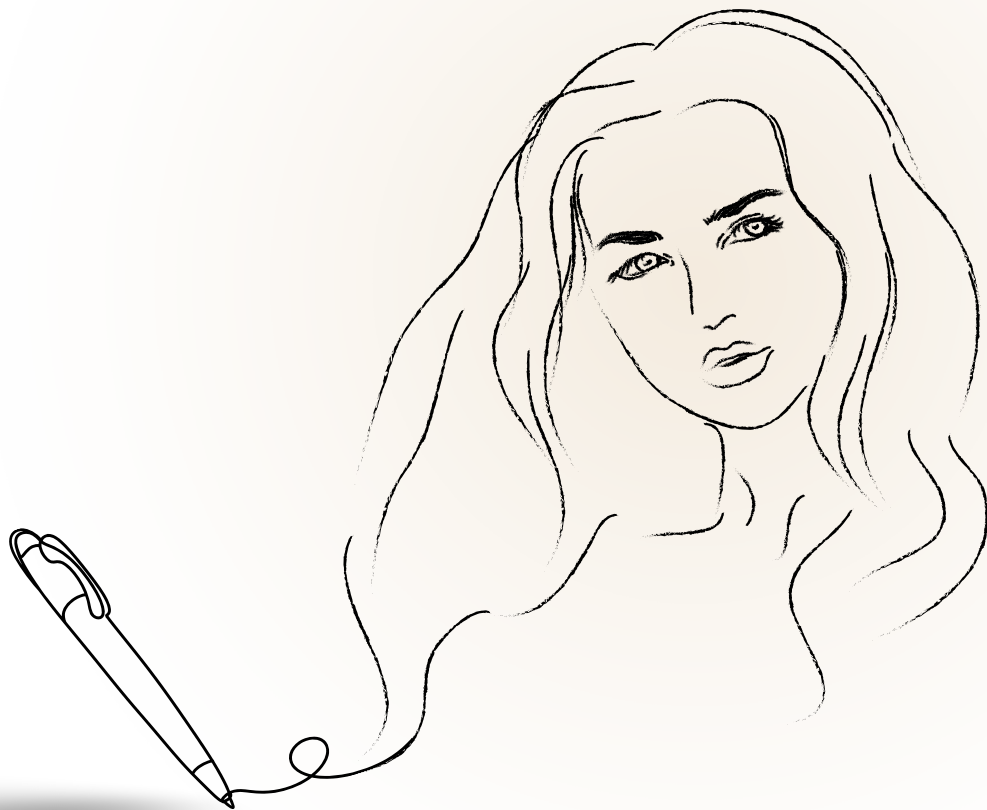


"BECOMING HER"



JOURNAL

AN
UNSTOPPABLE

YOU'VE WALKED THROUGH FIRE AND FOUND YOURSELF STANDING — CHANGED, SOFTENED,
AND STRONGER THAN YOU EVER IMAGINED.
THIS JOURNAL IS YOUR SPACE TO PAUSE AND TRULY SEE THE WOMAN YOU'RE BECOMING.

YOU'RE NOT WHO YOU WERE WHEN THIS JOURNEY BEGAN. YOU'VE FACED LOSS, DOUBT, AND
SURRENDER. YOU'VE LEARNED TO FIGHT WITH FAITH, TO RISE AFTER BREAKING, AND TO KEEP
BELIEVING WHEN NOTHING MADE SENSE.
NOW, IT'S TIME TO LOOK IN THE MIRROR — NOT TO SEE WHAT'S WRONG, BUT TO RECOGNIZE
WHAT'S NEW.

DATE: / /

SECTION 1: WHO YOU WERE

BEFORE YOU CAN CELEBRATE WHO YOU'VE BECOME, HONOR WHO YOU USED TO BE.
REFLECT WITH COMPASSION — NOT JUDGMENT — FOR THE VERSION OF YOU WHO WAS
DOING HER BEST WITH WHAT SHE KNEW.

WHAT DID SHE BELIEVE ABOUT HERSELF?

WHAT DID SHE FEAR MOST?

WHAT DID SHE LONG FOR, EVEN IF SHE COULDN'T SAY IT OUT LOUD?

DATE: / /

WHAT PAIN DID SHE CARRY THAT SHAPED HER CHOICES?

WHAT WAS HER GREATEST STRENGTH — EVEN THEN?

 REMEMBER: SHE GOT YOU HERE. SHE FOUGHT SO YOU COULD RISE.

SECTION 2: WHO YOU ARE NOW

LOOK AT WHO YOU ARE TODAY — NOT THE IDEAL VERSION. BUT THE REAL ONE.

NOTICE WHAT'S CHANGED IN YOUR THOUGHTS, YOUR FAITH, YOUR HABITS, YOUR BOUNDARIES,
AND YOUR HEART.

WHAT ARE THREE QUALITIES THAT DEFINE YOU NOW?



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DATE: / /

WHAT HAVE YOU LEARNED ABOUT RESILIENCE?

HOW DO YOU HANDLE FEAR DIFFERENTLY?

WHAT BOUNDARIES OR VALUES ARE NOW NON-NEGOTIABLE?

WHEN YOU LOOK IN THE MIRROR, WHAT DO YOU SEE THAT WASN'T THERE BEFORE?

DATE: / /

SECTION 3: WHAT YOU'VE RELEASED

TRUE RESURRECTION ALWAYS FOLLOWS RELEASE.

LIST THE IDENTITIES, BELIEFS, OR ATTACHMENTS YOU'VE LAID TO REST — THE ONES THAT NO LONGER SERVE WHO YOU'RE BECOMING.

I'VE RELEASED THE NEED TO:

I'VE FORGIVEN MYSELF FOR:

I'VE STOPPED APOLOGIZING FOR:

I'VE OUTGROWN:

I NO LONGER CARRY:

 LETTING GO WASN'T LOSING. IT WAS MAKING SPACE FOR THE REAL YOU TO BREATHE.

DATE: / /

SECTION 4: WHAT'S BEING REBORN

EVERY ENDING GIVES BIRTH TO SOMETHING NEW.

WHAT'S AWAKENING IN YOU NOW — SPIRITUALLY, EMOTIONALLY, OR PURPOSEFULLY?

WHAT NEW DREAMS OR DESIRES ARE STIRRING?

WHAT SPIRITUAL TRUTHS FEEL MORE REAL TO YOU THAN EVER?

HOW DO YOU DEFINE SUCCESS DIFFERENTLY NOW?

WHAT BRINGS YOU PEACE IN A WAY IT DIDN'T BEFORE?

WHAT IS GOD SHOWING YOU ABOUT WHO YOU'RE BECOMING?

DATE: / /

SECTION 5: BECOMING HER

WRITE TO YOUR FUTURE SELF — THE WOMAN YOU'RE BECOMING.
ENCOURAGE HER. SPEAK TO HER WITH LOVE, FAITH, AND GRATITUDE. SHE'S ALREADY WITHIN
YOU, WAITING TO RISE.

DEAR [YOUR NAME], _____

YOU ARE LEARNING TO _____

YOU ARE NO LONGER _____

YOU ARE READY TO _____

YOU ARE BECOMING _____

“

**YOU BECOME THE HERO OF
YOUR STORY THE MOMENT YOU
STOP WAITING TO BE SAVED.**

- APRIL NICOLE

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