

Hey Lady Brown™

NAME REFLECTION SHEET

Write your name at the top, Big, bold, and beautifully.
Then answer the following:

1. What were you told you had to be?

(List them. "Strong." 'Tough.'"Perfect.'"Quiet.'"Unbreakable.)

2. What did you believe about yourself
before the world got loud?

*(List all the traits, dreams, and feelings that were once yours—
before the noise.)*

3. Who are you really, under it all?

4. What do you want your name to
remind you of moving forward?

This is my return.

To my name. To my truth.

To my softness.