

30 JOURNAL PROMPTS TO BECOME HER

Introduction

Transformation begins with awareness.

The quality of your life is often determined by the quality of the questions you ask yourself. When you slow down and reflect, you begin to uncover hidden beliefs, desires, fears, strengths, and opportunities that may have been sitting beneath the surface for years.

These journal prompts are designed to help you deepen your self-awareness, strengthen your mindset, and create a stronger connection with the woman you are becoming.

There are no right or wrong answers.

Allow yourself to write honestly.

Don't overthink. Don't edit yourself. Simply let your thoughts flow onto the page.

The more honest you are, the more powerful this process becomes.

By completing these first 10 prompts, you may gain:

- More clarity about your future
- Greater self-confidence
- A deeper understanding of your beliefs
- Stronger alignment with your goals
- More courage to take action

Remember:

You are not trying to become someone else. You are uncovering the version of yourself that has been there all along.

Dorian

30 JOURNAL PROMPTS

1. What kind of woman do I want to become?
2. What qualities do I admire most in other women?
3. If fear wasn't a factor, what would I do differently?
4. What is one dream I keep putting off?
5. What limiting belief do I need to release?
6. What would my future self thank me for doing today?
7. What am I currently tolerating that no longer serves me?
8. What does success truly mean to me?
9. When do I feel most confident?
10. What parts of myself have I been hiding?

FINAL REFLECTION

After completing these 10 prompts, take a moment to review your answers.

Ask yourself:

What patterns do I notice?

- What beliefs keep appearing?
- What dreams am I being called toward?
- What action do I need to take next?

Awareness creates clarity. Clarity creates action. And action creates transformation.

Keep showing up for yourself. The woman you are becoming is created through the choices you make every day.

