

## **Becoming Me: A Soul Workbook**

*A gentle guide to help you reconnect with your truth, one page at a time.*

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### **Identity Check-ins**

Reflect on who you are beyond the roles and expectations.

#### **Prompt 1:**

What are the labels or roles I've carried (e.g., achiever, caretaker, fixer)? Which of these feel heavy or outdated?

#### **Prompt 2:**

What makes me feel most like myself, even when no one's watching?

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### **Self-Discovery Prompts**

Write with honesty, no filters needed.

#### **Prompt 1:**

If I could strip away fear and doubt, what would I try?

#### **Prompt 2:**

How does my body feel when I'm being true to myself? How does it feel when I'm not?

#### **Prompt 3:**

What values do I want to live by—even when it's hard?

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### **Inner Child Reflections**

Reconnect with your younger self who still wants to be seen, heard, and loved.

#### **Prompt 1:**

When I was little, I dreamed of becoming \_\_\_\_\_. What did that version of me believe was possible?

#### **Prompt 2:**

What did I need to hear as a child that I rarely did? Write a letter to your younger self with those words now.

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## **Supportive Affirmations**

Quiet the inner critic. Speak to your soul with compassion.

- I am becoming, not because I'm broken, but because I'm ready to return to myself.
- I can evolve and still be enough today.
- I release the need to prove. I am already worthy.
- I give myself permission to show up as I truly am.

*Write your own affirmation here:*

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## **Weekly Intention Setting**

**Each morning:**

- Today, I will honor myself by: \_\_\_\_\_
- One thing I will do with love and presence: \_\_\_\_\_

**Each evening:**

- What did I discover about myself today?
- What am I grateful for in my journey of becoming?

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## **Reflection Space**

Let these open questions guide you to your next breakthrough.

- Where have I been hiding? Where do I want to be seen?
- What am I being called to release?
- What does “becoming me” feel like in my body, not just my mind?

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## **Final Note**

This workbook is not about fixing yourself. It's about remembering yourself.  
You don't need to rush. Every word you write is a step toward deeper alignment.  
Come back to this whenever you forget your own beauty and brilliance.