

The cover features a watercolor illustration of green leaves and stems, with gold speckles scattered across the white background. The leaves are rendered in various shades of green, from light to dark, and are positioned in the top-left and bottom-right corners. The gold speckles are small, circular dots of varying sizes, scattered across the white background, particularly in the top-right and bottom-center areas. The overall aesthetic is soft and natural.

# still you

*A 90-day guided journal for reclaiming  
your confidence when life has shifted.*

Mary Beth  
LOWELL

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*Still You: A 90-day guided journal  
for reclaiming your confidence when life has shifted.*

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# A Note Before You Begin

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I wrote this book for the woman who is sitting with something she cannot quite name.

Maybe you were laid off. Maybe a relationship ended. Maybe you hit a milestone you worked toward for years and felt nothing when you got there. Maybe you have simply woken up one too many mornings feeling like a stranger in your own life.

Whatever brought you here, I want you to know this: what you are feeling is not weakness. It is not a sign that something is permanently broken. It is a sign that you have been living at a distance from yourself for a while, and some part of you has finally had enough of that.

This book is not a quick fix. It does not promise to transform you in 90 days into someone who radiates confidence and never doubts herself. That is not how this works, and any book that tells you otherwise is not being honest with you.

What I can offer you is this: 90 days of honest company. A voice in your pocket that will tell you the truth, push you when you need pushing, and sit with you when you need that instead. A structured space to think, feel, and write your way back to yourself.

I have been where you are. I spent years succeeding by every external measure, while quietly losing track of who I was underneath all of it. The work of finding my way back was not glamorous. It was uncomfortable and nonlinear and sometimes it felt like nothing was happening at all.

And then, slowly, it did.

You do not go back to who you were before. You go forward into someone clearer, steadier, and more honestly yourself than you have ever been. That is what I want for you.

Start wherever you are. Be as honest as you can. Come back to these pages on the days it feels like too much. That is what they are here for.

I am glad you are here.



Career and Confidence Coach | Without Rules™

# How to Use This Book

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There is no wrong way to use this book. That said, here is how I designed it to work:

Each entry is self-contained. You can read one a day over 90 days, or move through it at your own pace. On the days everything feels like too much, a single entry is enough. On the days you have more in you, read ahead. This is your book.

The entries follow a deliberate arc across five phases: *Prepare, Overcome, Work, Empower, and Rise*. This is built on my POWER Method™ framework. Each phase builds on the one before it, moving you from honest reckoning toward deliberate forward motion. You do not need to think about this as you read. But if you find yourself resisting the early entries because they ask you to sit with discomfort rather than sprint past it, that is the design. The foundation laid in the beginning is what makes everything that follows possible.

Write in this book. The journal lines after each prompt are there to be used. If you need more space, keep a separate notebook or journal alongside it. The writing is not optional decoration. It is where the actual shift happens.

If you skip a prompt, come back to it. The ones that feel the most uncomfortable to answer are almost always the most useful ones.

And if you find yourself reading an entry and thinking this one is exactly what I needed right now, that is not a coincidence. That is you being ready.

# Phase One: Prepare

**Days 1 - 18**

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*Before you can rebuild, you have to be honest  
about where you actually are.*









## day three

You are allowed to admit that this is hard.

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Somewhere along the way, you learned to manage. To hold it together. To be the one who keeps going even when going feels impossible.

That skill served you. And right now, it may be the very thing keeping you from getting the help you actually need.

Because managing is not the same as healing. Holding it together is not the same as being okay. And keeping going sometimes means running straight past the moment when you needed to stop and say: *This is hard. This has shaken me. I am not sure who I am on the other side of this yet.*

You do not have to perform resilience. Not here. Not in these pages.

*Owning our story and loving ourselves through that process is the bravest thing that we will ever do.*

— Brene Brown

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## your turn

*What are you pretending is fine that is not actually fine?  
Write it down. No one is reading this but you.*

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# Phase Two: Overcome

**Days 19 - 36**

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*Understanding the patterns  
and beliefs that have shaped you.*





















## day twenty-seven

# On perfectionism and what it is actually protecting.

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Perfectionism is not about high standards. That is the story it tells about itself, but it is not the truth.

Perfectionism is about protection. If I do it perfectly, no one can criticize it. If I wait until it is ready, I will not be rejected. If I hold myself to an impossible standard, I never have to confront the fear of being found inadequate.

The standard is not the point. The protection is.

What is your perfectionism protecting you from? What would you have to risk if you let go of the need to get it exactly right?

*Perfectionism is not the same thing as striving to be your best. Perfectionism is the belief that if we live perfect, look perfect, and act perfect, we can minimize or avoid the pain of blame, judgment, and shame.*

— Brene Brown

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## your turn

*Where does perfectionism show up most strongly in your life? What would you do, start, or try if you did not need it to be perfect first?*

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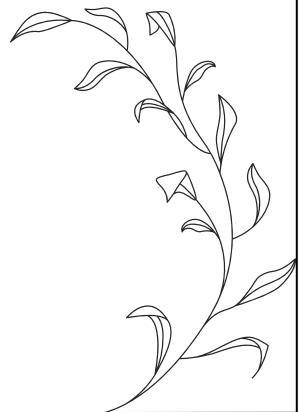


# Phase Three: Work

**Days 37 - 54**

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*Rebuilding from the inside out,  
one honest choice at a time.*







































# Phase Four: Empower

**Days 55 - 72**

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*Choosing, on purpose, who you are becoming.*







































## day seventy-two

### You are ready.

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Not perfectly. Not without uncertainty. Not with every question answered or every fear resolved.

Ready in the way that actually matters: you have done the honest work of looking at where you are, understanding how you got here, and beginning to choose who you want to become.

That is more than most people ever do. And it is enough to build on.

The next phase is about rising. Not because the hard part is over, but because you are now building forward rather than excavating backward.

*She made broken look beautiful and strong look invincible.  
She walked with the universe on her shoulders  
and made it look like a pair of wings.*  
— Ariana Dancu

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### your turn

*Write a letter to the earlier version of you who started this book a few weeks ago. What do you know now that you did not know then? What do you want her to know?*

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# Phase Five: Rise

**Days 73 - 90**

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*Moving forward as the woman you have become.*







































# Confusion

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Ninety days ago you opened this book from somewhere. You are closing it from somewhere else.

The distance between those two places is yours. You earned it through honesty, through discomfort, through showing up on the days you did not feel like it. Through writing the hard things down and sitting with the answers even when they were inconvenient.

You are not the same woman who turned to page one. She was brave enough to begin. You are brave enough to continue. Go. The life you are building is waiting.

*mbL*  
MARY BETH LOWELL

Career and Confidence Coach | Without Rules

# About the Author

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Mary Beth is a career and confidence coach and the founder of Without Rules, a life design coaching practice for women who are ready to stop living someone else's version of success and start building a life they actually want.

With more than 25 years of corporate leadership and executive communications experience, Mary Beth knows firsthand what it looks like to succeed by every external measure while quietly losing track of yourself in the process. That experience is the foundation of everything she does.

She works with women who are stuck, uncertain, or standing at a crossroads, helping them find clarity, reclaim their confidence, and design a life that is genuinely theirs.

Mary Beth lives in the Pacific Northwest and believes that the most courageous thing a woman can do is decide to live on her own terms.

# Resources

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For more information about Mary Beth's coaching programs and courses, as well as free resources you can visit:

**[marybethlowell.com](https://marybethlowell.com)**

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