SIS EMPOWERMENT

# Remember Who You Are

30 journal prompts for rebuilding confidence and identity

**You Are Not Alone.**
**You Are Becoming.**

JOURNAL AND REFLECTION PROMPTS

Faith-centered encouragement and practical guidance for women ready to heal, grow, and move forward.

# How to Use These Prompts

Choose one prompt at a time. Write without trying to sound wise or polished. You may answer in a sentence, fill a page, pray through it, or return later. The goal is honest recognition, not perfect writing.

> Confidence is not believing you will never struggle. It is learning that you can trust yourself, receive support, grow, and keep becoming.

# Release the Old Story

1. What label have I outgrown?

2. Whose voice do I hear when I doubt myself?

3. What past decision am I ready to view with more compassion?

4. What did survival require from me then? What does growth require now?

5. What am I tired of proving?

6. What would I say to the younger version of me who first felt not enough?

# Recognize Your Strength

7. What have I handled that I once thought I could not?

8. Which three qualities have helped me endure difficult seasons?

9. When have I used my voice even though I was afraid?

10. What do people trust me to bring into a room?

11. What accomplishment deserves more credit than I give it?

12. What strength do I use so naturally that I forget it is a gift?

# Reclaim Your Identity

13. Who am I when I am not performing for approval?

14. What parts of myself feel most alive and honest?

15. What do I believe God says about my worth?

16. Which values do I want my life to reflect?

17. What boundary would honor the woman I am becoming?

18. What is true about me even on a hard day?

# Practice Confidence

19. Where can I choose progress instead of perfection?

20. What decision have I been postponing because I want everyone to agree?

21. What would I try if embarrassment were not in charge?

22. What compliment is difficult for me to receive? Why?

23. What promise can I make to myself and keep this week?

24. What does confident body language feel like in my body?

# Become on Purpose

25. What kind of woman am I becoming?

26. What does she protect?

27. What does she no longer apologize for?

28. What does she make time for?

29. Who supports her growth?

30. What is one action I can take today that agrees with her identity?

# My Becoming Declaration

Complete each sentence in your own words.

## I am releasing

## I am remembering

## I am learning to trust

## I am worthy of

## I am becoming

## My next brave step is