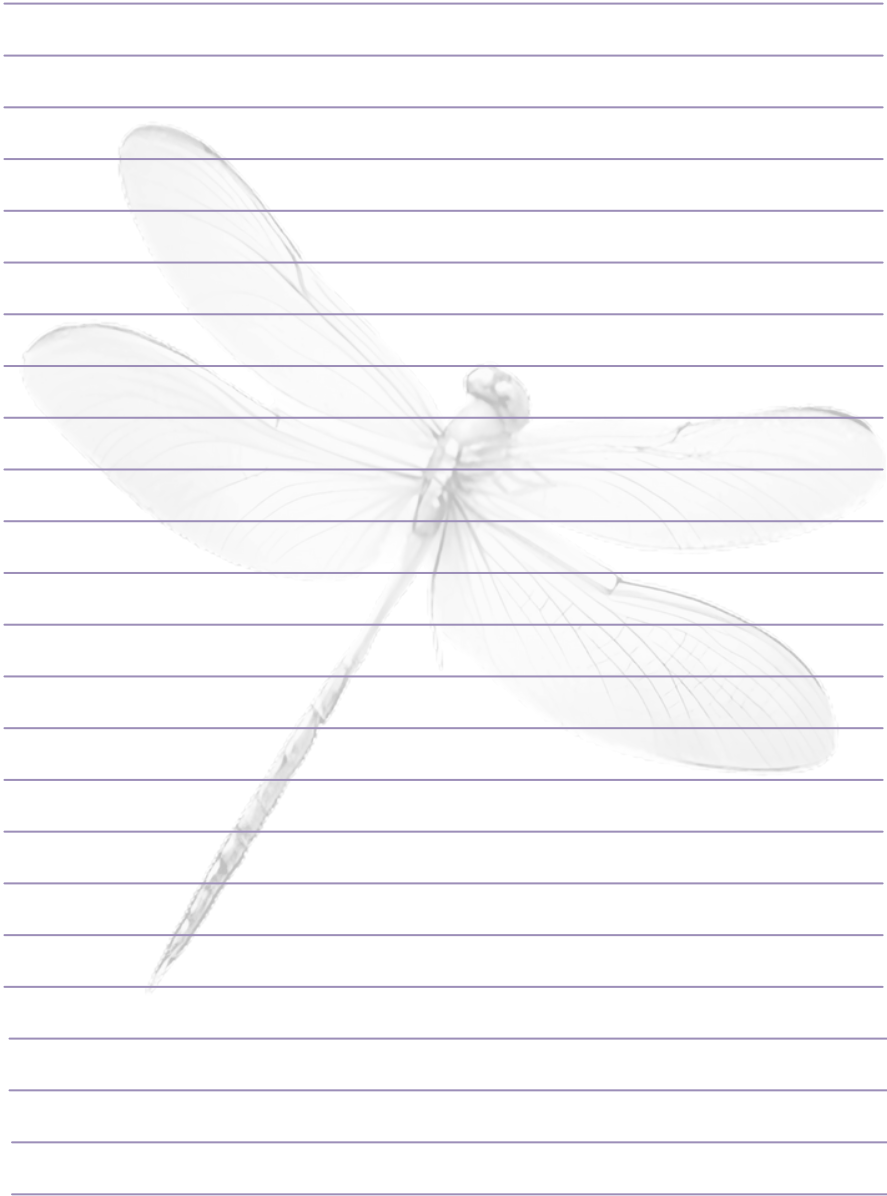


Date _____

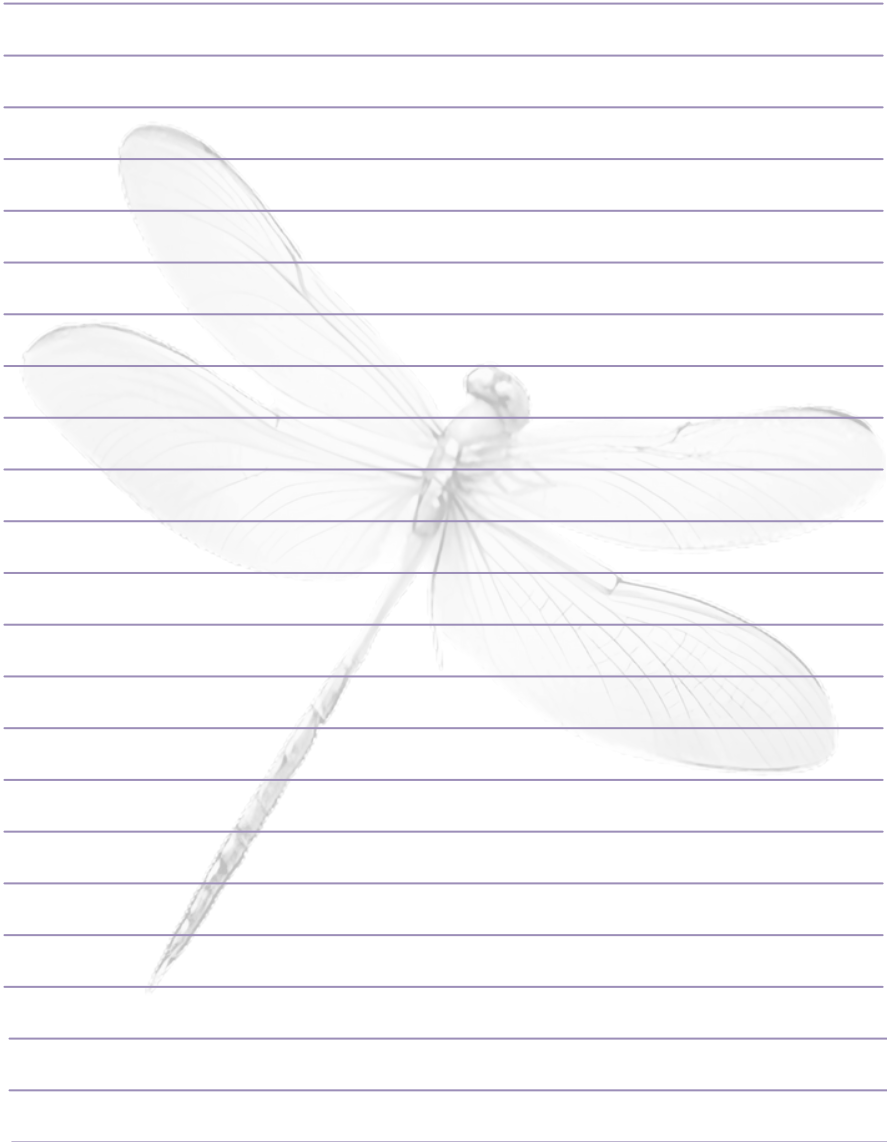


"Your dreams deserve to be pursued fearlessly. Live your truth and let the world catch up." - Brenda Hukel

Date _____

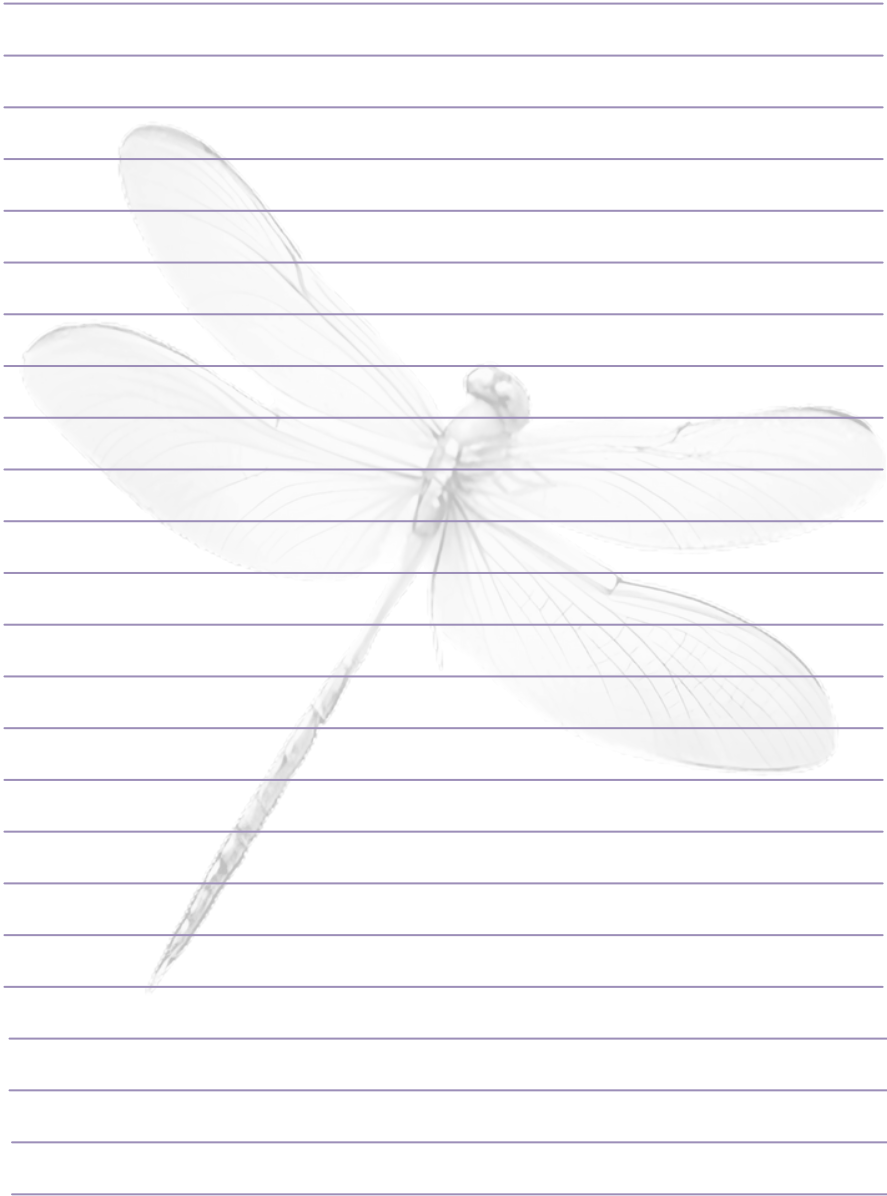


Date _____

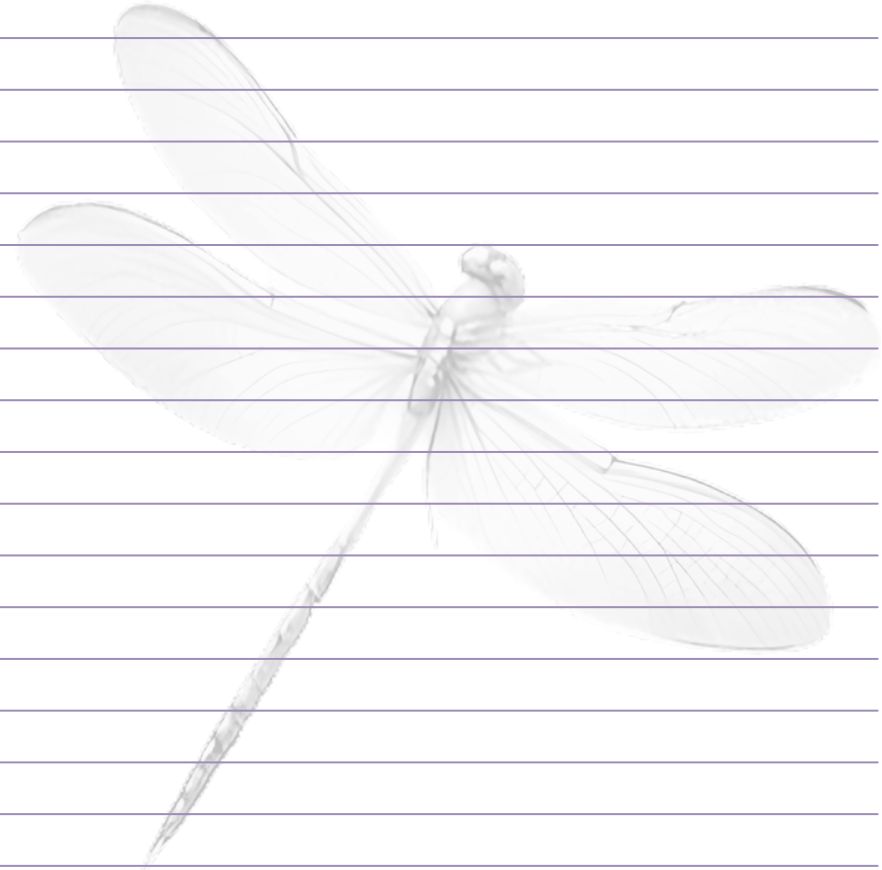


"When you stop apologizing for who you are, you unlock the freedom to be your true self." - Brenda Hukel

Date _____

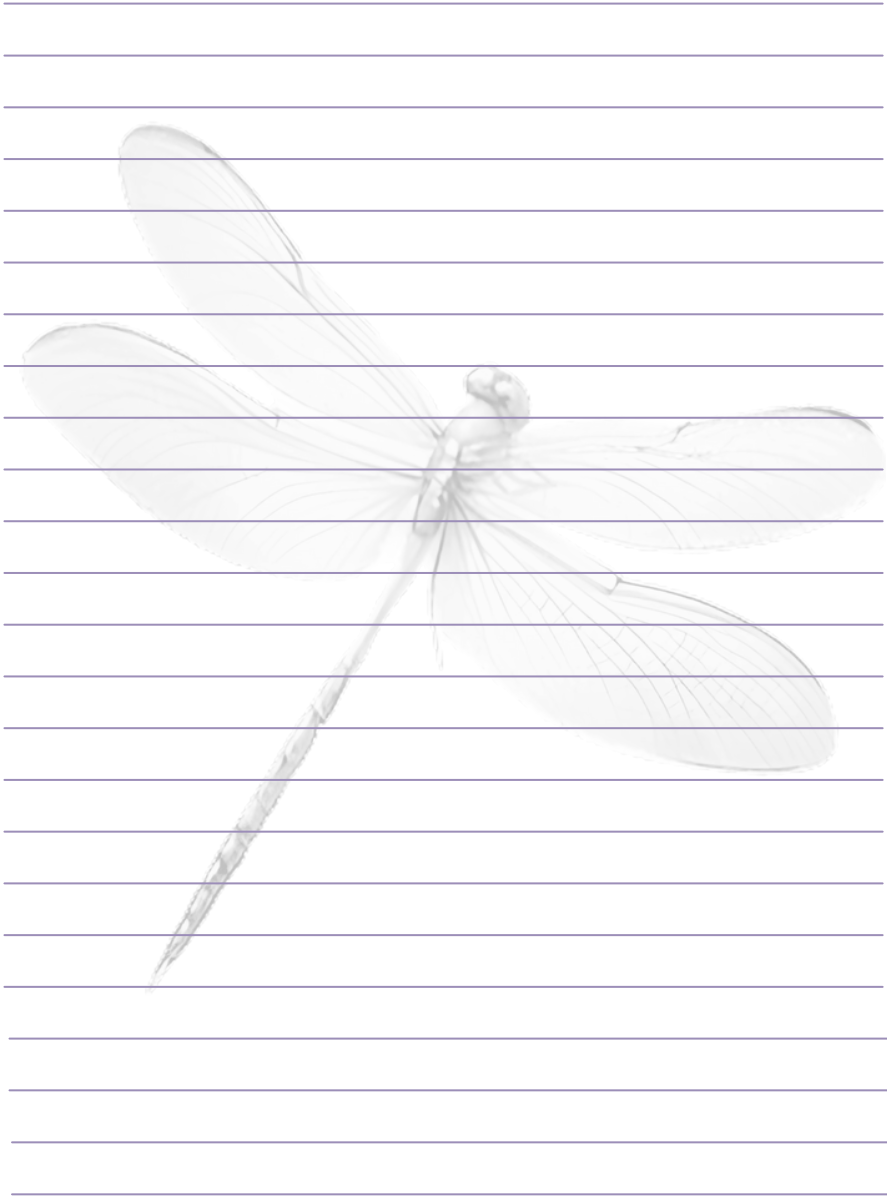


Date _____



“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” - Ralph Waldo Emerson

Date _____

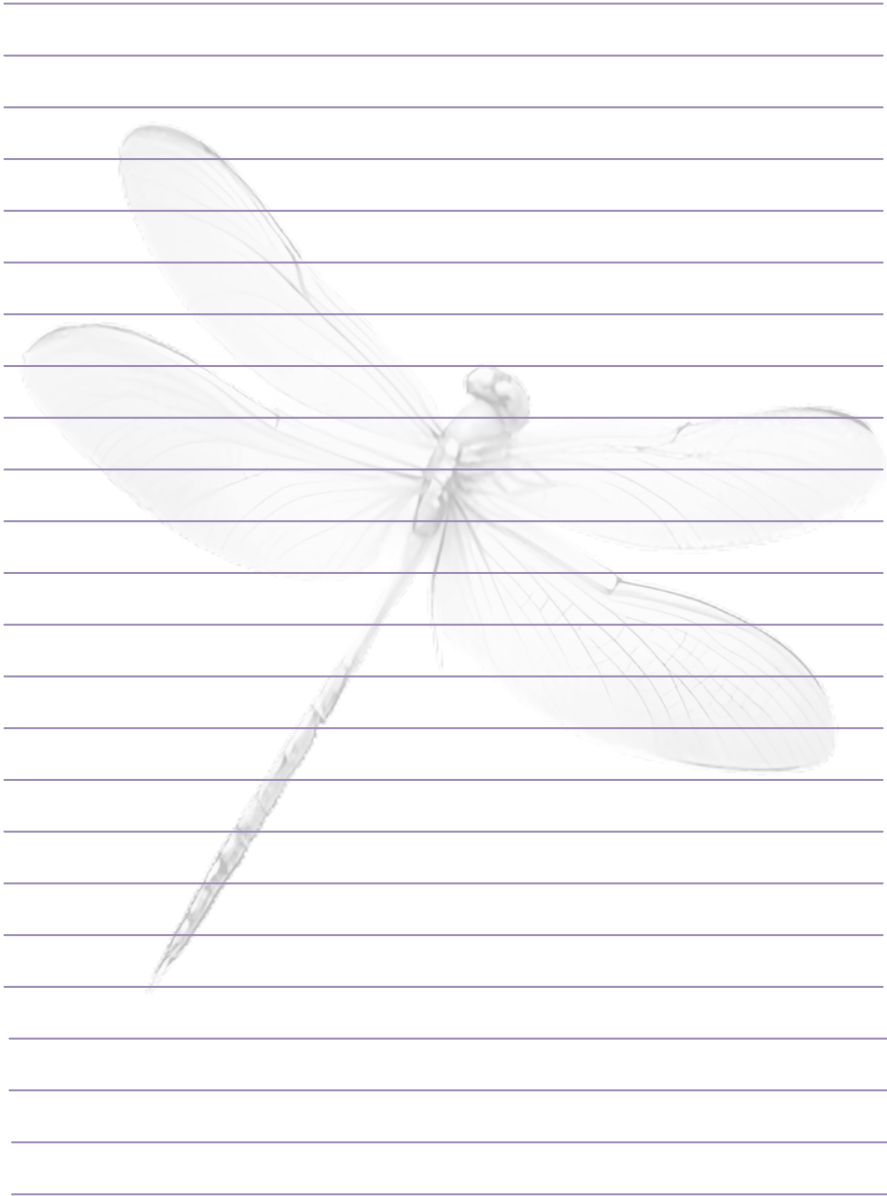


Date _____

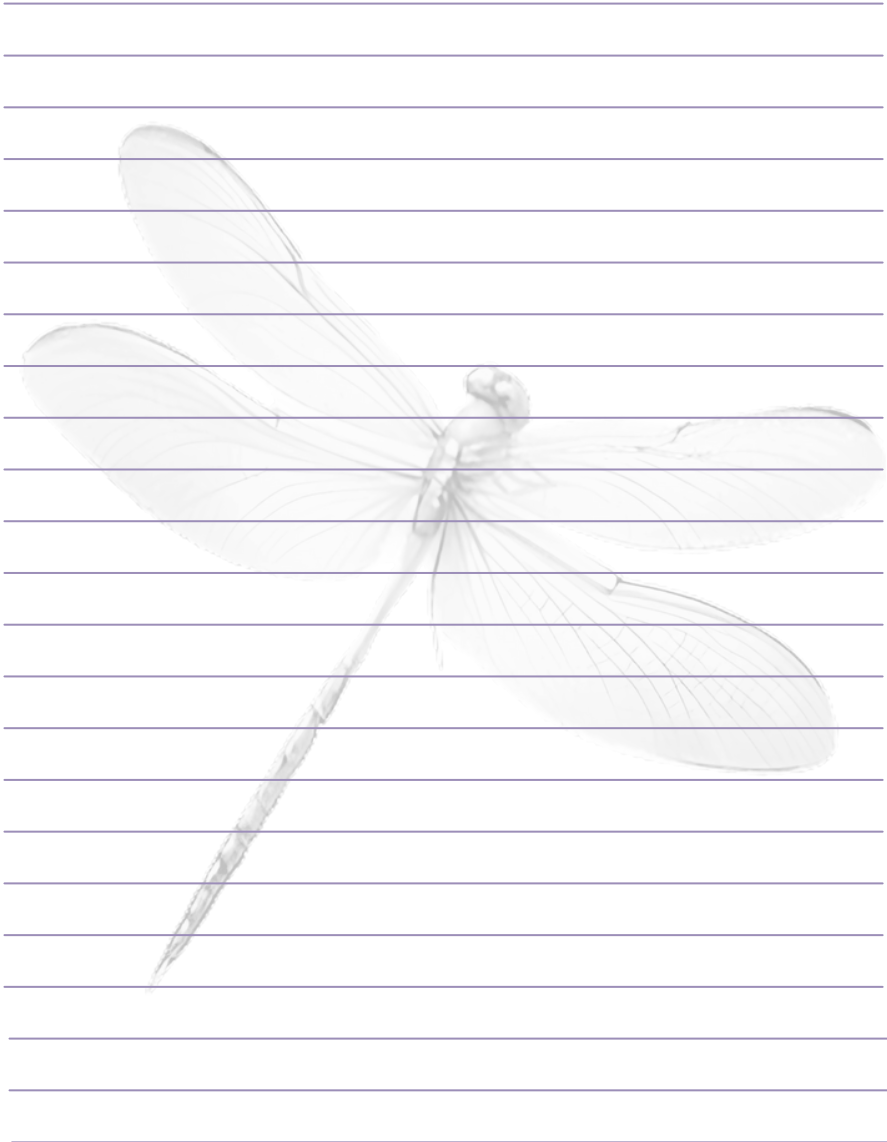


"Failure is proof you're pushing boundaries others never dared to cross." - Brenda Hukel

Date _____

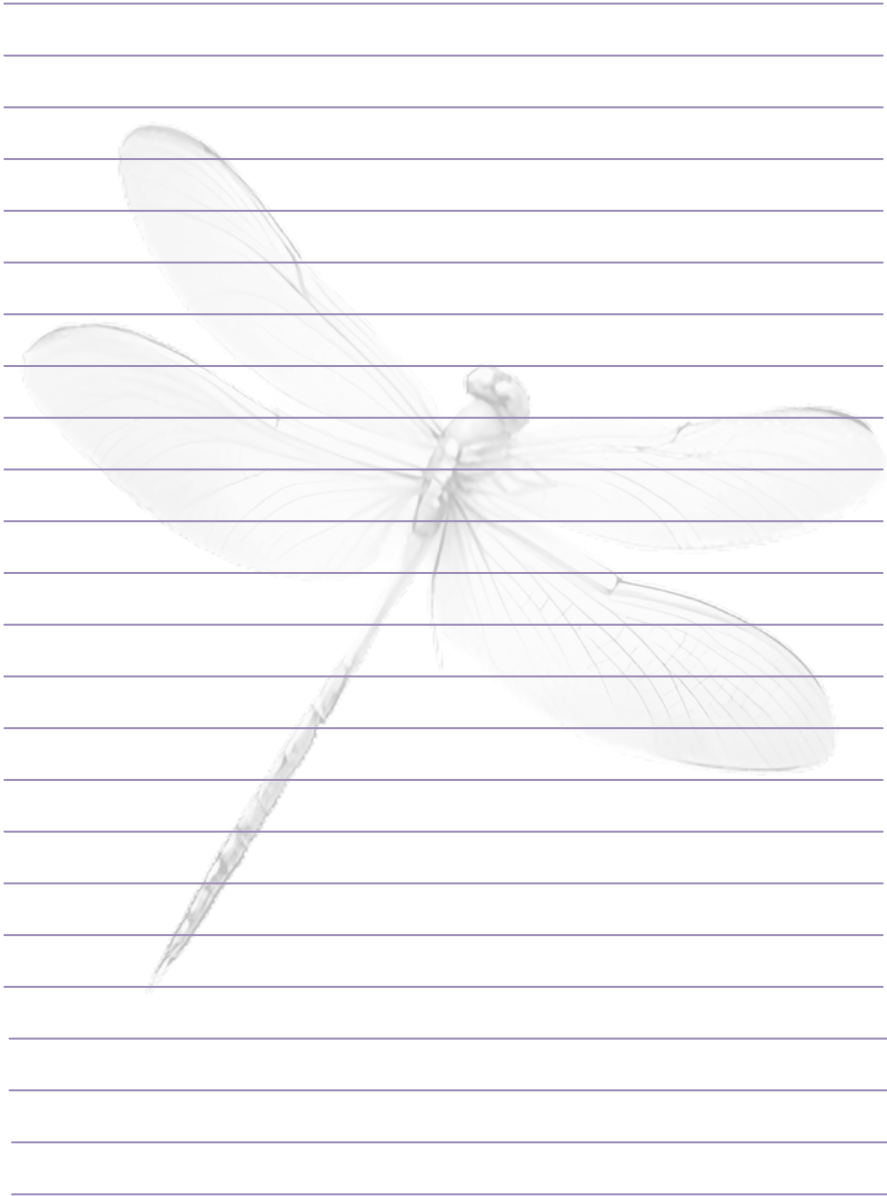


Date _____

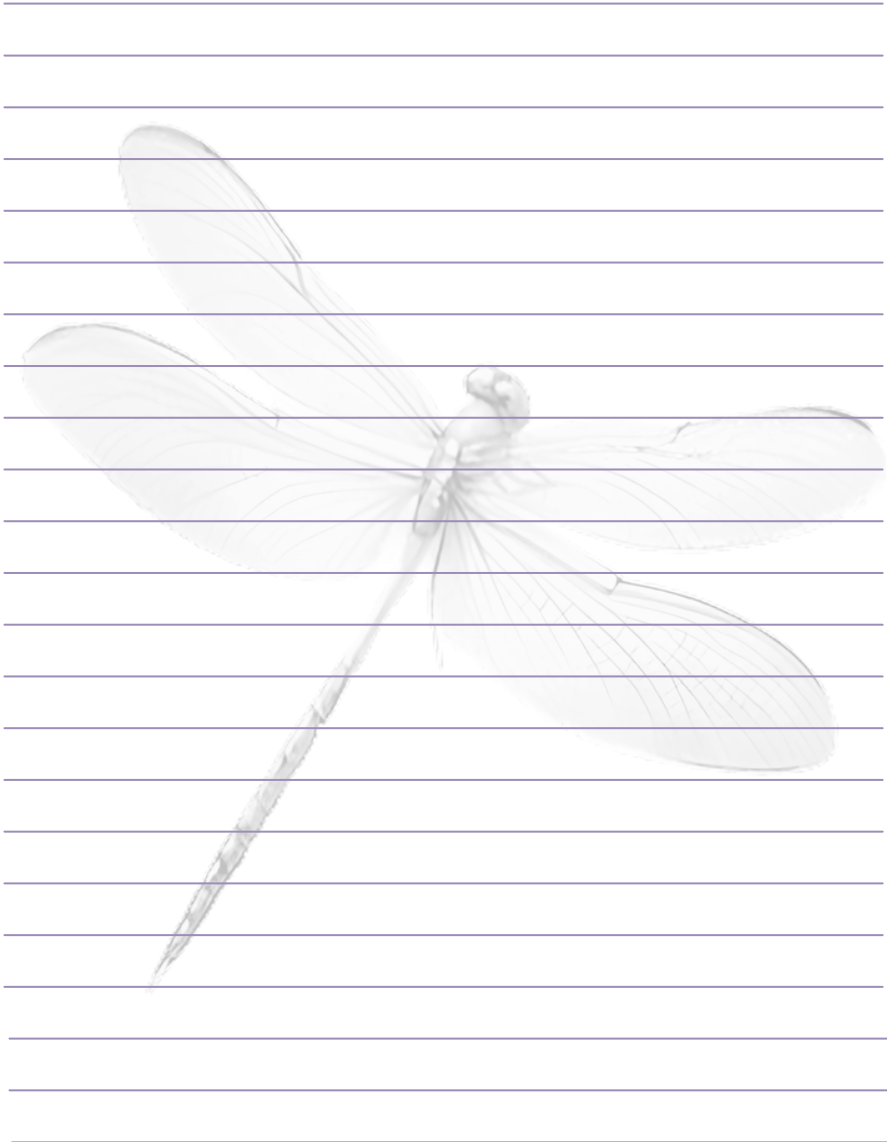


“Trust is the bridge between fear and freedom built on the quiet strength of courage over the comfort of certainty.” - Brenda Hukel

Date _____

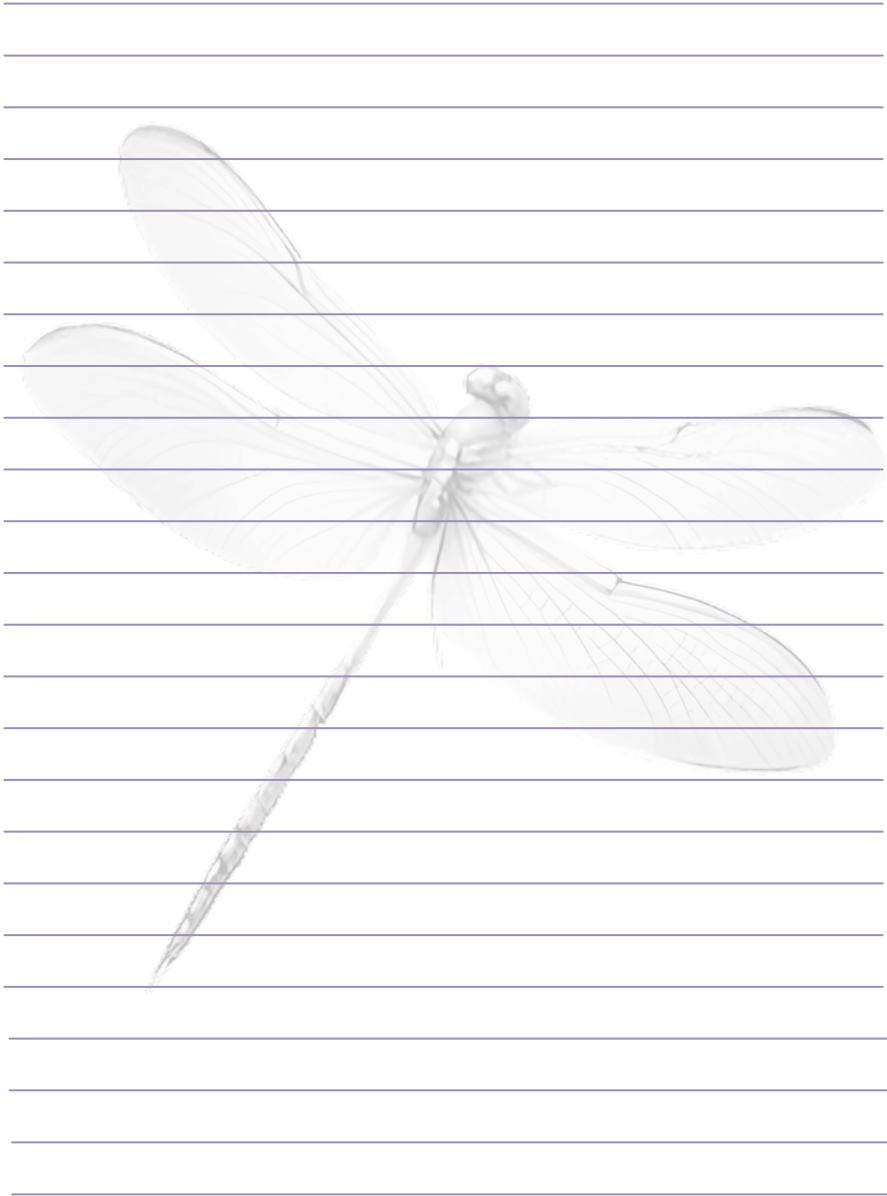


Date _____

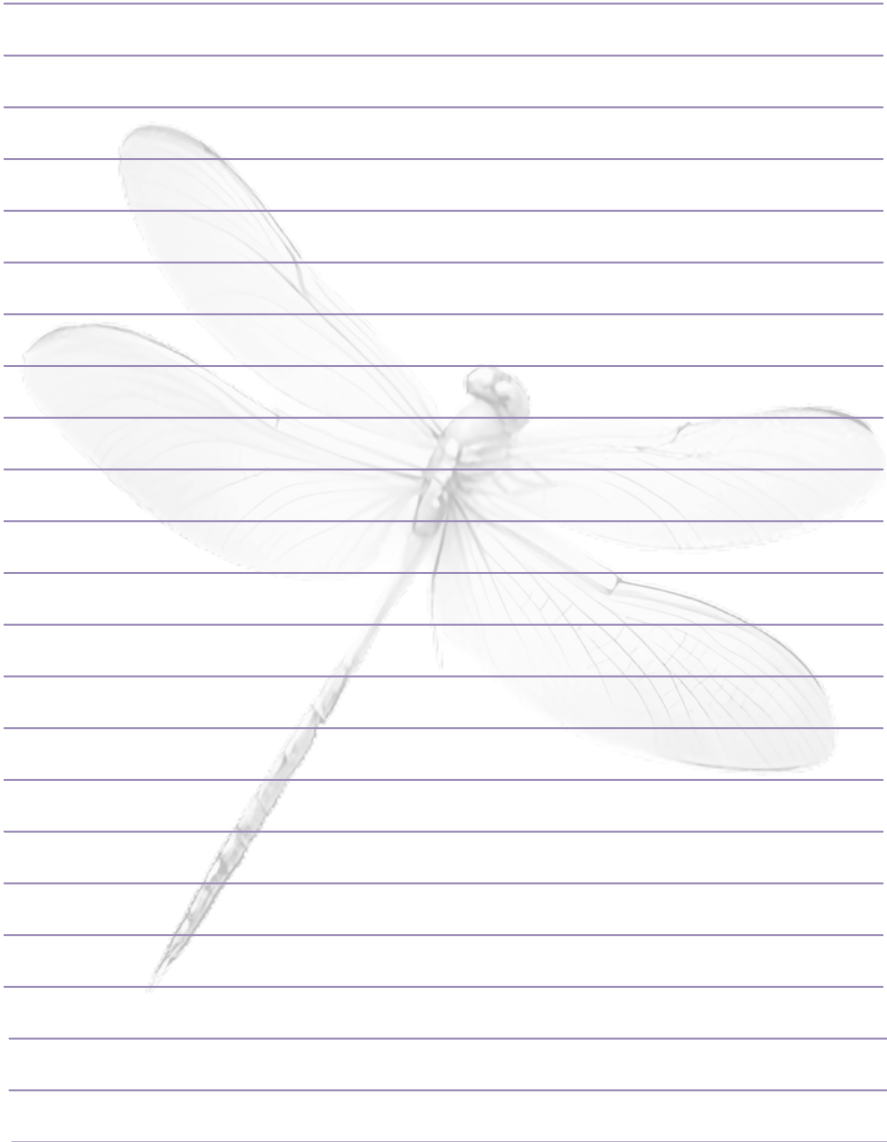


“True courage is found in trusting the unknown,
even when the path ahead is unclear.” - Brenda
Hukel

Date _____

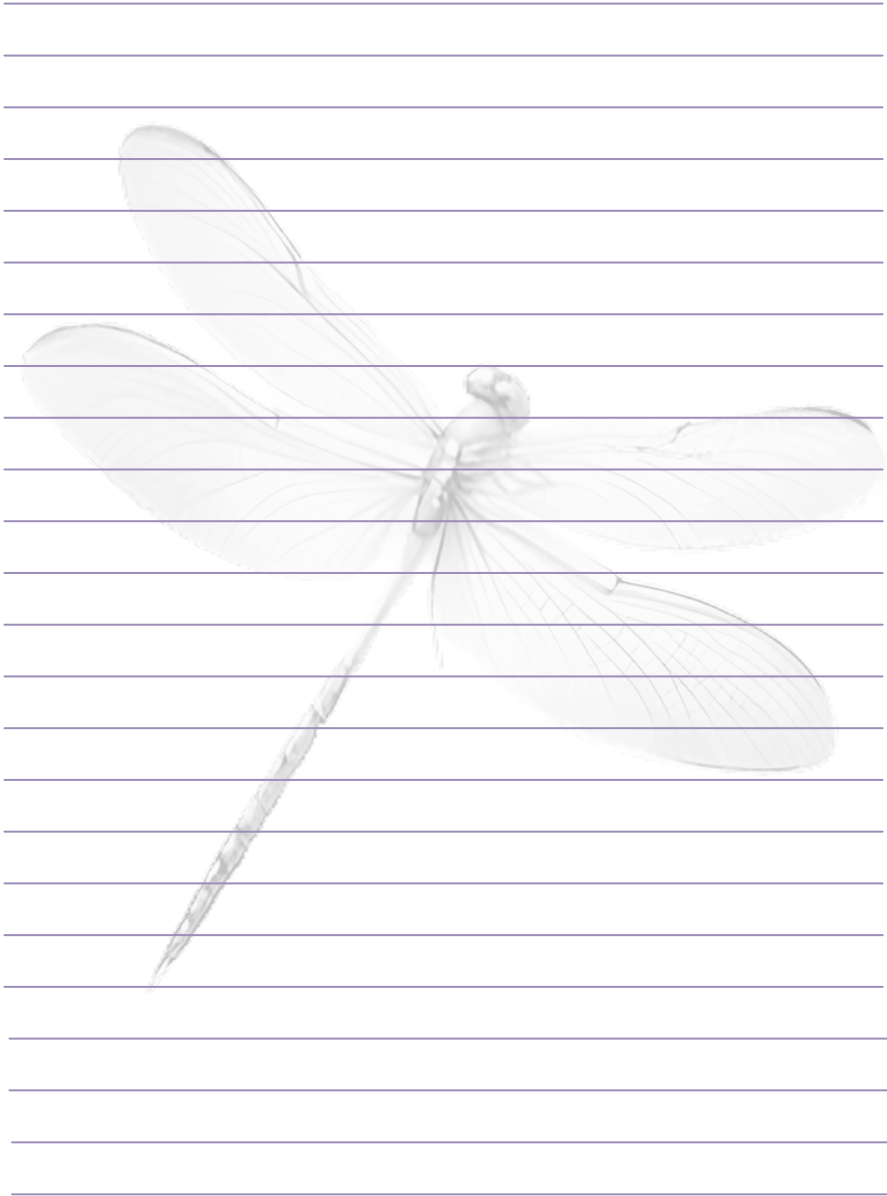


Date _____

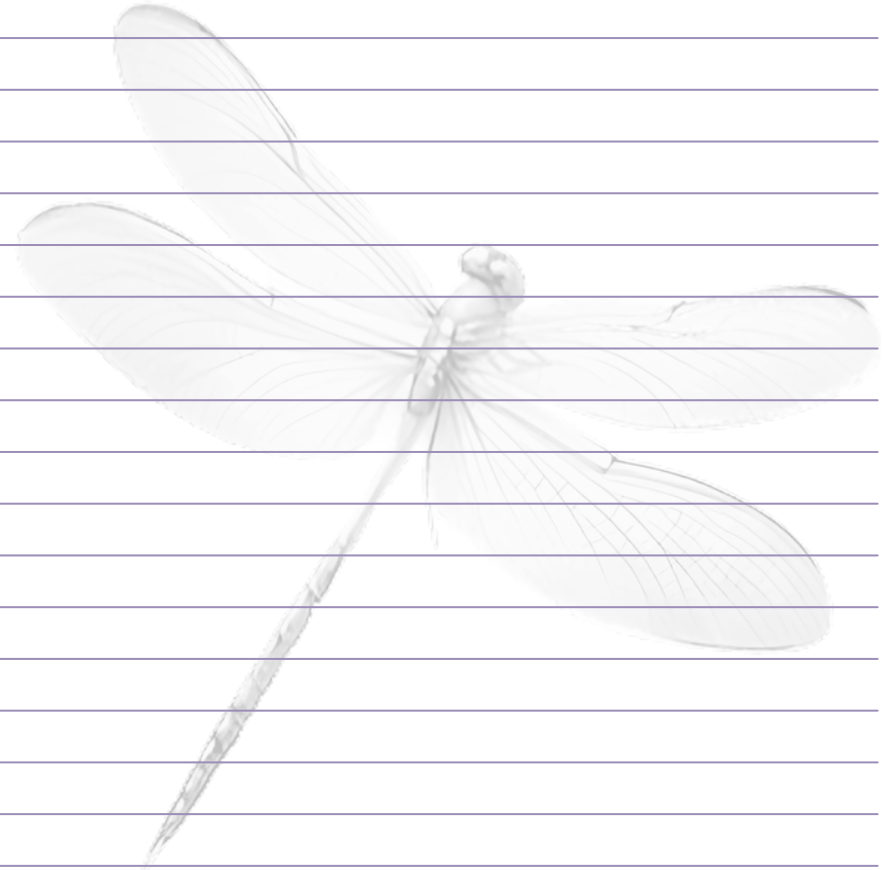


“To live unapologetically is to love yourself so deeply, no opinion can dim your light.” - Brenda Hukel

Date _____

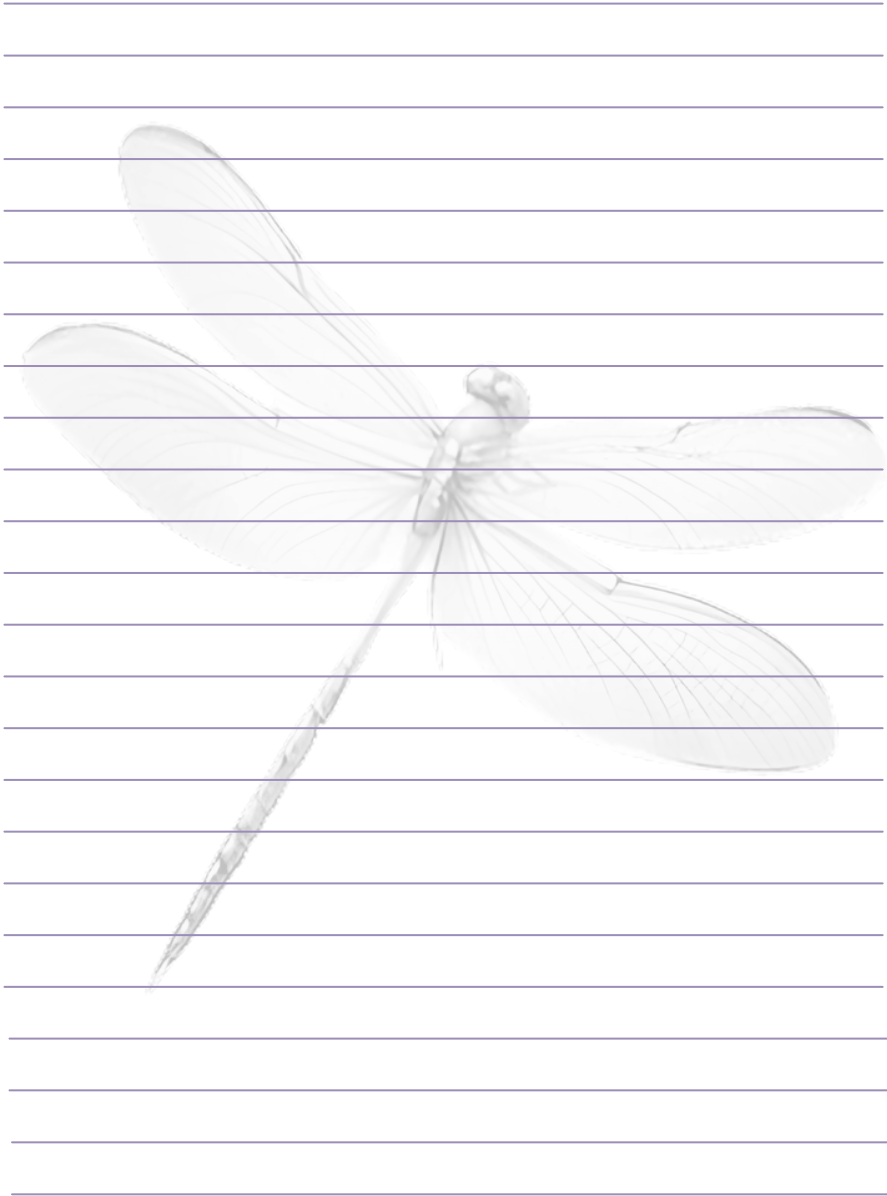


Date _____

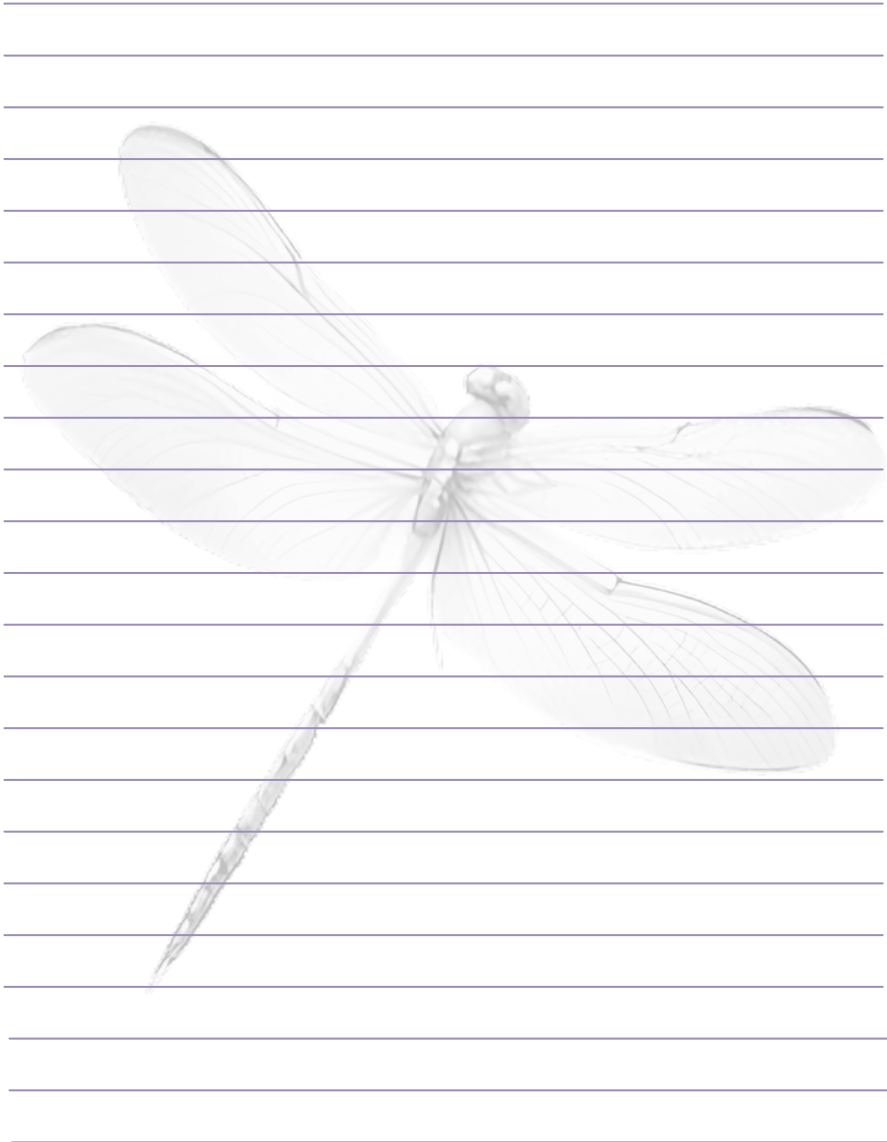


“Your journey of self-discovery is just the beginning.
Step confidently into the life that is waiting for you.”
- Brenda Hukel

Date _____

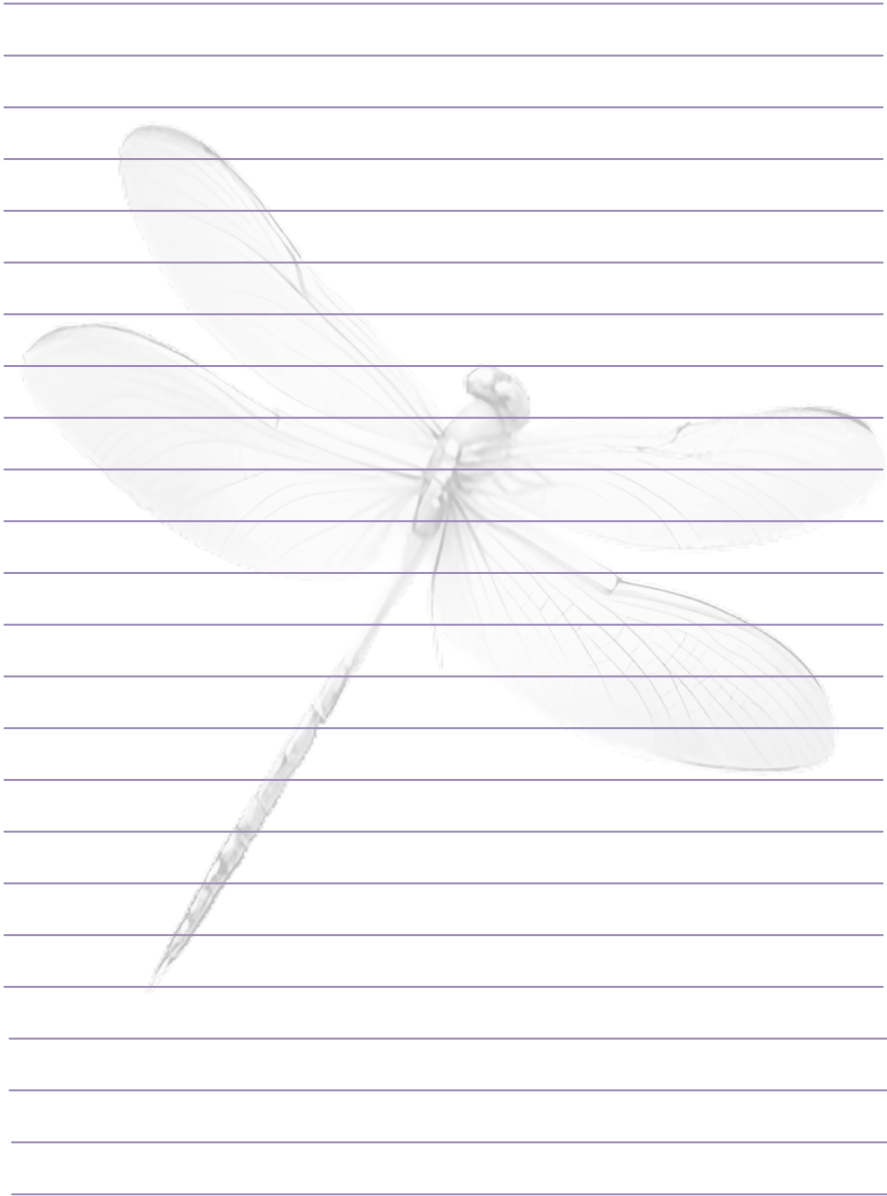


Date _____

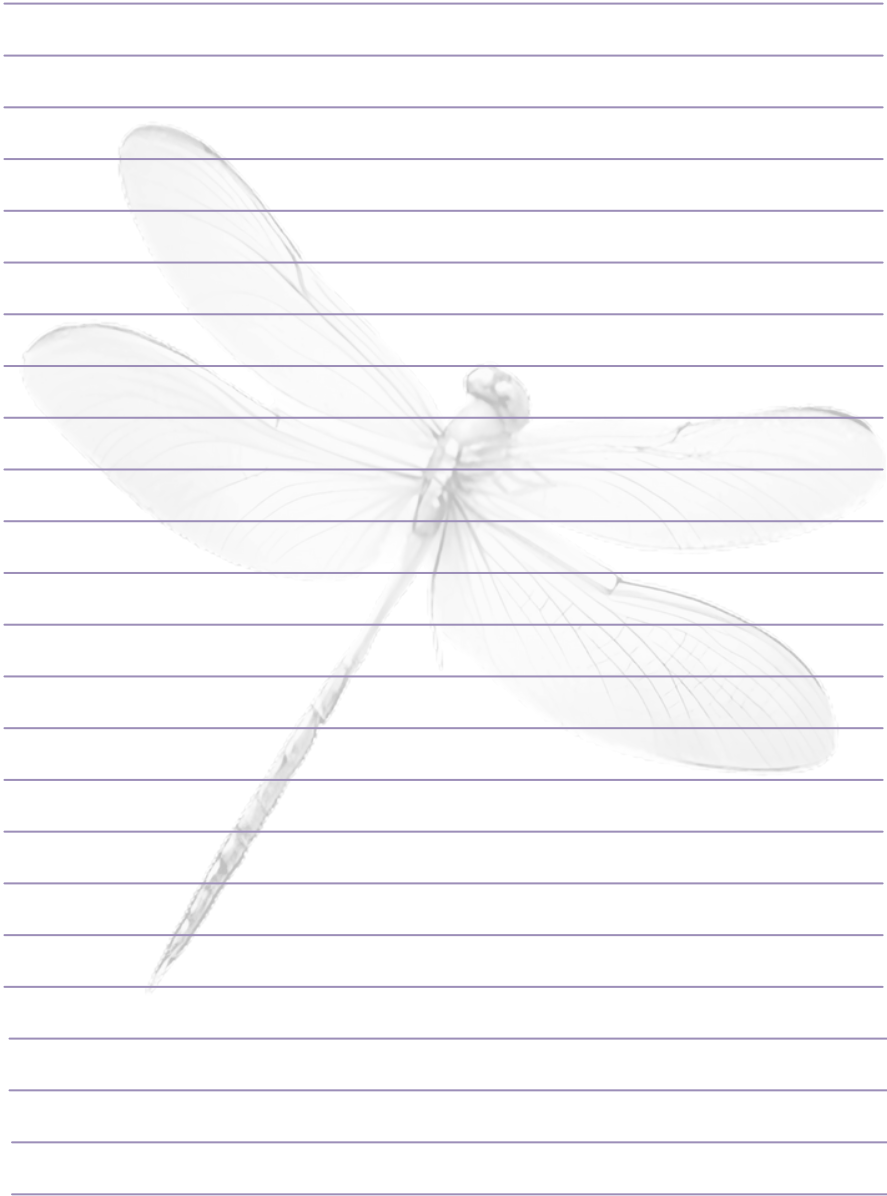


"To be courageously authentic is to stand firm in your truth, even when the world asks you to change." - Brenda Hukel

Date _____



Date _____





Brenda L. Hukel, Author | Women's Speaker | Advocate for Transformational Healing & Empowerment

Author of Courageously Authentic: A Woman's Guide to Transform Pain into Power, Fear into Courage, Dreams into Reality.

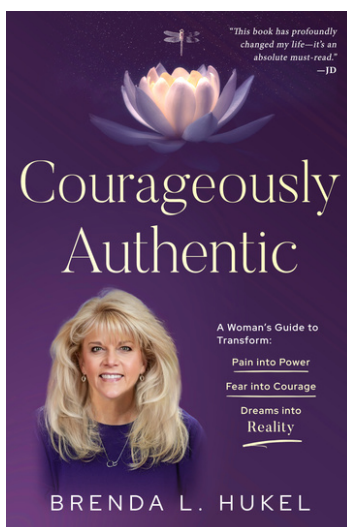
Contact: Hello@BrendaHukel.com
P.O. Box 96, Broad Brook, CT 06016



For inspiration, resources, and support on your journey, visit: <https://www.brendahukel.com/>



Your Journey Back to You Journal
100 lined pages featuring inspirational quotes
© 2025 Brenda Hukel. All rights reserved.



Journal created by Brenda Hukel, author of *Courageously Authentic: A Woman's Guide to Transform Pain into Power, Fear into Courage, Dreams into Reality.*

Disclaimer:

This journal is intended for personal use, reflection, and inspiration. It is not a substitute for professional medical or psychological advice. The author and publisher disclaim any liability for actions taken based on the content of this journal.

Copyright Notice:

All original quotes and written content in this journal are the intellectual property of Brenda Hukel and are protected by copyright law. No part of this journal may be reproduced, distributed, or sold without prior written permission from the author.

Select quotes included are sourced from the public domain or are of unknown authorship and have been included with appropriate attribution where applicable.

