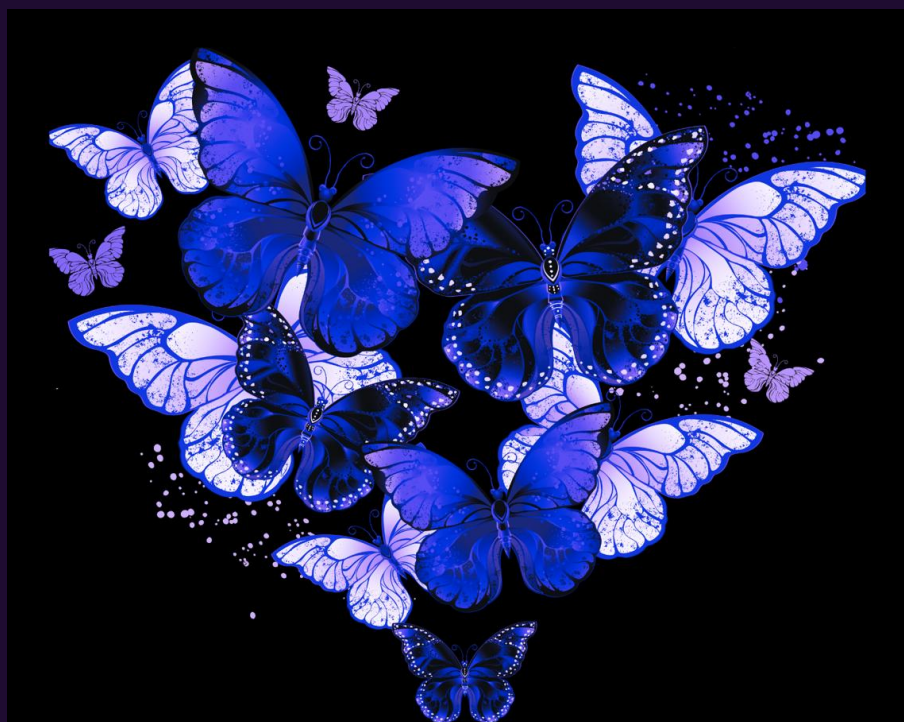


The Empower Yourself Journal Guide



A practical guide to becoming more YOU

www.empoweryourselfcoaching.com



Welcome

Your next chapter starts here...



There is something powerful about putting pen to paper. When you write something down, you give yourself the opportunity to slow down, think differently, and hear the voice that can sometimes get lost beneath everything else.

The expectations. The responsibilities. The opinions of other people. The things you think you should be doing. The things you have been told you are supposed to want.

Your journal is a place to step away from all of that.

What do I actually want?

Who am I really?

What matters to me?

What am I ready to change?

What would my life look like if I stopped holding myself back?

This guide has been created to help you get more from your journal. Inside, you'll find reflection exercises, mindset questions, manifestation exercises and practical activities designed to help you move from thinking about change to creating change.

“Every thought we think is creating our future.”

— LOUISE HAY

Real change begins when we stop waiting for outside circumstances to change us, and start actively creating change for ourselves.

*Your journal is your space.
Your thoughts. Your dreams. Your truth.
Your next chapter.*

01 HOW TO USE YOUR JOURNAL

There is no right or wrong way to journal. You don't need perfect handwriting. You don't need to write every day. You don't need to fill a certain number of pages.

Your journal is a judgement-free space.

Try this: find somewhere you feel comfortable, put your phone away, take a few slow breaths and give yourself 10-15 minutes. Choose one question from this guide and simply start writing.

Don't worry about making your answer sound good. Don't edit yourself. Don't write what you think you should say. Write what is true for you.

Oprah Winfrey has kept a daily journal for decades, crediting it as one of the habits that has helped her build mental clarity and resilience throughout her life.

***This isn't about writing the perfect answer.
It's about discovering your honest answer.***

02 THE PAUSE

Before we start looking at what you want to change, take a moment to recognise where you are now.

Ask yourself: How am I really feeling right now? Not the automatic answer. The real answer.

“Realize deeply that the present moment is all you have.”

— ECKHART TOLLE

Right now, I feel...

The biggest thing on my mind is...

Something I haven't said out loud is...

What I really need right now is...

If I were completely honest with myself...

03 WHO ARE YOU?

Life can sometimes become about the roles we play: parent, partner, friend, employee, business owner, carer, daughter, son, leader, helper.

But underneath all of those roles is you. So, let's get curious about that person.

“You don't become what you want, you become what you believe.”

— OPRAH WINFREY

-  What makes me feel most like myself?
-  What am I passionate about?
-  What makes me lose track of time?
-  What do I value most?
-  What makes me feel alive?
-  When do I feel most confident?
-  When do I feel most free?

I am someone who...

I care deeply about...

I feel happiest when...

Something unique about me is...

I want to be known for...

04 ARE YOU LIVING YOUR LIFE - OR SOMEONE ELSE'S?

Sometimes we make choices based on expectations we have absorbed over many years: family, friends, society, culture, education, social media, work and relationships.

Sometimes we don't even realise that the voice saying 'I should' isn't actually our own.

“It is in your moments of decision that your destiny is shaped.”

— TONY ROBBINS

What do I believe I 'should' be doing with my life?

Who taught me that?

What expectations am I carrying?

Which expectations still feel right for me?

Which ones don't?

THE BIG QUESTION

If nobody judged me, what would I choose?

05 WHAT ARE YOU TOLERATING?

Sometimes change begins by recognising what we no longer want. Notice the places where you repeatedly tell yourself: 'It's fine', 'I'll deal with it later', or 'That's just how things are'.

“What other people think about you has nothing to do with you and everything to do with them.”

— JEN SINCERO

I am tired of...

I am no longer willing to accept...

I keep saying yes when I really want to say...

I am putting off...

Something I know needs to change is...

What is one small step I could take towards changing this?

06 YOUR BELIEFS

Our beliefs influence the way we see ourselves, other people and the possibilities available to us. Sometimes a belief supports us. Sometimes it holds us back.

A thought is not automatically a fact.

I would love to...

But I'm worried that...

The story I'm telling myself is...

Where did I learn this belief?

Is this belief definitely true?

What evidence do I have that it isn't always true?

“Change the way you look at things, and the things you look at change.”

— DR WAYNE DYER

EMPOWER YOURSELF PRINCIPLE

Stripping away self-doubt, limiting beliefs and conditioning allows a more authentic version of ourselves to emerge. Use this page to notice which beliefs still belong in your life - and which do not.

07 THE DREAM PAGE

Now let's dream. Not the dream you think you should have. Not the dream that will impress other people. Your dream.

- ✧ YOU — How do you want to feel?
- ✧ YOUR LIFE — What would your days look like?
- ✧ WORK — What would you love to be doing?
- ✧ RELATIONSHIPS — Who would you spend your time with?
- ✧ PERSONAL GROWTH — Who would you become?
- ✧ EXPERIENCES — What would you love to experience?
- ✧ FINANCES — What would security or freedom mean to you?

A NOTE ON MANIFESTING

Jen Sincero, author of *You Are A Badass*, teaches that the Universe matches whatever energy you put out — so on this page, dream without editing yourself down.

If I could create a life that truly felt right for me, it would look like...

Don't edit. Don't judge. Don't work out how yet. Just dream.

08 FROM DREAM TO DESIRE

A dream becomes more powerful when you understand why you want it.
Choose one thing from your dream page.

“I create my own reality and everyone in it.”

— LOUISE HAY

I want:

Why do I want this?

How do I believe I will feel when I have it?

What would this give me?

Why is that important to me?

What could change in my life?

Who might I become in the process?

09 MANIFESTATION WITH PURPOSE

Manifestation isn't about simply wishing for something and expecting it to appear. It is about getting clear on what you want, noticing what may be getting in the way, setting an intention and taking purposeful action.

CLARITY + BELIEF + INTENTION + ACTION

You can't control everything that happens in life. But you can influence what you focus on, the choices you make and the actions you take.

THE MANIFESTATION CYCLE, EXPLAINED

- ✧ CLARITY — get specific about what you actually want, not the vague version.
- ✧ BELIEF — notice the doubts that surface, and gently question them.
- ✧ INTENTION — decide, on purpose, what you are focusing your energy on.
- ✧ ACTION — take the next small, imperfect step. Manifestation still requires movement.

What I want...

Why I want it...

How I want to feel...

The qualities I need to develop...

The beliefs I may need to challenge...

The actions I can take...

10 VISUALISE YOUR FUTURE SELF

Imagine yourself several months or a year from now. You've made changes, taken chances and started becoming more intentional about your life.

A NOTE ON VISUALISATION

Coaches like Tony Robbins teach visualisation as a core tool for change — the brain doesn't fully distinguish between a vividly imagined experience and a real one.

How does future me feel?

What does future me believe?

What does future me no longer tolerate?

What does future me say yes to?

What does future me say no to?

What choices does future me make differently?

What would future me tell me today?

Now write a letter from your future self to the person reading this page.

Dear me...

11 BECOME MORE UNAPOLOGETICALLY YOU

Being unapologetically you doesn't mean being inconsiderate. It means you stop abandoning yourself simply to make other people comfortable.

FROM UNAPOLOGETICALLY YOU

Being unapologetically you includes confidence, speaking your mind, pursuing your passions, setting boundaries, saying no when needed, embracing your uniqueness and refusing to live by someone else's expectations.

“I am worthy of the very best in life.”

— LOUISE HAY

Where am I making myself smaller?

Where am I seeking permission from other people?

Where do I need to speak up?

What do I need to say no to?

What do I need to say yes to?

What part of myself am I ready to embrace?

I give myself permission to...

I am becoming someone who...

12 YOUR BOUNDARIES

Boundaries are not about controlling other people. They are about becoming clear about what is acceptable to you.

“They're not walls, they're not separation, they're not division. They're respect.”

— BRENÉ BROWN

UNAPOLOGETICALLY YOU

Choosing yourself even when it feels uncomfortable. Boundaries are one practical way of doing that - with honesty, respect and self-awareness.

Where do I need stronger boundaries?

- ☐ Work
- ☐ Family
- ☐ Friendships
- ☐ Relationships
- ☐ Social media
- ☐ My time
- ☐ My energy
- ☐ My commitments

I need to stop saying yes to...

I need to start saying no to...

A boundary I would like to establish is...

The reason this boundary matters to me is...

13 LETTING GO

Sometimes creating a new chapter requires releasing something from the old one: a belief, habit, fear, relationship pattern, mistake, expectation or version of yourself that no longer fits.

“Sometimes letting things go is an act of far greater power than defending or hanging on.”

— ECKHART TOLLE

What am I ready to let go of?

What has this taught me?

What do I want to take forward?

What can I leave behind?

I release the need to...

I choose to make space for...

14 YOUR ACTION PLAN

Dreaming and reflection matter, but change also requires action. You don't have to change your entire life tomorrow. Start small.

“Change your decisions and you'll change your life.”

— MEL ROBBINS

EMPOWER YOURSELF PRINCIPLE

A core message is to stop passively waiting for change and start actively becoming the change. This page turns insight into movement.

My goal:

Why it matters:

My first step:

The next step:

Something I can do this week:

Something I can stop doing:

Something I can start doing:

Someone who could support me:

What might get in my way?

How will I handle that?

15 THE 7-DAY EMPOWER YOURSELF CHALLENGE

For the next seven days, spend just 10 minutes with your journal.

A NOTE ON SYSTEMS

James Clear, author of Atomic Habits, teaches that lasting change comes from small, repeated systems — not one big leap. This week is your system.

DAY 1 — GET HONEST: What do I really want?

DAY 2 — LET GO: What am I ready to stop carrying?

DAY 3 — BELIEVE: What belief about myself am I ready to challenge?

DAY 4 — DREAM: If I stopped limiting myself, what would I create?

DAY 5 — CHOOSE: What decision have I been avoiding?

DAY 6 — ACT: What is one courageous action I can take?

DAY 7 — BECOME: Who am I becoming?

16 YOUR MORNING JOURNAL

Start your day intentionally.

“How you start your day is how you live your day.”

— LOUISE HAY

Today I am grateful for:

Today I want to feel:

The most important thing I can do today is:

Today I choose to focus on:

One thing I can do for myself today is:

MORNING AFFIRMATIONS TO SAY OUT LOUD

- 🦋 I am open to all the good this day has for me.
- 🦋 I trust myself to handle whatever comes my way.
- 🦋 My energy today is calm, focused and unshakeable.
- 🦋 I am allowed to take up space in my own life.
- 🦋 Today, I choose progress over perfection.

17 YOUR EVENING JOURNAL

Before going to sleep, take a few moments to reflect.

“Gratitude turns what we have into enough, and more.”

— MELODY BEATTIE

What went well today?

What did I learn?

What am I proud of?

What could I have done differently?

What am I grateful for?

What do I want to leave behind today?

Tomorrow I choose to...

18 WHEN YOU FEEL STUCK

There will be days when you don't feel motivated. Days when you don't know what to write. Days when everything feels complicated. That's okay.

“Everything is figureoutable.”

— MARIE FORLEO

Start with: 'Right now I feel...' and keep writing.

- ✧ What am I avoiding?
- ✧ What am I afraid might happen?
- ✧ What do I need right now?
- ✧ What am I pretending not to know?
- ✧ What would I tell my best friend in this situation?
- ✧ What is within my control?
- ✧ What is one tiny step I could take?

*Sometimes clarity doesn't arrive before we start.
Sometimes clarity comes because we started.*

19 YOUR NEXT CHAPTER

Look back through your journal. Notice repeated words, feelings, dreams and frustrations. You may have discovered something important.

“Where there is no struggle, there is no strength.”

— OPRAH WINFREY

I have realised...

I want to change...

I want more...

I want less...

I am ready to...

I give myself permission to...

My next chapter will be about...

20 A LETTER TO YOURSELF

Tell yourself what you want to remember. Remind yourself that you are allowed to change, change direction, explore your dreams and choose yourself.

“On the other hand, it is not a good idea to have a large number of small, uncoordinated groups, each with its own agenda and priorities. This can lead to a fragmented and inefficient system, with too many overlapping and conflicting initiatives. It is important to have a few large, well-coordinated groups that can work together to address the most pressing issues in the field of education.”

“Our entire life changes in a moment.”
— TONY ROBBINS

Your Promise

Read this out loud. Then sign it.



“I trust the process of life.”

— LOUISE HAY

I promise to listen to myself.

I promise to give myself permission to grow.

I promise to question the beliefs that hold me back.

I promise to stop measuring my worth through other people's expectations.

I promise to honour my boundaries.

I promise to make space for my dreams.

I promise to take action, even when I feel afraid.

I promise to be kinder to myself.

I promise to remember that I can change direction.

And most importantly, I promise to keep becoming more of ME.

Signed:

Date:

You've Started Something...



If you've reached this point, you've already done something important. You've given yourself time, asked yourself questions, explored your thoughts and looked at what you want.

Journaling is not about creating one perfect moment of inspiration. It's about creating an ongoing conversation with yourself.

“I choose to make the rest of my life the best of my life.”

— LOUISE HAY

***Keep writing. Keep questioning. Keep dreaming.
Keep taking action. Keep choosing yourself.***

***Because your journal isn't the destination.
IT'S THE BEGINNING.***

Ready to Go Deeper?

Your journey doesn't end here...



Sometimes we know we want something to change but don't know how to change it. Sometimes we understand the pattern but still find ourselves repeating it. Sometimes we know who we want to become but fear, self-doubt or old beliefs pull us back.

Empower Yourself Coaching brings together tools and approaches designed to support meaningful personal change — including NLP, Time Line Therapy®, hypnosis, CBT and counselling, tailored to what you need.

THE EMPOWER YOURSELF MESSAGE

Reclaim your own power and create a life that feels authentic to you, rather than waiting for external people, circumstances or possessions to do it for you.

- ✧ Watch a free tutorial
- ✧ Join an upcoming webinar
- ✧ Explore workshops and events
- ✧ Discover Unapologetically YOU
- ✧ Book 1-2-1 coaching with Empower Yourself Coaching

YOUR JOURNAL IS JUST THE BEGINNING.

www.empoweryourselfcoaching.com

***DON'T JUST DREAM ABOUT YOUR NEXT CHAPTER.
START CREATING IT.***



EMPOWER YOURSELF COACHING

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