


# FIERCEheart



Journal Prompts



Get yourself cosy my love. You can listen to [this playlist](#) while you journal, really letting yourself express.

## **YOUR DEFAULT PATTERN**

*Where do you stand up for yourself already?*

*Where do you know it just isn't happening?*

*What do you think others will think if you speak your mind more consistently?*

*How do you feel when you recognise this?*

## **THE EVOLUTION**

*How would you like to feel?*

*What would need to happen to make this reality?*



Do you relate to being 'good' and quiet?

What has the impact been in your life?

When have you said yes when you actually meant no? Describe how it feels to bring this to mind.

What qualities do you want to embody? e.g. honest, straightforward, joyful..

What would you need to believe about yourself in order to embody these?

And what would you need to DO differently?

What would the impact be?





## INNER CHILD

*What did your inner child learn about speaking up? Write freely.*

*What does this part of you need to hear now in order to feel safe?*

*Let the answer surface, don't script.*

## THE QUESTIONS

*What is the thing you're afraid to say?*

*What are you making it mean about you?*

*Are those things fair?*

*What would you do if you knew everything would be ok?*



# TAKING ACTION

Remember that standing up for yourself requires direct, honest communication. You get to **drop into your heart** and **speak from there**

## PROMPTS:

*Where are you going to stand up for yourself...*

*In the next 24 hours?*

*In the next week?*

*In the next month?*

Each time you do CELEBRATE. Put your hands in the air, dance, smile. You chose yourself and that is special.

What are you telling yourself about standing up for yourself now?