

REWRITE YOUR STORY

30 Prompts for 30 days



Welcome to your transformative journey of self-discovery and personal growth. This 30-day journaling experience is designed for women who find themselves caught in the web of people-pleasing, perfectionism, and procrastination. If you struggle with low confidence, setting healthy boundaries, making decisions, or building emotional resilience, these prompts are tailored for you.

Each day, you'll encounter a thought-provoking question that invites you to explore your patterns, challenge your assumptions, and envision new possibilities. This journey is about becoming curious about your potential for growth - spiritually, socially, and emotionally. It's an opportunity to acknowledge your current patterns and create your own solutions.

Remember, there are no right or wrong answers. The goal is to be utterly honest with yourself and open to insights and breakthroughs. Let's begin this transformative adventure, one day at a time.

LET'S GO!

1. Describe a recent situation where you said "yes" when you wanted to say "no". What would have happened if you had honored your true feelings?
2. What does "good enough" mean to you? How might embracing "good enough" change your daily life?
3. List three tasks you've been procrastinating on. What's one small step you can take today to move forward on each?
4. Reflect on a time when you set a healthy boundary. How did it make you feel, and what impact did it have on your relationships?
5. What are your top three values? How well does your current lifestyle align with these values?
6. Imagine your most confident self. What advice would she give you about making decisions?
7. Describe a recent failure. What lessons can you extract from this experience?
8. What does emotional resilience mean to you? Recall a time when you demonstrated this quality.
9. List five things you do regularly to please others. Which of these truly align with your own values and desires?
10. What's one area of your life where perfectionism is holding you back? How would "progress over perfection" change this?

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11. Reflect on a decision you're currently struggling with. What's the worst that could happen if you make the "wrong" choice?
12. Who in your life consistently respects your boundaries? What can you learn from these relationships?
13. Describe your ideal day. What small changes can you make to bring your actual days closer to this ideal?
14. What negative self-talk patterns do you notice? Rewrite these statements from a place of self-compassion.
15. Recall a time when you stood up for yourself. How did it feel, and what gave you the courage to do so?
16. What does self-care look like for you? How can you incorporate more of it into your daily routine?
17. List three things you're avoiding. What emotions come up when you think about tackling these tasks?
18. Reflect on a recent accomplishment. How can you celebrate your progress without falling into the perfectionism trap?
19. What's one boundary you need to set with yourself? How will this impact your overall well-being?
20. Describe a situation where you feel confident saying "no". What makes it easier in this context?
21. What does your inner critic say? Write a compassionate response to these criticisms.
22. Reflect on a time when procrastination served a positive purpose. What need was it fulfilling?
23. Who do you admire for their ability to set healthy boundaries? What can you learn from them?
24. What would you do if you knew you couldn't fail? How can you bring elements of this fearlessness into your daily life?
25. List three personal needs you often neglect. How can you prioritize these needs moving forward?
26. Reflect on a decision you're glad you made. What can this teach you about trusting yourself?
27. What does emotional strength look like to you? How have you demonstrated this strength recently?
28. Describe a situation where you felt pressured to be perfect. How would embracing imperfection change this scenario?
29. What's one task you've been avoiding? Break it down into five small, manageable steps.
30. Looking back on these 30 days, what's the most significant insight you've gained? How will you carry this forward?

Remember, transformation is a journey, not a destination You've got this!