THE 21-DAY WORKBOOK

RETURN TO YOURSELF

Your journey begins now.

CONTENT FROM THE LAST BATTLE

© FEARLESS IN MOTION

THE 21-DAY WORKBOOK

RETURN TO YOURSELF

Your journey begins now.

CONTENT FROM THE LAST BATTLE

© FEARLESS IN MOTION

Return to Yourself: The 21-Day Workbook

Chapter One sample: Days 1–3

© 2026 Fearless in Motion. All rights reserved. No part of this book may be reproduced without written permission, except for brief quotations in reviews.

Excerpts are content from *The Last Battle*.

This workbook is for reflection and personal growth. It is not a substitute for professional mental health care. If you are in crisis in the US, call or text 988.

fearlessinmotion.com

BEFORE YOU BEGIN

How to Use This Book

This is not a book you read. It's a book you write.

Fifteen minutes each morning. One day at a time, in order. Don't skip ahead. Each day builds on the one before it.

Every day has four parts.

- **Today's truth.** Read it slowly. Once is enough.
- **Three questions.** Write whatever comes to mind, in plain words. A pen works best, because something shifts when you write by hand. Typing is fine too.
- **Today's one action.** One real thing to do before the day is over.
- **A line to close the day.** A single word or sentence. That's all.

Be honest, not polished. If an answer comes out ugly, leave it. The ugly answer is usually the true one.

If you miss a day, start again the next morning where you left off. Returning is the whole point.

Would you like to share your answers? Send them to us at support@fearlessinmotion.com.

Your return starts now.

CHAPTER ONE

The Hurt

DAY 1
Name It

DAY 2
Break the Silence

DAY 3
Take It Back

DAY 1

Name It

What really hurt you

TODAY'S TRUTH

What you refuse to name doesn't go away. It goes underground, and it runs your life from there.

Maybe it was a betrayal. Maybe it was a slow loss you never saw coming: a person, a path, a version of yourself that used to know where it was going. Most of us talk around it. We call it "everything that happened." As long as it has no name, it stays in charge.

Today you name it.

> *She was gone.*
>
> *The thought came with no warning. Like a sword thrust through cracked armor. Over and over.*
>
> FROM THE LAST BATTLE

Fifteen minutes. A pen. Somewhere quiet.

1

What happened?

One plain sentence. No softening, no explaining.

"_____ happened, and it broke something in me."

2

What have you been calling it instead?

The phrases you use so you don't have to say the real thing.

3

What did you lose that nobody else sees?

Not the obvious loss. The quiet one underneath it.

TODAY'S ONE ACTION

Say your sentence from question 1 out loud once, alone or to someone you trust. Then take a ten-minute walk with no phone and no music.

It will feel like saying it makes it real. It was already real. Now you're facing it with your eyes open, and that's where every return begins.

☐ **DONE**

After the walk, one word for how today felt:

Anything else you need to get out of your head today:

Tomorrow: breaking the silence.

NOTES

DAY 2

Break the Silence

Where you went quiet

TODAY'S TRUTH

Sometimes the deepest betrayal isn't someone else's. It's the moment you saw the signs, knew better, and went quiet anyway.

That silence wasn't weakness. It was you trying to keep the peace, keep the person, keep the life. But every time you swallowed your truth, you left a little more of yourself behind.

Yesterday you named what happened. Today you look at where you stopped speaking up for you.

> *He had stood before his host of knights and never flinched.*
>
> *Yet, with the only soul that ever came close to truly knowing him, he froze.*
>
> FROM THE LAST BATTLE

Fifteen minutes. A pen. Somewhere quiet.

1

Where did you go quiet?

A moment you knew something was wrong and said nothing. Be specific.

2

What were you afraid would happen if you spoke?

Losing them, looking weak, starting over. Write the real fear.

3

What has that silence cost you?

Sleep, peace, people, years, your confidence. Be exact.

TODAY'S ONE ACTION

Say one true thing today that you would normally swallow. Small is fine: a no, an honest answer, "that doesn't work for me." To someone else, or written down to yourself.

Notice how you feel an hour later.

☐ **DONE**

One hour later, one sentence:

Anything else you need to get out of your head today:

Tomorrow: you take it back.

NOTES

DAY 3

Take It Back

One real step forward

TODAY'S TRUTH

You don't start over. You return. And the one who returns is harder to break.

You named what happened. You faced where you went quiet. Now comes the part most people skip: getting up. Not with a grand gesture. With one real step, small enough to take today, that proves you're done just surviving.

> *He stepped into the cold hush of predawn. The chill kissed his face like an old friend, familiar, bracing, and blessedly indifferent.*
>
> *He didn't look back.*
>
> FROM THE LAST BATTLE

Fifteen minutes. A pen. Somewhere quiet.

1

What part of you survived all of it?

A strength, a value, a gift, a love. Name it.

2

Where have you been going through the motions?

Showing up with nothing behind it: work, health, people, faith. Pick one.

3

What is one step that would bring you back to life there?

Not ten. One. Small enough to do before tonight.

TODAY'S ONE ACTION

Do the step from question 3. Today.

☐ **DONE**

Today I _____, and it was my first step back.

Anything else you need to get out of your head today:

Tomorrow: the work continues in Day 4.

NOTES

THAT WAS CHAPTER ONE

Keep Going

Keep what you wrote these three days. It's yours.

The full *Return to Yourself* workbook takes you the rest of the way: twenty-one days, one stage at a time, back to who you are and what you stand for.

Would you like to share your answers? Send them to us at support@fearlessinmotion.com.