

# Journal



## **52 Ways to Show Up for Yourself with Power and Grace**

**Slow down. Lead with love. Reflect.  
Walk with God.**

# **You've Got This: 52 Ways to Show Up for Yourself with Power and Grace**

**This journal is for the woman who does it all, feels it all, and still wonders if she's doing enough.**

**It's for the mom who shows up on the hard days and loves fiercely in the quiet ones.**

**It's for you.**

**Inside these pages, you'll find reminders—**

**That your story matters.**

**That your growth is unfolding, even when it feels slow.**

**That grace is stronger than guilt.**

**That you are not alone.**

**This isn't about perfection.**

**It's about presence.**

**It's about reflection, connection, and small moments of truth.**

**Take it one page at a time.**

**Some days you'll write a lot. Some days, a little.**

**But every day you choose to show up—for yourself—you're building something beautiful.**

**So breathe deep.**

**Grab a pen.**

**And begin.**

**You are already enough.**

**Let's grow from there**

You won't always feel strong—but showing up, even in the mess, is strength. Start here. Start now. Just start.

What does showing up look like for me today—even if it's imperfect?

Don't just celebrate the big blessings. Thank God for the small ones too, for they fill our days with joy.

What are some limiting beliefs you have about yourself?

The most important work you'll ever do is within yourself. Build it from the inside out, rooted in strength, truth, and grace.

What's one way I can grow stronger today?

Self-talk is the most constant conversation  
you'll ever have. Speak kindly to yourself.  
You are worthy and you are enough.

What's one kind thing I can say to  
myself today?

The more you help yourself and your kids notice the good, the more the good begins to grow.

What's one good thing I noticed today... in myself or someone I love?

Shift your focus by asking positive questions—  
what you look for, you start to find.

What's something good I can choose  
to focus on today?

Be like a duck...let things roll off your back,  
paddle through the tough stuff, and keep  
moving forward.

What can I let go of today so I can  
move forward with peace?

God is in every detail—pray before the big moments, pray before the small, and don't forget to pray in the in-betweens. You are never alone.

Where do I need to invite God in today—big, small, or in between?

If you want to change your everyday life, start by changing your mindset. Your thoughts shape your reality.

What's one thought I can shift today to bring more peace or purpose to my life?

Stop thinking about failing and start thinking about how God is shaping you through the process.

What would I try today if I stopped fearing failure and focused on progress?

You become like the five people you spend the most time with—and the ones you admire most. Choose wisely. Be picky.

Who in my life uplifts me, and who might be pulling me down?

Who we become is shaped by the choices we make. Every decision is a chance to take control.

What's one small decision I can make today that aligns with who I want to be?

We are all meant to shine. When we feel confident enough to shine on our own, we give others permission to do the same.

Where in my life can I shine a little brighter—and who might I inspire by doing so?

Love the spouse beside you. Parent the child in front of you. Respect the family you've been given. God made each of us unique—every gift, every need, perfectly placed.

How can I honor the uniqueness in my family and in myself today?

Perfection is an illusion, but in the pursuit lies the growth. When you put forth the effort, you find strength, progress, and purpose.

What effort am I proud of today, even if the outcome wasn't perfect?

Be proud of who you are and what you've accomplished...even if it doesn't look like what you once envisioned.  
It might just be something even better.

What unexpected part of my journey has turned out to be a blessing in disguise?

You can't control what others do, feel, or think  
–but you can control your attitude, your  
actions, and how you rise above it.

How can I show up today with clarity  
and confidence, no matter what's  
happening around me?

The thing you're holding onto might be the  
very thing keeping you stuck.  
Embrace it, face it, let it go.  
Watch the blessings unfold.

What am I holding onto that I'm  
ready to release—for my own growth  
and serenity?

It's not your beliefs that define you... it's your  
behavior.

Actions speak louder than intentions.

What's one action I can take today  
that reflects the kind of person I want  
to be?

Act like you're blessed. Speak like you're blessed. Walk, think, and smile like you're blessed—because believing it transforms everything, from your actions to your interactions.

How can I show up today like someone who knows they are already blessed?

What God has meant for you will come with clarity, not confusion. Don't rush the timing—stay open to the possibility.

Where can I slow down and trust God's clarity over my own timeline?

Successful people aren't more gifted or more intelligent—they're just more consistent, more courageous, and willing to keep going when it gets hard.

Where can I show up with consistency and courage today?

Don't let your perceptions dictate your actions or your mood. Pause, reflect, and trust what's true.

What story am I telling myself—and is it helping or hurting me today?

Do not dismiss the unexpected. Even the twists and turns are part of something beautiful.

Every moment has a place in God's perfect plan.

You don't have to understand it... just trust that He's walking through it with you.

What unexpected part of my journey can I start to see as part of God's greater plan?

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No one tells you that bravery often feels like  
fear. Do it afraid!  
You will discover strength you didn't know you  
had.

What's one thing I can do today  
even if I feel afraid?

Stop asking for directions from people who've never been where you're going. Let go of comparison, and find joy in your own unique journey.

Where can I stop comparing and start celebrating my own path today?

Everything, everyone, and every moment is a miracle. Live with that awareness, and joy will overflow.

What everyday moment felt like a miracle today?

Perfectionism is the enemy of true friendship.  
People don't need a perfect friend.  
They need a genuine one.

How can I show up more genuinely in  
my friendships today?

When you pour your heart and soul into the smallest acts, the bigger tasks feel less daunting and a lot more fulfilling.

What small task can I approach with intention and heart today?

Swap 'I have to' with 'I get to.' Model this in every action and watch your perspective transform.

What is one thing I get to do today that I usually take for granted?

You can reinvent yourself as many times as you need to. Don't let anyone or anything hold you back.

This is your journey...embrace it fully.

What part of myself am I ready to rediscover or redefine?

On your toughest days, do something kind for someone else.

It shifts your focus, softens your heart, and reminds you that you are blessed.

What is one small act of kindness I can offer today, even if I'm struggling?

Not every door will open for you. Be mindful, stay watchful, and trust that God will lead you to the one meant for you.

Where in my life do I need to stop forcing and start trusting God to guide me?

If you don't like something, take away its only power—your focus and your attention. When you do, you feel instantly lighter and more in control.

What can I stop giving my energy to today so I can feel more free?

Don't say anything to yourself that you wouldn't want someone else to say to you. Your words matter—especially the ones you think.

What is one kind thing I can say to myself today instead of self-criticism?

Be okay with things not being okay.  
Simple acceptance can shift how you respond  
and bring more peace into your life.

What's one thing I can accept today  
instead of resisting?

Growth isn't loud. It's often quiet, steady, and hidden until one day you realize—you've changed.

What quiet progress have I made that deserves more recognition?

You don't need to feel jealous of someone else's life. You need new eyes to see the beauty in the one you already have.

What's one beautiful thing in my life I've been overlooking?

Peace isn't found in the absence of problems,  
but in the presence of perspective.

How can I shift my perspective today  
to feel more grounded?

God's timing may feel slow, but it is never late.  
Trust the pause as much as the plan.

Where in my life am I being called to  
wait with faith instead of fear?

The goal isn't to have a perfect life.  
It's to live a present one.

What's one way I can be more  
present today?

Your presence matters more than your  
perfection.  
Show up, love big, and let grace fill the gaps.

How can I be fully present with my child  
today, even if the day isn't perfect?

Confidence doesn't come from knowing it all.  
It comes from trusting that you can handle  
what comes next.

What is one way I can support myself  
today, even in uncertainty?

Letting go isn't giving up.  
It's giving space for something even better to  
show up.

What am I holding onto that's no longer  
serving me?

Joy often hides in the ordinary.  
You discover it when you slow down and open  
your heart.

What simple moment brought me joy  
today?

Faith means trusting God, not just when the path is clear but especially when it isn't.

Where in my life do I need to trust that God is working, even if I can't see it yet?

Life isn't waiting for the next big thing.  
It's happening right now in the small, little  
moments we often overlook.

What present moment did I almost miss  
today that deserves my full attention?

Lead with connection, not correction. Hearts open faster when they feel seen, not fixed.

How can I choose connection over control in a moment of challenge today?

The things no one claps for still count. The quiet work you are doing shapes lives in ways the world may never see.

What quiet thing did I do today that truly mattered?

Love isn't measured by what you do or accomplish—it's measured in presence, patience, and how fully you show up.

How did I show love today, even in the smallest of ways?

You're not done. You're not behind. You're not broken.

Even in the mess, even in the quiet, you are evolving. You are becoming.

With each day, you grow stronger, wiser, and more resilient than ever before.

What strength have I gained lately that I didn't even realize I was building?

# Final Words: A Note for Your Heart

You've shown up.

Not just for everyone else but for you.

Page by page, you've paused, reflected, and given yourself the gift of presence.

Let this be your reminder:

You are not behind.

You are not broken.

You are not alone.

You are evolving,

steadily, beautifully, and bravely.

This journey you're on is sacred. It won't always be easy, but it will always be worth it.

Keep showing up with softness and strength.

Keep choosing grace over guilt.

Keep listening to the quiet voice within that says: You're doing better than you think. You got this.

This is not the end, just a deeper beginning.

Your story is still unfolding, and you are the perfect one to live it.

You are enough and you are deeply truly loved.

—From one heart to another 

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**The end of the book isn't  
the end of your story.  
God's just getting started.**

