CHEFIATOU FALANA

# I MATTER

YOUR 30-DAY IDENTITY BLUEPRINT TO STOP SELF-SABOTAGE AND REBUILD SELF-TRUST

For those ready to break cycles of overthinking, self-doubt, and inconsistency.

https://coachchefi.systeme.io/groupcoaching

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# WELCOME

Welcome to I Matter Journal!

I am walking with you towards breaking old patterns. (***Just 5 minutes a day is enough***).The goal is consistency  because consistency matters more than perfection.

This journal is not here to judge you; it’s here to support you, hand in hand, so that when you look back, you can say, “Thank God for the past 30 days where I chose consistency over perfection.”

All my love
***Coach Chefi***

# A LETTER TO A FRIEND WHO FEELS STUCK

There is a reason this found you. From the outside you may appear capable, responsible, and strong, yet internally you sometimes question yourself more than you admit. You may replay conversations, hesitate before speaking up, or start things with excitement only to doubt yourself halfway through—not because you are incapable, but because patterns like overthinking, self-doubt, and fear of rejection have quietly shaped how you see yourself. This journal was created to interrupt those patterns. Through scripture, reflection, and intentional writing, you will begin rebuilding something powerful—self-trust—and page by page reconnect with the PERSON you were always meant to be. Because the truth is simple: you matter.

# HOW SELF-SABOTAGE QUIETLY SHOWS UP

Self-sabotage rarely announces itself loudly.

It usually appears through patterns such as:

- Overthinking decisions long after they are made
- Replaying conversations repeatedly
- Waiting to feel confident before taking action
- Starting something with excitement but losing momentum
- Comparing yourself to others
- Shrinking your voice in important moments
- Doubting your value even when others believe in you

These patterns are not signs that you are weak.
They are often signs that your mind has been carrying stories that no longer belong to you.

This journal will help you notice those patterns and begin replacing them with truth.

# WHICH PATTERN DO YOU RECOGNIZE?

Self-sabotage rarely announces itself loudly.

It usually appears through patterns such as:

- Overthinking Pattern – replaying conversations and imagining problems before they exist.
- Rejection Pattern – hesitating to show up fully because of past rejection.
- Shrinking Pattern – holding back your voice or ideas.
- Inconsistency Pattern – starting strong but struggling to maintain momentum.
- Self-Doubt Pattern – questioning your value even when others believe in you.
- You do not need to complete this journal perfectly:
- Some days you will write a lot.. Some days you may write only one sentence.
- This is your Journal make it count. Both count.
- Which pattern shows up most often in your

# START HERE....

For the next 30 days, simply follow this rhythm:

- Read the scripture
- Reflect honestly on the question
- Speak the creative word
- Write something under I Matter
- Write freely under Note to Self

That’s it.

We are walking towards breaking a pattern. 5 minutes is enough. The goal is to be consistent, because consistency matters more than perfection.

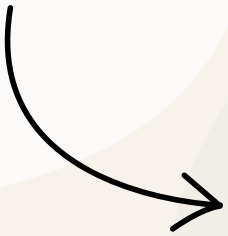
I am holding your hand into your next season. The “I Matter” Journal is not here to judge you; it is here to walk with you so that when you look back, you'll say, “Thank God for the past 30 days where I chose consistency over perfection.”

# ROADMAP OF THE WORKBOOK

MODULE 1: SCRIPTURE

MODULE 2:REFLECTION

MODULE 3: CREATIVE WORD



MODULE 4:NOTE TO SELF

MODULE 5: I MATTER; IDENTITY BLUEPRINT

# DAY 1

## I AM NOT HERE BY MISTAKE

## PSALM 139:14

*“For I am fearfully and wonderfully made.*
*Wonderful are your works; my soul kno”*

## REFLECTION

- Where in your life have you been feeling overwhelmed or outnumbered by challenges?
- What would change if you believed that you are not facing those obstacles alone?

## CREATIVE WORD

I release comparison.

I  walk confidently in the identity God created for me.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

What is your definition of I MATTER?

# I MATTER

# DAY 2

## MY DAYS ARE KNOWN

## PSALM 139:16

*“Your eyes saw my unformed body; all the days ordained for mee were written in your book before one of them came to be.”*

## REFLECTION

- Where do you feel like you are behind in life?
- What would change if you trusted your timeline?

## CREATIVE WORD

My journey is unfolding with purpose.

I release the pressure to compete with someone else’s timeline.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

What is your definition of I MATTER?

# I MATTER

# DAY 3

## LOVED WITH AN EVERLASTING LOVE

## JEREMIAH 31:3

*The Lord appeared to us in the past, saying; "I have loved you with an everlasting love; I have drawn you with unfailing kindness,"*

## REFLECTION

- Where has rejection shaped how you see yourself?

## CREATIVE WORD

Rejection does not define my worth.

I stand secure in the love that never leaves

# *Note to Self...*

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 4

## I HAVE THE MIND OF CHRIST

## 1 CORINTHIANS 2:16

*For, "Who has known the mind of the Lord so as to instruct him? ‘ But we have the mind of Christ’*

## REFLECTION

- What thoughts repeat most often in your mind?

## CREATIVE WORK

My mind is disciplined and clear.

I choose thoughts that strengthen my confidence.

# *Note to Self...*

Write anything you want to remember about this version of you

# I MATTER

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# I MATTER

# DAY 5

## PULLING DOWN IMAGINATIONS

## 2 CORINTHIANS 10:5

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

## REFLECTION

- What fears have you imagined that have not actually happened?

## CREATIVE WORD

I challenge thoughts that weaken my confidence.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 6

## GOD HAS NOT GIVEN ME A SPIRIT OF FEAR

## 2 TIMOTHY 1:7

*For the Spirit God gave us doe snot make us timid ,but gives us power, love and self-discipline.*

## REFLECTION

- What opportunity have you been hesitating to pursue?

## CREATIVE WORD

Fear is not my decision maker.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 7

## I WILL NOT FEAR

## ISAIAH 41:10

*So do not fear,for Iam with you;do not be dismayed ,for i am your God.I will strengthen you and help you;I will uphold you with my righteous right hand.*

## REFLECTION

- What situation has been creating anxiety or hesitation in your life?

## CREATIVE WORD

Fear does not control my decisions

I move forward knowing i am supported and strengthened

# *Note to Self...*

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 8

## WITH MY GOD I RUN THROUGH TROOPS

## PSALM 18:29

*'With your help I can advance against a troop;*
*with my God I can scale a wall."*

## REFLECTION

- Where in your life have you been feeling overwhelmed by challenges?

## CREATIVE WORD

With God strengthening me, I overcome obstacles that once felt impossible.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

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# I MATTER

# DAY 9

## I CAN DO ALL THINGS

## PHILIPPIANS 4:13

*I can do all things through Him*
*who gives me strength*

## REFLECTION

- What goal have you doubted your ability to complete?

## CREATIVE WORD

I am capable of finishing what I begin.

# Note to Self...

Write anything you want to remember about this version of you

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# DAY 10

## BE STRONG AND COURAGEOUS

## JOSHUA 1:9

*"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

## REFLECTION

- What decision currently requires courage from you?

## CREATIVE WORD

Courage grows when I stop waiting and start moving.

# Note to Self...

Write anything you want to remember about this version of you

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# I MATTER

# DAY 11

## YOU ARE LIGHT

## MATTHEW 5:14

*“You are the light of the world. A city that is set on a hill cannot be hidden."*

## REFLECTION

- Where have you been holding back your voice?

## CREATIVE WORD

My voice matters.

I allow my light to be visible.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

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# I MATTER

# DAY 12

## I WALK IN WISDOM

## PROVERBS 8:12

*“I, wisdom, dwell together with prudence; I possess knowledge and discretion."*

## REFLECTION

What experience has taught you something valuable?

## CREATIVE WORD

I trust the wisdom I have gained through experience.

# Note to Self...

Write anything you want to remember about this version of you

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# I MATTER

# DAY 13

## LET EVERYTHING BE DONE IN ORDER

## 1 CORINTHIANS 14:40

*But everything should be done in a fitting and orderly way.*

## REFLECTION

- Where does chaos or overwhelm show up in your life?

## CREATIVE WORD

I create order through consistent small actions.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

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# I MATTER

# DAY 14

## ASK FOR WISDOM

## JAMES 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

## REFLECTION

- Where have you been trying to figure everything out alone?

## CREATIVE WORD

Wisdom is available to me.

# Note to Self...

Write anything you want to remember about this version of you

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# I MATTER

# DAY 15

## YOUR PATH WILL BE DIRECTED

## PROVERBS 3:6

*In all your ways submit to him,and he will make your path straight*

## REFLECTION

- Where have you been trying to control everything?

## CREATIVE WORD

I release the need to control every outcome.

# *Note to Self...*

Write anything you want to remember about this version of you

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# DAY 16

## RENEWING YOUR MIND

## ROMANS 12:2

Do not comfort to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is his good,pleasing and perfect will

## REFLECTION

- What thought pattern have you repeated for years?

## CREATIVE WORK

My mind is capable of change.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 17

## PEACE OVER ANXIETY

## PHILIPPIANS 4:6-7

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ*

## REFLECTION

- What situation have you been worrying about repeatedly?

## CREATIVE WORD

Peace replaces the pressure I have been carrying.

# *Note to Self...*

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 18

## CREATED FOR GOOD WORKS

## EPHESIANAS 2:10

*For we are God's handiwork,created in Christ Jesus to do good works,which God prepared in advance for us to do.*

## REFLECTION

- What gift have you been minimizing?

## CREATIVE WORD

My abilities are not accidents.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

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# I MATTER

# DAY 19

## THE TRUTH WILL SET YOU FREE

## JOHN 8:32

*Then you will know the truth and the truth will set you free*

## REFLECTION

- What belief about yourself might not actually be true?

## CREATIVE WORK

I release beliefs that limit my growth.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 20

## STRENGTH IN WEAKNESS

## 2 CORINTHINAS 12:9

*And He said to me,"My grace is sufficient for you,for My strenth is made perfect in weakness." Therefore most gladly i will rather boast in my infirmities,that the power of Christ may rest upon me.*

## REFLECTION

- What challenge has made you stronger than you expected?

## CREATIVE WORK

My challenges strengthen my character.

# Note to Self...

Write anything you want to remember about this version of you

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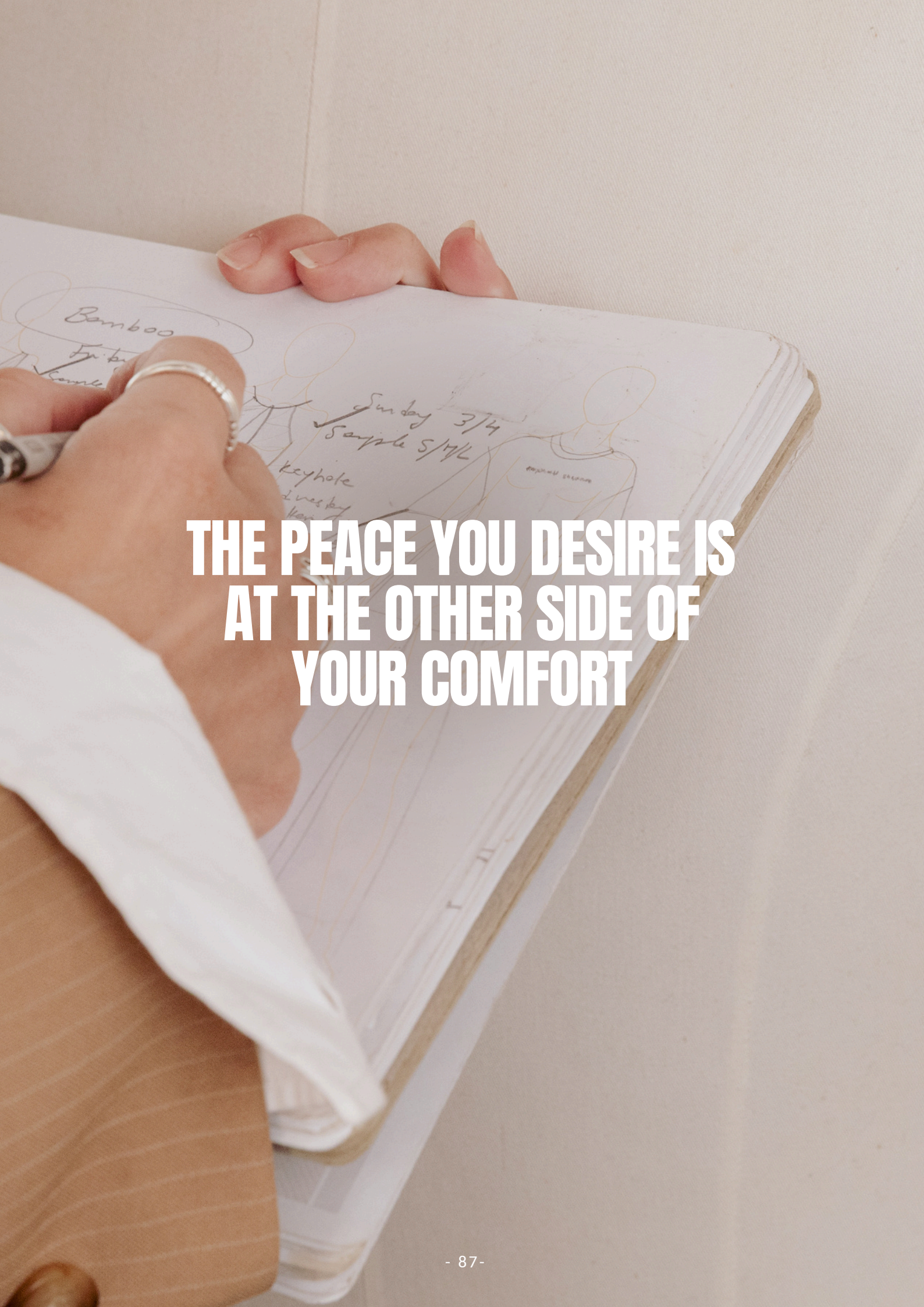
# I MATTER




# THE PEACE YOU DESIRE IS AT THE OTHER SIDE OF YOUR COMFORT

# DAY 21

## WALKING BY FAITH

## 2 CORINTHIANS 5:7

*For we walk by faith ,not by sight.*

## REFLECTION

- Where do you feel uncertain about the future?

## CREATIVE WORD

I move forward even when I cannot see every step.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

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# I MATTER

# DAY 22

## GUARD YOUR HEART

## PSALM 18:29

*With your help I can advance against a troop;*
*with my God I can scale a wall.*

## REFLECTION

- What environment influences your mindset the most?

## CREATIVE WORD

I protect the thoughts and environments that shape my life.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 23

## A SOUND MIND

## 2 TIMOTHY 1:7

*For God has not given us the spirit of fear ,but of power and of love and of a sound mind.*

## REFLECTION

- When your thoughts become overwhelming, what helps you regain clarity?

## CREATIVE WORD

My mind is steady, disciplined, and focused.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 24

## FAITH AS SMALL AS A SEED

## MATTHEW 17:20

*He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.*

## REFLECTION

- What small step forward could you take today?

## CREATIVE WORD

Small progress moves my life forward.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 25

## DO NOT GROW WEARY

## GALATIANS 6:9

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*

## REFLECTION

- What goal feels difficult to stay consistent with?

## CREATIVE WORD

Consistency strengthens my confidence

# *Note to Self...*

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 26

## ASK AND IT WILL BE GIVEN

## MATTHEW 7:7

*“Ask and it will be given to you ,seek and you will find; knock and the door shall be opened to you.”*

## REFLECTION

- What have you been afraid to ask for?

## CREATIVE WORD

I open myself to new opportunities.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 27

## PLANS TO PROSPER

## JEREMIAH 29:11

*“For i know the plasnd si have for you,” declared the Lord,”plans to propser you and not ot harm you,plans to give you hope and a future.”*

## REFLECTION

- What future are you hoping to create?

## CREATIVE WORD

My future holds possibilities I am still discovering.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 28

## PERFECT PEACE

## ISAIAH 26:3

*You will keep in perfect peace those who minds are steadfast,because they trust in you*

## REFLECTION

- What helps your mind feel calm?

## CREATIVE WORD

Peace grows when I choose trust over worry.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 29

## RUN WITH ENDURANCE

## HEBREWS 12:1

*Therefore we also ,since we are surrounded by so great a cloud of witnesses us lay aside every weight , and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.*

## REFLECTION

- What has helped you keep going during difficult seasons?

## CREATIVE WORD

I continue forward with patience and endurance.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

# DAY 30

## ALL THINGS NEW

## REVELATION 21: 5

*Then He who sat on the throne said, "Behold, I make all things new. "And He said to me ,"Write, for these words are true and faithful."*

## REFLECTION

- How has your thinking changed since beginning this journal?

- What new habits do you want to continue?

## CREATIVE WORD

I am capable of beginning again with clarity and strength.

# Note to Self...

Write anything you want to remember about this version of you

# I MATTER

Write the identity of the woman you are becoming.

# I MATTER

## FINAL REFLECTION

- What pattern became most visible to you?
- What truth helped shift the way you see yourself?
- What will you continue practicing after these 30 days?

## CREATIVE WORD

I am capable of beginning again with clarity and strength.

*THANK YOU FOR CHOOSING YOURSELF BECAUSE……*

# YOU MATTER

YOUR UNIQUENESS IS YOUR STRENGTH. EMBRACE IT
Weekly planner
Monday
Tuesday
Wednesday
Thursday
Friday
Dream
Inspire
Create

# CONTINUE THE WORK

If you have completed this journal honestly, you have probably noticed something important.
Patterns that once felt invisible are now clearer.
The thoughts you repeat.
The moments where doubt appears.
The decisions where you hesitate or abandon yourself.
Awareness is powerful.
But transformation becomes easier when you are not doing the work alone.
Many women who complete this journal choose to continue the work inside my coaching community.
Inside that space we focus on:

- rebuilding self-trust
- regulating the mind and emotions
- breaking cycles of overthinking and self-sabotage
- strengthening identity and confidence

If you feel ready for deeper work, I invite you to explore the next step.
Because lasting change rarely happens in isolation.
Your journal opened the door.
Now you can decide how far you want to go.
— Coach Chefi

# READY TO DIVE IN DEEPER?

## SERVICES COACH CHEFI PROVIDES

ONE TIME COACHING

3MONTHS COACHING

GROUP COACHING