

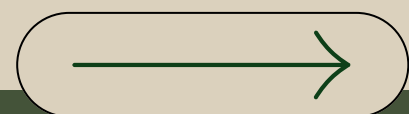


REWRITE THE STORY

A Gentle Self-Inquiry Guide



Simple journal prompts to shift old beliefs and
reconnect with your inner truth





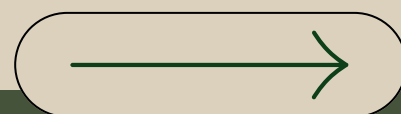
A Note from Meera...



Sometimes, the words we tell ourselves were never truly ours.

This guide invites you to pause, reflect, and gently rewrite the parts of your story that no longer serve you.

Go slow. Be honest. You are not broken—you are becoming.





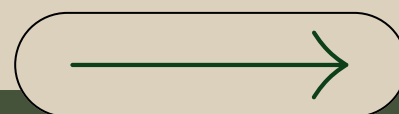
WHAT IT IS

A guided journaling experience, designed to gently uncover and reshape limiting beliefs.



Why It's Powerful

People often carry old scripts without even realizing it. This resource gives you a safe container to explore your internal landscape with compassion and curiosity. No pressure, no judgment—just honest, soulful reflection.



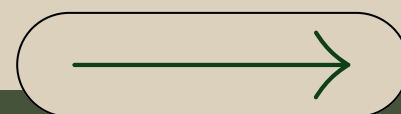


GROUNDING TO BEGIN

Before you start, try this:



- Place a hand on your heart
- Breathe in for 4, hold for 4, breathe out for 8
- Whisper: “I am safe to know myself.”



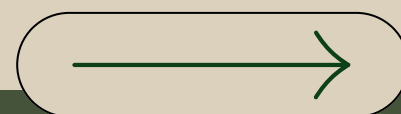


WHAT I WAS TOLD

Explore the beliefs you inherited.



- **What messages did I hear growing up about myself, love, or success?**
- **Which of these still echo in my thoughts today?**
- **Which ones feel heavy, untrue, or painful?**





WHAT I ACTUALLY BELIEVE NOW

Come home to your own voice.



- **Do I still agree with those messages?**
- **What feels more real or empowering to me now?**
- **If I trusted myself fully, what would I believe?**



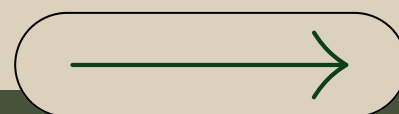


THE VOICE WITHIN

Notice how you speak to yourself.



- **When I make a mistake, what do I say to myself?**
- **What would I say to a beloved friend in the same situation?**
- **What would a loving voice sound like inside me?**



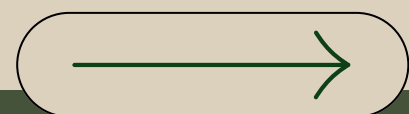


RECLAIMING THE PEN

You are the author now.



- **What story do I want to tell about who I am?**
- **What would shift if I walked through life with that story in my heart?**
- **What would change in my relationships, choices, or sense of peace?**





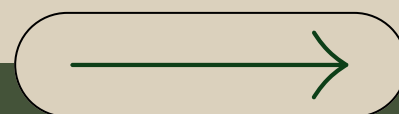
GENTLE AFFIRMATIONS

*Write or choose 3 affirmations that support
your new story.*



Examples:

- **I am allowed to grow beyond what I was taught.**
- **My voice matters.**
- **I belong in my own life.**





THIS IS JUST THE BEGINNING



Be proud of the pages you've just turned.
Rewriting a story takes courage, tenderness,
and time.

Keep listening inward. Keep choosing yourself.
You are the author now—and this next chapter
is yours.