

Vulnerability & Authenticity

JOURNAL PROMPTS

Which beliefs no longer align with the vision you have for yourself?

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Which values do you hold that need to be revised to align with who you are today?

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What is your unwavering "why?"



When do you feel like your most authentic self?

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Which self-talk no longer aligns with the vision you have for yourself?

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What permission do you need to trust yourself?

