## Identity Builder Journal

## A 7-Day Journey to Rediscovering You

Let's take a few minutes each day to reflect and reconnect with the real you—no pressure, just gentle discovery.

Day 1: Looking Back

Question: What's one thing about your old self you're ready to leave behind?

> Day 2: Give Yourself Credit

Question: What's something you've done lately that makes you proud?

Day 3: What Really Matters

Question: What's something or someone that truly matters to you right now?

Day 4: Try Something New

Question: What's something fun, new, or different you'd like to try?

Day 5: Janelle's Inspiration

Janelle shared how she found joy in baking again and started calling herself a 'creator.'

Question: What's one small thing you enjoy that helps you feel more like yourself?

→ Day 6: Imagine the Life You Want

**Question:** What's one thing your ideal day would include?

Day 7: Moving Forward

Question: What's one small habit you can start this week to support who you're becoming?

## ☐ Final Thought:

You don't need all the answers right away. Just showing up for yourself today is already a big win. Keep going—you're doing great. 🔀