



*35 Journal Prompts for*  
**Unbound Women**

*Deep reflection questions for women who are done shrinking, performing, and waiting for permission.*

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*A Women Unbound Digital Products Hub Creation*

### **How to Use This Journal**

These prompts are not puzzles to solve. They are invitations to slow down and tell the truth — to yourself, on the page, without performance.

**Choose one prompt at a time.** You don't have to go in order. Find the one that makes you slightly uncomfortable — that is usually the right one.

**Write without editing.** Let the first draft be messy and honest. Truth doesn't arrive in polished sentences.

**Revisit.** Some prompts will reveal more after time passes. Come back to them. See what has changed.



### **Identity & Becoming**

*Who are you, beyond what you were told to be?*

***"I am not who they imagined. I am who I chose."***

**01**

Describe the version of yourself that existed before you started performing for the world. What did she love? What did she want?

*Dig deeper: What would she say to you right now?*

**02**

List five roles you play daily (mother, employee, daughter, friend...). For each one, ask: does this role align with who I truly am, or is it a costume I wear to belong?

*Dig deeper: Which role feels most like a mask?*

**03**

What labels have others placed on you that you have quietly accepted as true? Examine each one — are they yours to carry?

*Dig deeper: Which label are you most ready to set down?*

**04**

Write about a moment when you surprised yourself. When you acted outside the character others had assigned to you. What did that feel like?

*Dig deeper: What does that moment reveal about who you truly are?*

**05**

If no one from your past could see your future, who would you become? Describe her in full detail.

*Dig deeper: What is the first small step toward her?*

*Space for your reflections:*

*My reflections...*



## Breaking Free

*Permission slips you were never given — until now.*

***"I do not need permission to live fully. I am my own authority."***

**06**

What is the loudest rule you were handed by your family, culture, or society that you are still living by — even though it no longer serves you?

***Dig deeper:** What would your life look like if you quietly stopped obeying it?*

**07**

Write a letter to the woman who taught you to make yourself small. You don't have to send it. Just say what is true.

***Dig deeper:** What do you wish she had told you instead?*

**08**

What have you been postponing until you are 'ready', 'thinner', 'less busy', or 'more worthy'? Name it plainly.

***Dig deeper:** What if you were already ready?*

**09**

What would you do, create, or claim if you were completely certain that no one would judge you for it?

***Dig deeper:** Who taught you that judgment was worth more than your own joy?*

**10**

Describe a boundary you are afraid to set. Who are you protecting by staying silent — yourself, or their comfort?

***Dig deeper:** What does staying quiet cost you every day?*

*Space for your reflections:*

*My reflections...*



## Alignment & Purpose

*Following the thread back to what is truly yours.*

***"When I am aligned, I am unstoppable. My path is already lit."***

**11**

What are you doing when time disappears? When effort feels effortless? Describe that state in sensory detail.

***Dig deeper:*** *How much of your current life is spent in that state?*

**12**

What does a fully aligned day look like for you — from the moment you wake to the moment you rest? Design it without compromise.

***Dig deeper:*** *What would you have to release to make this real?*

**13**

Name three things that drain you but that you keep doing anyway. Be honest about why you keep choosing them.

***Dig deeper:*** *What would you gain by letting one of them go?*

**14**

What is the work or contribution that only you could make — with your exact history, wounds, gifts, and perspective?

***Dig deeper:*** *Are you doing it? If not, what is stopping you?*

**15**

Write about a time you ignored your inner knowing and followed someone else's advice instead. What happened? What did you learn?

***Dig deeper:*** *How do you listen to your own knowing now?*

*Space for your reflections:*

*My reflections...*



## Worthiness & Abundance

*You were never meant to earn your place here.*

***"I am worthy of everything I desire — not because I earned it, but because I exist."***

**16**

Write out every belief you hold about money, success, or visibility. Now ask: where did each belief come from? Does it belong to you?

***Dig deeper:*** Which belief is costing you the most?

**17**

Describe what abundance means to you — not what it means to the world, but to your body, your soul, your specific life.

***Dig deeper:*** Do you believe you deserve it? Be honest.

**18**

What is the compliment you struggle most to receive? What does your discomfort reveal?

***Dig deeper:*** What would it mean to finally believe it?

**19**

Think about something you deeply want but have talked yourself out of pursuing. Write out every excuse you have given yourself.

***Dig deeper:*** Now write the real reason underneath all of them.

**20**

What would you do differently if you woke up tomorrow fully convinced — in your bones — that you were enough exactly as you are?

***Dig deeper:*** Why wait for that day?

*Space for your reflections:*

***My reflections...***



## Relationships & Belonging

*Loving freely, without losing yourself.*

***"I belong to myself first. My relationships flow from that wholeness."***

**21**

Who in your life genuinely celebrates your becoming — even when it makes you different, bigger, or harder to predict?

***Dig deeper:*** *Who quietly diminishes it? What do you want to do with that information?*

**22**

Describe the relationship you have always wanted — with a partner, a friend, a community. Not what seems realistic. What is true.

***Dig deeper:*** *How close are you to that, and what is the distance made of?*

**23**

Where in your relationships are you performing love rather than living it? What would change if you stopped performing?

***Dig deeper:*** *Who benefits most from your performance?*

**24**

Write about loneliness — the specific kind that comes not from being alone, but from being unseen inside a room full of people.

***Dig deeper:*** *When did you last feel truly seen?*

**25**

What do you need from others that you have never directly asked for? Why haven't you asked?

***Dig deeper:*** *What are you afraid they will say?*

*Space for your reflections:*

*My reflections...*



## Body, Rest & Embodiment

*Returning to the body you were taught to distrust.*

***"My body is not a problem to be solved. She is home."***

**26**

Write to your body as if she were a person you have neglected. What would she say to you? What would you say back?

***Dig deeper:*** *What does she need most from you right now?*

**27**

When did you first learn to distrust your body — her appetite, her signals, her instincts? Trace it back.

***Dig deeper:*** *What would it take to trust her again?*

**28**

Describe what rest feels like in your body — not sleep, but true restoration. When did you last experience it fully?

***Dig deeper:*** *What keeps you from letting yourself rest without guilt?*

**29**

What does your body love? Movement, texture, sound, stillness? Write a love letter to the sensations that make you feel alive.

***Dig deeper:*** *How often do you choose them?*

**30**

What would change in your life if you started treating your physical needs — rest, nourishment, pleasure — as sacred instead of inconvenient?

***Dig deeper:*** *Who taught you they were inconvenient?*

*Space for your reflections:*

*My reflections...*



## Vision & The Future Self

*She is already waiting. Let her speak.*

**"My future self is not a fantasy. She is a direction. I am already walking toward her."**

**31**

Imagine yourself five years from now, living a life that is deeply, unapologetically yours. Describe a single ordinary Tuesday in that life.

*Dig deeper: What is different about how she carries herself?*

**32**

What conversation does your future self wish you would have today — with yourself, or with someone else?

*Dig deeper: What is stopping you from having it?*

**33**

What fear, if you walked straight through it, would change everything?

*Dig deeper: What is one small step toward walking through it this week?*

**34**

Write about the legacy you want to leave — not the achievement, but the feeling. How do you want people to feel because you existed?

*Dig deeper: Are you living in a way that creates that feeling now?*

**35**

What does the woman you are becoming need to hear from you today? Write her a letter. Be generous. Be honest. Be the mentor she deserves.

*Dig deeper: What does she write back?*

*Space for your reflections:*

*My reflections...*

## **You are the only person qualified to live your life.**

*Come back to these pages whenever you need to find your way back to yourself.*



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